



## Healthy School Environment Project 2009-2010

### Fast Food Restaurants: menu choices that meet AB Nutrition Guidelines

**\*\*The following list represents some of the fast food Restaurants that are commonly used by schools in Medicine Hat School District 76 when ordering special 'hot lunches'. It is not meant to be a complete representation of all fast foods, nor of all restaurants. The information is current as of the last updated date and the nutritional information provided by each of the restaurants listed.**

Menu items for **each restaurant** are in order of 'most' to 'least' healthy options. Restaurants are listed randomly.

#### **Subway:**

The following are 6" subs on 9-grain bread with lettuce tomato, onion, green peppers and cucumbers, no sauce

- Veggie Delite
- Oven Roasted Chicken
- Turkey Breast
- Roast Beef
- Black Forest Ham

The following are flatbreads with lettuce, tomato, onion, green pepper, and cucumbers, no sauce.

- Veggie Delite
- Oven Roasted Chicken
- Turkey Breast

The following are mini-subs on 9-grain bread, lettuce, tomato, onion, green pepper, and cucumbers, no sauce.

- Black Forest Ham
- Turkey Breast
- Roast Beef

Sandwich condiments added will put Black Forest Ham, Roast Beef and Turkey Breast over marginally. The following are best choices.

- Sweet Onion Sauce, fat free
- Light Mayonnaise
- Mustard: deli brown or yellow
- Honey Mustard Sauce, fat free

All salads meet the guidelines if served without dressing. All salads except Veggie Delite do NOT meet the guidelines when dressing is added.

#### **Taco Time:**

- Junior Beef Burrito
- Super Bean Burrito
- Veggie Taco
- Super Chicken Burrito
- Salads without a bowl or dressing.

### Arby's:

- Kids Meal Junior Roast Beef Sandwich
- Arby's Melt Roast Beef Sandwich
- Roasted Chicken Sandwich
- Regular Roast Beef Sandwich.
- Chopped Farmhouse Chicken Salad with grilled chicken and Dijon Honey Mustard dressing.
- Chopped Farmhouse Chicken Salad with roasted chicken and Dijon Honey Mustard dressing.

### Pita Pit: Whole wheat or white pita (preferably ww) with the following choices:

- Babaganoush
- Falafel
- Hummus
- Chicken Souvlaki
- Chicken breast
- Chicken Caesar
- Rib
- Tuna
- Any vegetable choice (not pickles)
- Sauces can be added: **highest sodium** are BBQ, Caesar, Mayonnaise
- Cheddar cheese

### Extreme Pita:

- Classic Pita: Market Fresh Veggie (Small or Large)
- Classic Pita: Tuna (Small or Large)
- Freestyle Pita: Falafel (Small Only)
- Freestyle Pita: Philly Cheese Steak (Small Only )
- Freestyle Pita: Grilled Chicken (Small Only)
- Chef Inspired Pita: Maple Dijon Chicken (Small Only)
- Chef Inspired Pita: Chicken Souvlaki (Small Only)
- The following condiments are **less than 100 mg's of Sodium**: Light Mayonnaise, Honey Mustard, Sour Cream, Dijonaise, Chipotle Mayonnaise, Bourbon Chipotle.

### Mucho Burrito: offers 'build it yourself' tortilla's.

- 6.5" or 8" tortilla with cilantro lime rice, roasted veggies, mozzarella cheese and sour cream. Can add corn/black bean salsa.
- 6.5 "or 8" tortilla with cilantro rice, pinto beans, cheddar or moza cheese and sour cream. Can add corn/black bean salsa.
- ALL meat choices are high in sodium.

### Dairy Queen:

- Grilled Chicken Wrap.
- Grilled Chicken salad
- Shredded Chicken Sandwich
- BBQ Pork Sandwich

**Panago:** Large pizza's cut into 6, 8 or 10 slices, **crust is multi-grain.**

- Veggie Pepperoni (Can also be cut into 5 slices and meet guidelines)
- Garden Veggie (Can also be cut into 5 slices and meet guidelines)
- Chicken and Pineapple (Can also be cut into 5 slices and meet guidelines)
- Cheese
- Pepperoni
- Pepperoni, Ham, and Mushroom

**Pizza Hut:** Medium pizza's cut into 8 or more slices. No crust choice.

- Veggie Lover's Pizza
- Bruschetta Pizza
- Veggie Mediterranean Pizza
- Chicken Florentine Pizza
- Greek Pizza
- Grilled Chicken Italiano Pizza
- Chicken Lover's Deluxe Pizza
- Supreme Lover's Pizza
- Tuscan Sausage Pizza
- Venetian Pizza
- Meat Lover's Pizza
- Italian Classic Pizza