

Restaurant-Purchased Lunch Program Ideas

These are some **examples** of lunch ideas for elementary and middle schools that meet the nutrition standards for Red Deer Public Schools. The entrees are purchased from a restaurant. Side items are then added to balance the meal. Remember *at least* 50% of the food items offered *per meal* must be CM and the rest can be CS.

Pizza Day

1/6 Large Multigrain Chicken Pineapple Pizza (Panago) **CM**
125 ml Broccoli with 15 ml reduced fat Ranch Dip (on the side) **CM**
250 ml Chocolate Milk **CS**

Or

1/8 XL Ham and Pineapple Pizza (Family Pizza) **CS**
125 ml carrot sticks with 15 ml reduced fat Ranch Dip (on the side) **CM**
250 ml White Milk **CM**

Hamburger Day

1 Hamburger (McDonald's) **CS**
1 Mott's Unsweetened Apple Sauce cup **CM**
250 ml White Milk **CM**

Or

1 Small Hamburger (3 oz, 2 condiments only) on Whole Wheat Bun (Burger Boy)
(served *together* with veggies) **CM**
Fresh Fruit Kebab **CM**
250 ml Chocolate milk **CS**

Chicken Day

1 Snacker Sandwich (KFC) **CS**
125 ml Fresh Orange Slices **CM**
250 ml White Milk **CM**

Wrap Day

School Pizza Wrap (Booster Juice) **CM**
250 ml Chocolate Milk **CS**
Unsweetened fruit cup **CM**

Sub Day

6" Turkey Sub on Whole Wheat Bun (Subway) **CS**
Or
6" Veggie Sub on Whole Wheat Bun (Subway) **CM**
with
125 ml seedless grapes **CM**
250 ml White Milk **CM**

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Pita Pocket Day

Small (Petita) Chicken Pita on whole wheat (Pita Pit) **CM**
(with veggies, light mayo and mustard added)

Or

Small Grilled Chicken pita on whole wheat (Extreme Pita) **CM**
(with veggies and up to 2 condiments)
250 ml Chocolate Milk **CS**

Burrito Day

1 Junior Beef Burrito (Taco Time) **CM**
1 Frozen Yogurt Bar (Del Monte) (optional) **CS**
250 ml White Milk **CM**

Stir Fry Day

School lunch size Mongolian Chicken with Udon Noodles (Wok Box) **CM**
Chocolate milk **CS**

Pasta Day

Mini lasagna (from kids' menu) (Boston Pizza) **CS**
250 ml White Milk **CM**

Note: Water is also an excellent “Choose Most” beverage to offer.

For more ideas contact Lunch Program Coordinators from other Red Deer Public Schools!

You can also look for more franchised restaurant items or packaged food items that meet the nutrition standards at: www.brandnamefoodlist.ca

Homemade Lunch Menu Ideas

(Recipes for entrees are on following pages)

These are some lunch ideas for elementary and middle schools that meet the nutrition standards. If students need more/less food, portions can be altered. Remember at least 50% of the food items offered must be CM and the rest can be CS.

Soup Day (see recipe)

- 250 ml Tomato & Bean Soup **CM**
- ½ -1 Whole Grain Bun **CM**
- 1 Tropical Fruit in Fruit Juice Cup (Dole) **CM**
- 250 ml White Milk **CM**
- or*
- 250 ml Chocolate Milk **CS**

Wrap Day (see recipe)

- Chicken Caesar Wrap **CM**
- Apple slices with Yogurt Dip **CM**
- 250 ml White Milk **CM**
- or*
- 250 ml Chocolate Milk **CS**

Taco Day (see recipe)

- 1 Healthy Mexican Taco **CM**
- Fresh fruit salad **CM** (optional)
- 250 ml White Milk **CM**
- or*
- 250 ml Chocolate Milk **CS**

Spaghetti Day (see recipe)

- Whole Grain Spaghetti & Meat Sauce **CM**
- ½-1 Whole Grain Bun **CM** (optional)
- 125 ml Fresh Carrots with 15 ml Dip **CM**
- 250 ml White Milk **CM**
- or*
- 250 ml Chocolate Milk **CS**

Macaroni & Cheese Day (see recipe)

- Macaroni & Cheese with Chicken **CS**
- 125 ml Carrot Sticks with 15 ml reduced fat Ranch Dip **CM**
- 1 Fruit Source Bar (Sun-Rype) **CS** (optional)
- 250 ml White Milk **CM**

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More Homemade Lunch Menu Ideas

(recipes for entrees are on following pages)

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Chicken Strips Day

2 Chicken Strips (Olymel/Flamingo) **CM**

(up to 2 condiments on the side)

Small whole grain bun **CM**

Diced Peaches in Fruit Juice (Dole) **CM**

250 ml white milk **CM**

or

250 ml Chocolate Milk **CS**

Pancake Day

3 – 3” Whole Wheat Pancakes (Coyote) **CM**

(With 15 ml syrup on the side)

125 ml Unsweetened canned fruit **CM**

250 ml cup White Milk **CM**

or

250 ml Chocolate Milk **CS**

Perogie Day

4 Potato & Cheddar Cheese Perogies (Cheemo)

Served *together with* 125 ml celery sticks and 15 ml reduced fat ranch dip **CM**

1 Fruitsations Ice Bar (Mott's) **CS** (optional)

250 ml White Milk **CM**

or

250 ml Chocolate Milk **CS**

Chili Day (see recipe)

Chili **CM**

Small whole grain bun **CM**

1 Yogurt Tube (Yoplait) **CS**

200 ml 100% Orange Juice (Dole) **CS**

Hot Dog Day (see recipe)

1 Hot dog on Whole Grain Bun **CS**

(up to 2 condiments served on the side)

125 ml Cucumber slices with 15 ml Ranch Dip (on the side) **CM**

250 ml White Milk **CM**

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