

Restaurants

Many franchised restaurants have suitable foods for school lunch programs. Several are listed on the **Brand Name Food List** web site. Restaurant choices that are acceptable will generally be smaller portioned, plain items.

Go to <http://www.brandnamefoodlist.ca> to search for suitable menu items. Once you register at this web site, you can “Search the Product List”. Under “keyword”, type in the restaurant name. Some restaurants that are listed at this site include:

Pizza Hut	DQ
Boston Pizza	Taco Time
Panago Pizza	Wok Box
Dominos	Booster Juice
Little Caesar’s	McDonalds
Papa John’s	Extreme Pita
KFC	Subway
Wendy’s	Arby’s

Some restaurants (e.g. local or non-franchised restaurants) as well as local caterers and homemade foods will not be listed on the *Brand Name Food List* web site. As well, these items likely will not have any nutrition information available. In these situations, use the handout “**Healthier Foods – How to Make Fast Food Healthier for Students**” to help you choose suitable foods for your lunch program. This handout is available at:

<http://healthyeatingatschool.ca/resources/p/P60/>

Some examples of restaurants not listed in the Brand Name Food List in Red Deer that offer school lunches include:

Family Pizza

1/8 XL Ham and Pineapple, Cheese, Pepperoni or Vegetarian – all are CS

Burger Boy

3 oz burger on whole wheat with 2 condiments (CS); if served with fruit or vegetables it would be a CM

Pita Pit (check their web site www.pitapit.com) for nutrition information on their products)