



Sample Hot Lunch Menus

***Based on the Provincial Guidelines for Food and Beverage Sales in BC Schools (2007), at least 50% of PAC lunch options offered for sale over a one month period should be Choose Most, aiming for Choose Most Entrees as much as possible. ***

* The SD 23 Health Promoting Schools Committee is advocating for more Choose Most entrees to be made available from our local franchises. Currently, most franchised entrees are Choose Sometimes. Serve these types of entrees with Choose Most side items.

Hot Lunch Samples-Franchised Foods:

(Entrees are left-justified and side items are indented)

Wrap Zone Sample

Wrap Zone Tiny Teri Wrap (Choose Sometimes)

Wrap Zone Li'l Rancher Wrap (Choose Sometimes)

Russ and Tony's Apple Slices (Choose Most)

White Milk (Choose Most)

Chocolate Milk (Choose Sometimes)

DQ Sample

DQ Homestyle Hamburger (Choose Sometimes)

DQ Grilled Chicken Burger (Choose Sometimes)

Fruit Cup in real juice (Choose Most)

White Milk (Choose Most)

Chocolate Milk (Choose Sometimes)

Subway Sample

Subway Veggie Delight, 6" Sub (Choose Most)

Subway Ham and Veggie, Mini Sub (Choose Sometimes)

Subway Roast Beef and Veggie, Mini Sub (Choose Sometimes)

Russ and Tony's Carrot Sticks (Choose Most)

White Milk (Choose Most)

Sun Rype 100% Fruit Juice (Choose Sometimes)

Swiss Chalet Sample

Swiss Chalet Kids Meal Burger with a Bun (Choose Sometimes)

Swiss Chalet Kids Meal Chicken Sandwich (Choose Sometimes)

Mandarin Orange (Choose Most)

White Milk (Choose Most)

Chocolate Milk (Choose Sometimes)

Domino's Pizza Sample

- Domino's Hawaiian Pizza (Choose Sometimes)
- Domino's Vegetarian Pizza (Choose Sometimes)
- Domino's Cheese Pizza (Choose Sometimes)
 - Russ and Tony's Carrot Sticks (Choose Most)
 - White Milk (Choose Most)
 - Chocolate Milk (Choose Sometimes)

KFC Sample

- KFC Snacker Sandwich (Choose Sometimes)
- KFC Honey Barbeque Snacker Sandwich (Choose Sometimes)
 - KFC Mott's Original Apple Sauce (Choose Most)
 - White Milk (Choose Most)
 - Chocolate Milk (Choose Sometimes)

Panago Pizza Sample

- Panago Multigrain Hand Tossed Garden Veggie (Choose Most)
- Panago Simple Favourite Hand Tossed Pepperoni (Choose Sometimes)
- Panago Simple Favourite Hand Tossed Cheese (Choose Sometimes)
 - Christie Fig Newtons, 55 g package (Choose Most)
 - White Milk (Choose Most)
 - Chocolate Milk (Choose Sometimes)

Macdonald's Sample

- McDonald's Hamburger (Choose Sometimes)
- McDonald's Cheeseburger (Choose Sometimes)
- McDonald's Grilled Cheese Sandwich (Choose Sometimes)
 - Hunt's Squeeze and Go Apple Blend Tubes (Choose Most)
 - White Milk (Choose Most)
 - Chocolate Milk (Choose Sometimes)

Hot Lunch Samples-Healthier Foods Fact Sheet*

(*Healthier Foods Fact Sheet 2007: http://www.bced.gov.bc.ca/health/healthier_foods.pdf)

(** Guidelines For Food and Beverage Sales in BC Schools, 2007: http://www.bced.gov.bc.ca/health/health_publications.htm)

Healthier Hot Dog Sample

Hotdog (CM/CS**) with Whole Wheat Bun (Choose Sometimes)

Black Diamond Cheese String (Choose Most)

Russ and Tony's Carrot Sticks (Choose Most)

White Milk (Choose Most)

Chocolate Milk (Choose Sometimes)

Healthier Pasta Sample

Whole grain pasta with tomato sauce, mushrooms, onions (Choose Sometimes)

Whole grain pasta with tomato and meat sauce, mushrooms, onions (Choose Sometimes)

Mandarin Orange (Choose Most)

White Milk (Choose Most)

Chocolate Milk (Choose Sometimes)

Healthier Pizza Sample

Pizza with whole grain crust, tomato sauce, Cheese (CM/CS**) (Choose Sometimes)

Pizza with whole grain crust, tomato sauce, ham, pineapple, bell peppers, Cheese (CM/CS**) (Choose Most)

Cut Celery Sticks with light ranch dressing (Choose Most)

White Milk (Choose Most)

Chocolate Milk (Choose Sometimes)

Healthier Sandwich Sample

Roast Turkey Sandwich on whole wheat bun, veggies, real cheese slice, with condiments on the side (Choose Most)

Oatmeal Cookie (Choose Sometimes)

Banana (Choose Most)

Sun Rype 100% Fruit Juice (Choose Sometimes)

White Milk (Choose Most)

Monthly Menu Planner:

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Choose Sometimes	Choose Most	
1			Wrap Zone Tiny Teri Wrap Wrap Zone Li'l Rancher Wrap Russ and Tony's Apple Slices White Milk Sun Rype 100% Juice Box			1 1 1	 1 1	
2			DQ Homestyle Hamburger DQ Grilled Chicken Burger Fruit Cup in real juice White Milk			1 1	 1 1	
3			Healthier Hotdog with Whole Wheat Bun Black Diamond Cheese String Russ and Tony's Carrot Sticks White Milk			1	 1 1 1	
4			Swiss Chalet Kids Meal Burger with a Bun Swiss Chalet Kids Meal Chicken Sandwich Mandarin Orange White Milk Chocolate Milk			1 1 1	 1 1	
						Total #:	9 CS Choices	9 CM Choices
						Total %:	50 % CS Choices	50 % CM Choices

Monthly Menu Planner:

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Choose Sometimes	Choose Most	
1			Subway Veggie Delight, 6" Sub Subway Ham and Veggie, Mini Sub Subway Roast Beef and Veggie, Mini Sub Russ and Tony's Carrot Sticks White Milk Sun Rype 100% Fruit Juice			1 1 1	1 1 1	
2			Panago Multigrain Hand Tossed Garden Veggie Panago Simple Favourite Hand Tossed Pepperoni Panago Simple Favourite Hand Tossed Cheese Christie Fig Newtons, 55 g package White Milk Chocolate Milk			1 1 1	1 1 1	
3			Healthier Foods Fact Sheet - Roast Turkey Sandwich Healthier Foods Fact Sheet - Roast Beef Sandwich Healthier Foods Fact Sheet - Oatmeal Cookie Banana Sun Rype 100% Fruit Juice White Milk			1 1 1	1 1 1	
4			KFC Snacker Sandwich KFC Honey Barbeque Snacker Sandwich KFC Mott's Original Apple Sauce White Milk Chocolate Milk			1 1 1	1 1	
						Total #:	11 CS Choices	12 CM Choices
						Total %:	48 % CS Choices	52 % CM Choices

Appendix 1: Entrée Items

Choose Sometimes Entrees (Tip: serve with Choose Most Side Items)

- Domino's, Medium, Hand Tossed Crust, Cheese Pizza
- Domino's, Medium, Hand Tossed Crust, Hawaiian Pizza
- Domino's, Medium, Hand Tossed Crust, Pepperoni Pizza
- Domino's, Medium, Hand Tossed Crust, Vegetarian Pizza
- DQ Grilled Chicken Burger
- DQ Homestyle Hamburger
- Healthier Foods* Hotdog with Whole Wheat Bun
- Healthier Foods* Pizza with whole grain crust, tomato sauce, & cheese
- Healthier Foods* Pizza with whole grain crust, tomato sauce, ham, pineapple, bell peppers & cheese
- Healthier Foods* Whole grain pasta with tomato and meat sauce, mushrooms & onions
- Healthier Foods* Whole grain pasta with tomato sauce, mushrooms & onions
- KFC Honey Barbeque Snacker Sandwich
- KFC Snacker Sandwich
- Little Caesar's, 6 inch, pepperoni Canadian pizza
- Little Caesar's, 6 inch, whole wheat, cheese pizza
- Little Caesar's, 6 inch, whole wheat, green pepper and ham pizza
- Little Caesar's, 6 inch, whole wheat, Hawaiian pizza
- McDonald's Cheeseburger

Choose Most Entrees

- Healthier Foods Pizza with white crust, tomato sauce, pineapple & mushrooms, and cheese
- Healthier Foods Roast Turkey Sandwich on whole wheat bun, veggies, real cheese slice, with condiments on the side
- Healthier Foods Roast Beef Sandwich on whole wheat bun, veggies, real cheese slice, with condiments on the side
- Panago Multigrain Hand Tossed Garden Veggie Pizza
- Subway Veggie Delight 6" Sub

Choose Sometimes Entrees-continued

- McDonald's Grilled Cheese Sandwich
- McDonald's Hamburger
- Panago Simple Favourite Hand Tossed Cheese Pizza
- Panago Simple Favourite Hand Tossed Pepperoni Pizza
- Subway Ham and Veggie, Mini Sub
- Subway Roast Beef and Veggie, Mini Sub
- Swiss Chalet Kids Meal Burger with a Bun
- Swiss Chalet Kids Meal Chicken Sandwich
- Wrap Zone Garden of Eden Wrap
- Wrap Zone Kids Li'l Rancher Wrap
- Wrap Zone Kids Chick'n Little
- Wrap Zone Kids Tiny Teri Wrap

Appendix 2: Side Items

Choose Sometimes Sides

- Healthier Foods* Oatmeal Cookie
- Little Caesar's Crazy bread, 1 bread stick
- Milk - Chocolate Milk
- Sun Rype 100% Fruit Juice
- Wendy's Caesar Side Salad
- Wendy's Fresh Fruit Bowl and Yogurt

Choose Most Sides

- Fresh fruit
- Christie Fig Newtons, 55 g package
- Cut celery sticks with light ranch dressing
- Fruit cup in real juice
- Hunt's Squeeze and Go Apple Blend Tubes
- KFC Mott's Original Apple Sauce
- Milk – white
- Russ and Tony's Apple Slices
- Russ and Tony's Carrot Sticks
- Wendy's Mandarin Orange Cup
- Wendy's Side Salad