

## **Brand Name Food List School Catered Lunch Product Options that Comply with the School Food and Beverage Policy (P/PM 150)**

This brand name food list was developed to help school community members choose healthy food and beverages to sell or serve in schools. It is not a complete list and if a product is not listed here, it may not have met the nutrition criteria, or it may not have been reviewed.

The following food and beverages have been evaluated using the NTS Nutrition Standards (revised 2010). The NTS Nutrition Standards are adapted from the Ministry of Education's School Food and Beverage Policy (P/PM 150). **The NTS Nutrition Standards include additional criteria to identify food and beverages that meet or exceed P/PM 150 and provide Maximum Nutritional Value.**

It is important to note that food and beverages products are always changing and new food and beverages are developed on an ongoing basis. If the ingredients or composition of a product change, it may no longer meet the nutrition criteria. Further, the addition of dressings, sauces, condiments cheese etc., contributes extra fat, saturated fat and sodium (salt). Items need to be provided as listed or they may not meet the nutrition criteria.

Nutrition Tools for Schools is a program consisting of a Toolkit and public health support to help your school create a healthy nutrition environment.

**Remember**, by offering food and beverages with Maximum Nutritional Value, schools will be complying with P/PM 150.

**Disclaimer: This list is created for the purpose of awareness of products available in the community. It is not intended to be an endorsement of specific brands, nor is it a comprehensive list of products. While this list may be updated from time to time, it is recommended that you ALWAYS read food labels as product composition may change without notice. The products listed are not guaranteed to be free of allergens.**

**Together we can make  
the healthy choice the easy choice!**

For more information about Nutrition Tools for Schools, P/PM 150, or healthy eating, please contact York Region Community and Health Services, Health Connection at 1-800-361-5653 or visit [www.york.ca/nutrition](http://www.york.ca/nutrition).

For more information on healthy schools go to the Ministry of Education Healthy Schools website [www.ontario.ca/healthyschools](http://www.ontario.ca/healthyschools).

## Subway

Note: All sandwiches should include a choice of the following vegetables: lettuce, tomatoes, cucumbers, green peppers and onions. Pickles, olives, jalapeno peppers and banana peppers are high in sodium (salt) and should be avoided.

Food Group Sub-Category	Nutrition Criteria	Brand Name	Variety/Flavour
Mixed Dishes with a Nutrition Facts Table	Fat: ≤ 10g <b>and</b> Saturated fat: ≤ 5g <b>and</b> Sodium: ≤ 720mg <b>and</b> Fibre: ≥ 2g <b>and</b> Protein: ≥ 10g	Subway	<b>Maximum Nutritional Value</b>
			Oven Roast Chicken – 6 inch 9 grain bread – plain
			Veggie Delite – 6 inch 9 grain bread with Swiss cheese
			Veggie Delite – 6 inch 9 grain bread with Swiss cheese and regular mustard
			Veggie Delite – 6 inch 9 grain bread with Swiss cheese and honey mustard
			Mini Black Forest Ham – wheat bread – plain
			Mini Black Forest Ham – wheat bread with Swiss cheese
			Mini Black Forest Ham – wheat bread with Swiss cheese and light mayo
			Mini Black Forest Ham – wheat bread with Swiss cheese and regular mustard
			Mini Roast Beef – wheat bread – plain
			Mini Roast Beef – wheat bread with Swiss cheese
			Mini Tuna (includes cheese) – wheat bread – plain
			Mini Turkey Breast – wheat bread – plain
			Mini Turkey Breast – wheat bread with Swiss cheese
Mini Turkey Breast – wheat bread with Swiss cheese			
	Fat: ≤ 10g <b>and</b> Saturated fat: ≤ 5g <b>and</b> Sodium: ≤ 960mg <b>and</b> Fibre: ≥ 2g <b>and</b> Protein: ≥ 10g	Subway	<b>Sell Most – all of the above, plus:</b>
			Oven Roast Chicken – 6 inch 9 grain bread – plain
			Oven Roast Chicken – 6 inch 9 grain bread with Swiss cheese
			Oven Roast Chicken – 6 inch 9 grain bread with regular mustard
			Oven Roast Chicken – 6 inch 9 grain bread with honey mustard
			Oven Roast Chicken – 6 inch 9 grain bread with Swiss cheese and regular mustard
			Oven Roast Chicken – 6 inch 9 grain bread with Swiss cheese and honey mustard

Food Group Sub-Category	Nutrition Criteria	Brand Name	Variety/Flavour
Mixed Dishes with a Nutrition Facts Table	Fat: ≤ 10g <b>and</b> Saturated fat: ≤ 5g <b>and</b> Sodium: ≤ 960mg <b>and</b> Fibre: ≥ 2g <b>and</b> Protein: ≥ 10g	Subway	<b>Sell Most – all of the above, plus:</b>
			Turkey Breast – 6 inch 9 grain bread – plain
			Turkey Breast – 6 inch 9 grain bread with Swiss cheese
			Flatbread with oven-roasted chicken – plain
			Flatbread with oven-roasted chicken with mozzarella cheese
			Flatbread with oven-roasted chicken with regular mustard
			Flatbread with oven-roasted chicken with honey mustard
			Veggie Delight – 6 inch 9 grain bread with Swiss cheese
			Veggie Delight – 6 inch 9 grain bread with Swiss cheese and regular mustard
			Veggie Delight – 6 inch 9 grain bread with Swiss cheese and honey mustard
			Mini Roast Beef – wheat bread – plain
			Mini Roast Beef – wheat bread with light mayo
			Mini Roast Beef – wheat bread with Swiss cheese
			Mini Roast Beef – wheat bread with regular mustard
			Mini Roast Beef – wheat bread with honey mustard
			Mini Roast Beef – wheat bread with Swiss cheese and regular mustard
			Mini Roast Beef – wheat bread with Swiss cheese and honey mustard
			Mini Turkey Breast – wheat bread – plain
			Mini Turkey Breast – wheat bread with light mayo
			Mini Turkey Breast – wheat bread with Swiss cheese
			Mini Turkey Breast – wheat bread with regular mustard
			Mini Turkey Breast – wheat bread with honey mustard
			Mini Turkey Breast – wheat bread with Swiss cheese and regular mustard
			Mini Turkey Breast – wheat bread with Swiss cheese and honey mustard
			Mini Black Forest Ham – wheat bread with Swiss cheese
Mini Black Forest Ham – wheat bread with Swiss cheese and regular mustard			
Mini Black Forest Ham – wheat bread with Swiss cheese and honey mustard			

Food Group Sub-Category	Nutrition Criteria	Brand Name	Variety/Flavour	
	Fat: ≤ 15g <b>and</b> Saturated fat: ≤ 7g <b>and</b> Sodium: ≤ 960mg <b>and</b> Fibre: ≥ 2g <b>and</b> Protein: ≥ 7g	Subway	<b>Sell Less</b>	
			<b>Why product isn't Sell Most</b>	
			Oven Roasted Chicken – 6 inch 9 grain bread with Chipotle Southwest Sauce	Fat too high
			Flatbread with Oven Roasted Chicken with Swiss cheese	Fat too high
			Flatbread with Oven Roasted Chicken with Swiss cheese and honey mustard <b>or</b> regular mustard	Fat too high
			Veggie Delight with no cheese	Not enough protein
			Mini Roast Beef – 9 grain bread with Swiss cheese and light mayo	Fat too high
			Mini Turkey Breast – 9 grain bread with Swiss cheese and light mayo	Fat too high
Mini Black Forest Ham – 9 grain sub with Swiss cheese and light mayo	Fat too high			

## Pita Pit

Note: All pitas should be prepared on a 6 inch whole wheat pita and with a choice of vegetables, including the following: alfalfa sprouts, cucumbers, green peppers, iceberg or romaine lettuce, spinach, mushrooms, onions, or tomatoes. Pickles, olives, jalapeno peppers and banana peppers are high in sodium (salt) and should be avoided.

Food Group Sub-Category	Nutrition Criteria	Brand Name	Variety/Flavour
Mixed Dishes with a Nutrition Facts Table	Fat: ≤ 10g <b>and</b> Saturated fat: ≤ 5g <b>and</b> Sodium: ≤ 720mg <b>and</b> Fibre: ≥ 2g <b>and</b> Protein: ≥ 10g	Pita Pit	<b>Maximum Nutritional Value</b> Chicken Breast – 6 inch whole wheat pita with light ranch Chicken Breast – 6 inch whole wheat pita with cheddar cheese Tuna – 6 inch whole wheat pita with light mayo Tuna – 6 inch whole wheat pita with cheddar (14g), light mayo Southwestern Chicken – 6 inch whole wheat pita with light ranch <b>or</b> light mayo BBQ Rib – 6 inch whole wheat pita with vegetables Chicken Souvlaki – 6 inch whole wheat pita with tzatziki
	Fat: ≤ 10g <b>and</b> Saturated fat: ≤ 5g <b>and</b> Sodium: ≤ 960mg <b>and</b> Fibre: ≥ 2g <b>and</b> Protein: ≥ 10g	Pita Pit	<b>Sell Most – all of the above, plus:</b> Chicken Breast – 6 inch whole wheat pita with cheddar cheese, light ranch Chicken Breast – 6 inch whole wheat pita with Swiss cheese Chicken Breast – 6 inch whole wheat pita with Swiss cheese, light ranch Cheddar or Swiss cheese – 6 inch whole wheat pita Turkey Breast – 6 inch whole wheat pita with tzatziki Turkey Breast – 6 inch whole wheat pita with mustard Ham – 6 inch whole wheat pita with light ranch Ham – 6 inch whole wheat pita with cheddar cheese



### Pizza Pizza – School Lunch Program Pizza

Note: For Maximum Nutritional Value, all pizzas should be prepared on whole wheat dough with part skim milk cheese (20% MF or less) and with vegetable and lean meat (eg, grilled chicken) toppings. Cured meats (eg, pepperoni) should be avoided.

Food Group Sub-Category	Nutrition Criteria	Brand Name	Variety/Flavour
Asses using: Mixed Dishes Without a Nutrition Facts Table	All major ingredients are from the "Maximum Nutritional Value" category.	Pizza Pizza	<b>Maximum Nutritional Value</b>
			Cheese and 2 Veggies Large 14" pizza on Whole Wheat, cut into 8 slices, 1 slice serving
			Cheese and 2 Veggies X-Large 16" pizza on Whole Wheat cut into 10 slices, 1 slice serving
			Cheese, 2 Veggies Party Size 15" x 21" on Whole Wheat cut into 20 slices, 1 slice serving
	All major ingredients are from the "Sell Most" category.	Pizza Pizza	<b>Sell Most – all of the above, plus:</b>
			Pepperoni Party Size 15" x 21" cut into 20 slices, 1 slice serving
			Pepperoni Large 14" pizza cut into 8 slices, 1 slice serving
			Pepperoni X-Large 16" pizza cut into 10 slices, 1 slice serving

### Domino's Pizza – School Lunch Program Pizza

Note: For Maximum Nutritional Value, all pizzas should be prepared on whole wheat dough with part skim milk cheese (20% MF or less) and with vegetable and lean meat (eg, grilled chicken) toppings. Cured meats (eg, pepperoni) should be avoided.

Food Group Sub-Category	Nutrition Criteria	Brand Name	Variety/Flavour
Asses using: Mixed Dishes Without a Nutrition Facts Table	All major ingredients are from the "Maximum Nutritional Value" category.	Domino's	<b>Maximum Nutritional Value</b>
			Cheese or Vegetable on Whole Grain crust – Large 15" pizza cut into 8 slices, 1 slice serving
	All major ingredients are from the "Sell Most" category.	Domino's	<b>Sell Most – all of the above, plus:</b>
			Cheese or Pepperoni on Whole Grain crust – Large 15" pizza cut into 8 slices, 1 slice serving

### Little Caesar's Pizza

Note: For Maximum Nutritional Value, all pizzas should be prepared on whole wheat dough with part skim milk cheese (20% MF or less) and with vegetable and lean meat (eg, grilled chicken) toppings. Cured meats (eg, pepperoni) should be avoided.

Food Group Sub-Category	Nutrition Criteria	Brand Name	Variety/Flavour		
Asses using: Mixed Dishes Without a Nutrition Facts Table	All major ingredients are from the "Sell Most" category.	Little Caesar's	<b>Sell Most – all of the above, plus:</b>		
			Veggie 14" round pizza on Whole Wheat, cut into 10 slices, 1 slice serving		
	One or more major ingredients are from the "Sell Less" category.		Little Caesar's	<b>Sell Less</b>	
					<b>Why product isn't Sell Most</b>
				Supreme 14" round pizza cut into 10 slices, 1 slice serving	Fat too high
				Meatsa 14" round pizza cut into 10 slices, 1 slice serving	Fat too high Saturated fat too high
				Deep Dish – Large (8 slices) Pepperoni, 1 slice serving	Fat too high Saturated fat too high
				Deep Dish – Large (8 slices) Cheese, 1 slice serving	Fat too high
	"by the slice" Cheese only 14" round pizza in 6 slices, 1 slice serving	Fat too high			
"by the slice" Pepperoni 14" round pizza in 6 slices, 1 slice serving	Fat too high Saturated fat too high				

## Kentucky Fried Chicken

Note: Food should always be prepared in a healthy way that requires little or no added fat or sodium (salt).

Food Group Sub- Category	Nutrition Criteria	Brand Name	Variety/Flavour
Fresh and Frozen Meat	Fat: ≤ 10g <b>and</b> Sodium: ≤ 360mg	Kentucky Fried Chicken	<b>Maximum Nutritional Value</b>
			Grilled Chicken – Keel
			Grilled Chicken – Rib
			Grilled Chicken – Drumstick
			Grilled Chicken – Wing Grilled Chicken – Thigh
Fresh, Frozen, Canned, and Dried Vegetables and Fruit	Vegetable or fruit (or water) is the first item on the ingredient list <b>and</b> Fat: ≤ 3g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 240 mg <b>plus</b> No added sugar**	Kentucky Fried Chicken	Corn – individual size Corn – medium size Mashed Potatoes – individual size
Sides Dishes	Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 360mg <b>and</b> Fibre: ≥ 2g	Kentucky Fried Chicken	<b>Sell Most – all of the above, plus:</b>
			Zesty Pasta Salad – individual size
Fresh and Frozen Meat	Fat: ≤ 10g <b>and</b> Sodium: ≤ 480mg	Kentucky Fried Chicken	Chicken Fries – 5 pieces
			Original Recipe – Drumstick (Leg), 1 piece
			Original Recipe – Wing, 1 piece
			Hot & Spicy Chicken – Drumstick, 1 piece

### Kentucky Fried Chicken Continued

Food Group Sub-Category	Nutrition Criteria	Brand Name	Variety/Flavour		
Mixed Dish With a Nutrition Facts Table – Entrée	Fat: ≤ 15g <b>and</b> Saturated fat: ≤ 7g <b>and</b> Sodium: ≤ 960mg <b>and</b> Fibre: ≥ 2g <b>and</b> Protein: ≥ 7g	Kentucky Fried Chicken	<b>Sell Less</b>		<b>Why product isn't Sell Most</b>
			Classic Sandwich (No Mayo)		Fat too high
			Toasted Wrap		Fat too high
			Colonel's Snacker		Fat too high
Fresh, Frozen, Canned, and Dried Vegetables and Fruit	Vegetable or fruit (or water) is the first item on the ingredient list <b>and</b> Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 480mg	Kentucky Fried Chicken	Corn – large size		Fat too high