Restaurants can play a big role in helping make Allen County a healthier place. Call 419.221.5035 to be part of the Active Menu Challenge. Our staff would be thrilled to meet with you and explain how your restaurant can get Active Menu Approved.

We’ve created this booklet as a easy way for you or your organization to use as a guide for nutritional resources.

Activate Approved Restaurant Criteria:

- Main course items with 700 or less calories and 30% or less of calories from fat (600 calorie maximum for children’s meals)
- Offer 2 choices of fruits or vegetables, other than fried vegetable or potatoes
- Allow substitution of salad or other vegetable for fried potatoes
- Designate approved menu items
- Have no unresolved health code violations
- Enforce no smoking laws

Applebee’s
Beer Barrel Pizza
Happy Daz
Old City Prime
Riverview
Subway
Spartan Inn
NourishU

Panera Bread
St. Rita’s High Street Cafe
The Meeting Place On Market
Baron Bistro
Baton Rouge Bistro
Apollo Garden Cafe
Menchie’s
Lima Memorial
Meals
Cedar Grilled Lemon Chicken
Napa Chicken and Portobellos
Pepper Crusted Sirloin and Whole Grains
Savory Cedar Salmon
Blackened Tilapia
1/2 Grilled Chicken Cesar Salad (no or fat free Italian dressing)
House Salad (no or fat free Italian dressing)

Kids Meals
Chicken Grillers
KRAFT Macaroni and Cheese
4 oz. Sirloin
GoGo squeeze Applesauce
Apple Dippers with Yogurt
Vanilla Yogurt with Strawberries
White Rice
Steamed Broccoli
Apple Juice/ Orange Tangerine Juice

Look for these Activate Approved Options Today!
Marked Green Light items sold throughout the café
Daily featured 500 calorie meal option as apart of the Mindful program by Sodexo
Salad Bar– Loaded with fresh veggies and 2 Tablespoons of light or fat free dressing
Fresh fruit and vegetable cups
Yogurt and Yogurt Parfaits
Garden salads and wraps(in Simply To Go section)
Vegetarian and Vegan options as marked
My Fitness Pal is linked to all items sold in the café to assist you in tracking intake
**MEALS**
- Cedar Grilled Lemon Chicken
- Napa Chicken and Portobello
- Pepper Crusted Sirloin and Whole Grains
- Savory Cedar Salmon
- Blackened Tilapia
- 1/2 Grilled Chicken Cesar Salad (no or fat free Italian dressing)
- House Salad (no or fat free Italian dressing)

**KIDS MEALS**
- Chicken Grillers
- KRAFT Macaroni and Cheese
- 4 oz. Sirloin
- GoGo squeeZ Applesauce
- Apple Dippers with Yogurt
- Vanilla Yogurt with Strawberries
- White Rice
- Steamed Broccoli
- Apple Juice/ Orange Tangerine Juice

**SOUPS**
- All Natural Low Fat Chicken Noodle
- Low Fat Garden Vegetable with Pesto
- Low Fat Lemon Chicken Orzo
- Low Fat Vegetarian Black Bean

**SMOOTHIES**
- Low Fat B-Green Smoothie
- Low Fat Mango Smoothie
- Low Fat Strawberry Smoothie with Ginseng
- Fat Free Superfruit Smoothie with Ginseng

**ACTIVE MENU CHALLENGE**

**SALADS**
- Grilled Chicken and Salad Greens (w/ Fat Free Dressing)
- Summer Chopped Chicken Salad (w/ Fat Free Vinaigrette)
- Apple Gorgonzola Salad

**SOUPS**
- Chicken and Noodles
- Beef Vegetable

**GRILL LINE SANDWICHES**
- Lake Erie Perch Sandwich (with applesauce and side salad or vegetable of the day)
- Fresh All-Natural Grilled Chicken Breast (with applesauce and side salad or vegetable of the day)

**TRADITIONAL FAVORITES**
- True Lake Erie Yellow Perch (with steamed vegetables, side salad and applesauce)
- Baked Atlantic White Fish (with steamed vegetables, side salad and applesauce)
- Grilled Chicken Breast Dinner (with steamed vegetables, side salad and applesauce)
Salads and Wraps
- Oriental Chicken Salad (and wrap)
- Smoked Turkey and Pecan Salad (and wrap)
- Turkey Bacon Club Salad (and wrap)
- Grilled Chicken Breast Salad (and wrap)

**All with Fat Free Ranch, Lite Italian or Fat Free Raspberry Vinaigrette dressing**

Chicken
- Grilled Chicken Breast Sandwich

Diner Classics
- Grilled Pork Tenderloin Sandwich

Kids Meals
- Jr. Burger with Applesauce and Milk
- Jr. Shredded Chicken with Mandarin Oranges and Milk

Sandwiches
- Turkey and Swiss Melt
- Cheddar Apple Smoked Turkey

Salads
- Strawberry Spinach Salad
- Gourmet Garden Salad

Drinks
- Green Smoothie

**ACTIVATE APPROVED Items, see Nutrition Guide for more information. Select fat-free dressing when applicable.**
MEALS:

**Stone-Fried Flatbreads**
Lobster and Greens with Feta
Margherita Flatbread

**Salads**
Greens, Berries and Nuts
OC Prime Chopped Salad

**Classic Lunch Plates**
Chicken Breast
Atlantic Cod
Grilled Fish Tacos

**Steakhouse Sandwiches and Burgers**
Fresh Natural Chicken Breast
(with steamed vegetables)

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Look for these Activate Approved options today!

Grilled Turkey Burgers
Morning Star Farms Veggie Burgers
Veggie Wraps On Request
Roasted Turkey Wrap or Sub
Assorted Yogurts
Veggie Cups
Fresh Fruit Cups
Whole Fruit
Nutrigrain Bars
Whole Grain Dry Cereal
YOGURT-
6 oz of low fat or non-fat yogurt

TOPPINGS-
Fresh Fruit
Granola
Dark Chocolate Chips
Yogurt Chips
Peanuts
Dollop of Cool Whip
Low Fat/Sugar Free Chocolate Sauce

Look for these Activate Approved options today!

- Daily featured 500 calorie meal option as apart of the Mindful program by Sodexo
- Salad Bar – choose from 50 items
- Made-to-order Deli Bar
- Soups – 3 heart-healthy options daily
- Fresh Fruit and Vegetable Cups and Whole Fruit
- Garden Salads, Wraps and Sandwiches in Simply to Go section
- Vegetarian and Vegan options are always available
- Opt Healthy Vending – healthy snack and quick meal options
- Snack Mixes by Truly Good Foods
- My Fitness Pal – linked to all items sold in the café to assist you in tracking intake
- Download BITE by Sodexo to check nutrition information and the menu for each day. *FREE phone app.
Baton Rouge Bistro

Active Menu Challenge

Food Items:
- Boiled Eggs
- Fruit & Yogurt Parfait
- Yogurt Cups
- Cottage Cheese
- Wraps
- Fresh Fruits (Apples/Bananas)
- Salads (low fat dressing)
- Peanuts & Cashews
- Veggies w/ Dip
- Baked Chips
- Pretzels

Drinks:
- Diet Green Tea
- Fair Life White & Chocolate Low Fat Milk
- Special K Shakes
- Waters
- Small Waters
- 100% Juice

Look for Weekly Healthier Choice Meals

Garden Café

Active Menu Challenge

Hours of operation:
Tuesday, Wednesday and Thursday from 10:30 AM - 12:30 PM during the school year

Daily Fresh Salad Bar
- Spinach
- Variety of fresh vegetable options
- Beans/Low Fat Protein options
- Low Fat/Fat Free dressing
Spartan Inn

ACTIVE MENU CHALLENGE

Hours of operation:
Tuesday and Wednesday from 10:30 AM-12:30 PM during the school year

Daily Fresh Salad Bar
Spinach
Variety of fresh vegetable options
Beans/Low Fat Protein options
Low Fat/Fat Free dressing

NourishU

ACTIVE MENU CHALLENGE

All menu options provided through NourishU Food Truck have been approved through the Active Menu Challenge!

Their menu changes seasonally and by event and includes Fruit and Veggie Blended Drinks, Soups, Salads, and Treats.

For a full menu and more information about locations, ordering and events, visit their website www.nourishu.net or find them on Facebook!
Riverview

**Active Menu Challenge**

### Classic 6” Subs
- Turkey
- Roast Beef
- Ham

### Wraps
- Turkey
- Veggie
- Grilled Chicken

### Specialty Pizza
- Veggie

### Salads
- Garden with Low Fat Dressing
- Grilled Chicken with Low Fat Dressing

For lower calorie subs, wraps and salads, load up on veggies and go light on cheese and condiments such as mayonnaise and salad dressing. Ask for light and fat free options when they are available. When ordering a combo meal, ask for Baked chips to create a more health conscious meal!

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**Subway**

**Active Menu Challenge**

Look for the heart symbol to locate Subway Fresh Fit 6” sandwich options which are also Active Approved options.

### 6” Sandwiches
- Black Forest Ham
- Oven Roasted Chicken
- Roast Beef
- Sweet Onion Chicken
- Teriyaki
- Turkey Breast
- Turkey Breast and Black Forest Ham
- Veggie Delight

### Chopped Salads
- All salads are included when Sweet Onion dressing is used

### Kids Meals
- Veggie Delight
- Black Forest Ham
- Roast Beef
- Turkey Breast
- Served with Apple Slices and Low Fat Milk

Cheese and dressing add additional calories and fat. Please visit Subway.com for all additional nutrition information.