

Legacy Early College's Recommended Restaurant List



“School Staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in school” (p.2 Wellness Preamble). Because these items will be brought into Legacy Early College we are encouraged to support our wellness policy. We are to make “good choices” being mindful of wellness policy parameters.

Choices that are discouraged include but are not limited to low-nutrition foods and beverages, such as sodas, sports drinks, imitation fruit juices, fried chips, candy, cookies, fruit chews, fruit gummies, snack cakes and fried products.

All products that contain peanuts and/ or tree nuts are also **not permitted** on campus in any form.

Good rule of thumb – if there is a drive through and it’s not subway – it probably does not meet the parameters of the wellness policy.

Legacy Early College “will promote healthy food and beverage choices for all... throughout the school campus” (p.9 Wellness Policy).

Below are a list of recommended restaurants that have “good choice” options that support our Wellness Policy:

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| *McAlister’s Deli | *Atlanta Bread Company | *Zoe’s Kitchen | *Groucho’s Deli |
| *Jason’s Deli | *Subway | *Jimmy John’s | *FireHouse Subs |
| *Tazikis | *Fresh to Order | *Olive Garden | *Kuka Juice |
| *Farm Fresh | *Reid’s | *Moe’s | *White Duck Taco |
| *SunBelly | * Jí-Roz | *Brick Street Cafe | *Chipotle |
| *Tropical Grill | * Southern Juicer | *Stax’s Original | *Spatula |
| *Woodside Bistro | *American Deli | | |