



SCHOOL LUNCH PROGRAM

Fun food, not junk food



for healthier fundraising





OUR SCHOOL LUNCH PROGRAM MEETS YOUR PROVINCE'S SCHOOL NUTRITION STANDARDS

AT PITA PIT, WE TAKE HEALTH AND NUTRITION SERIOUSLY, EVEN THOUGH OUR FOOD IS FUN.

To verify that our school lunch offerings comply with school nutrition policies in every province, we engaged Registered Dietitian Angela Liuzzo and her team at *Close to the Heart Professional Nutrition Services* to analyze the nutrients in our school lunch offerings.

She found that with a few exceptions, our pitas and smoothies meet all standards from coast to coast.

In fact, most of our 6-inch pitas for schools fall into the healthiest category. The rest fall into a healthy or acceptable category. Also, there is always a vegetarian selection.

WE'RE FLEXIBLE.

If you ever want something that's on our usual menu but not on our school lunch menu (e.g., for a special fundraiser), just ask and we can provide it.

VERY FLEXIBLE.

From your list of eight possible pitas, you can choose three, four or even five different options.

On the order forms, parents can cross out any toppings their children don't like.

Also, each pita option comes with a choice of two different sauces. Parents simply indicate the one their child wants. Need something special? We'll do our best.



HOW OUR SCHOOL LUNCH PROGRAM WORKS

1. WE MEET AT YOUR SCHOOL.

We'll come to you to find out what you need, let you sample our school lunch pitas, answer your questions and suggest a price structure (or we'll get back to you with one that suits your needs).

2. WE COMPLETE A MASTER ORDER FORM.

We'll compile all information relevant to your school's program – including prices and pita selection – into a simple form to use as a basis for creating your school's custom order forms and/or envelopes.

3. PARENTS COMPLETE AN ORDER FORM AND ENCLOSE/PAYMENT.

Ordering can be handled any number of ways. You can adopt our ordering envelope system or our simple one-page order form. Or you can use your own order form or online ordering system. We're very flexible. Whatever ordering method you prefer, we'll be happy to accommodate it.

4. TEACHERS COLLECT THE ORDER FORMS AND PLACE THEM IN A MASTER ENVELOPE FOR EACH CLASS.

With printed order forms, we provide each class with a large envelope so the teacher can place all the individual order forms or envelopes inside it and never have to handle any money. The outside of the envelope has an extra order form so staff can order adult-size (9-inch) pitas for themselves.

5. PITA PIT GETS THE CLASS ENVELOPES.

You can either drop them off at Pita Pit or we can pick them up – whichever you prefer.

6. WE TAKE IT FROM THERE AND MAKE SURE YOU HAVE A GREAT PITA DAY!

We prepare and assemble all your lunches on the morning of your school lunch event and deliver them about 30 minutes ahead of time. We label each lunch with the student's name and classroom to make the lunches easy for you to distribute.

What our Master Order Form and optional Ordering Envelope System looks like:

Pita Pit MASTER ONTARIO
 FAX COMPLETED FORM TO (905) 333-3348
 ALL FIELDS MUST BE FILLED IN BEFORE WE CAN BEGIN DESIGN

FRANCHISEE _____ STORE # _____
 ADDRESS _____ PHONE # _____
 Email: _____

SCHOOL NAME _____ PITA PRICE TO STUDENT (including taxes): \$ _____
 ADDRESS _____ Make cheques payable to: _____
 PHONE NUMBER _____ MONEY/% BACK TO SCHOOL PER PITA _____
 COORDINATOR NAME _____ Display on Envelope YES
 COORDINATOR PHONE _____ STUDENT POPULATION (ROUNDED UP TO THE NEAREST 25)
 COORDINATOR EMAIL _____ NUMBER OF CLASSROOMS (ROUNDED UP TO NEAREST 10)
 WEEK ONE _____ DRINKS: _____
 WEEK TWO _____ FRUIT/SNACK: _____
 WEEK THREE _____
 WEEK FOUR _____
 RETURN TO SCHOOL BY _____
 FREQUENCY WEEKLY BIWEEKLY MONTHLY ONE TIME

Choose a maximum of 5 Pitats

<input type="checkbox"/> BIT Pitata Whole Wheat Pitata Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Light Ranch B- Light Mayonnaise	<input type="checkbox"/> Chicken Breast Whole Wheat Pitata Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Light Mayonnaise B- Light Caesar	<input type="checkbox"/> Chicken Souvlaki Whole Wheat Pitata Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Feta Cheese A-Tzatziki B-Special Sauce	<input type="checkbox"/> Ham Pitata Whole Wheat Pitata Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Mustard B- Light Mayonnaise
<input type="checkbox"/> Garden (Veggie) Whole Wheat Pitata Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Honey Mustard B- Special Sauce	<input type="checkbox"/> Hummus (Veggie) Whole Wheat Pitata Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Light Mayonnaise B- Light Mayonnaise	<input type="checkbox"/> Tuna Pitata Whole Wheat Pitata Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Light Mayonnaise B- Special Sauce	<input type="checkbox"/> Turkey Pitata Whole Wheat Pitata Lettuce Mushrooms Tomatoes Cucumbers Green Peppers A- Special Sauce B- Light Mayonnaise

Master form

Pita Pit ROSEMERE ELEMENTARY SCHOOL
 3345 ROSEMERE VALLEY ROAD,
 GRANDE PRAIRIE, AB

PAYMENT ENCLOSED: \$ _____
 PLEASE MAKE CHEQUES PAYABLE TO:
 Andrew Cooper/Owner, Secretary
 School Lunch Committee

UPCOMING PITA PIT LUNCHES:
 WEEK 1: Wednesday, November 7
 WEEK 2: Wednesday, November 14
 WEEK 3: Wednesday, November 21
 WEEK 4: Wednesday, November 28

PRICE PER LUNCH IS: \$6.00

AND INCLUDES:
 A 6-INCH PITATA™ OF YOUR CHOICE
 WHITE OR CHOCOLATE 2% MILK OR APPLE OR ORANGE JUICE
 COOKIE BUTTERIE & NOVELTY™ WRAPPIES

MUST BE RETURNED TO SCHOOL BY FRIDAY, OCTOBER 26

CHILD'S NAME: _____
 TEACHER'S NAME: _____

INSTRUCTIONS: Complete the enclosed order form for each week you would like your child to have a Pita Pit lunch. Fill in your child's name, the teacher's name and lunch selection(s), following the instructions printed on the order form. Be courteous, steady about your child's class and don't forget to fill in the date. If your form shows options selected A or B, refer to this envelope to see what your choices are. Place the completed order form back in this envelope along with your payment. Then seal the envelope and attach it to your child's invoice by the deadline noted above.

PLEASE TELL US ON THE ORDER FORM IF YOUR CHILD HAS ANY FOOD ALLERGIES OR NUTRITIONAL RESTRICTIONS.

THESE ARE YOUR PITA CHOICES!

CHICKEN SOUVLAKI Whole Wheat Pitata™ Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Feta Cheese CHOICE OF SAUCE: A-Tzatziki B-Special Sauce	GARDEN (VEGGIE) Whole Wheat Pitata™ Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese CHOICE OF SAUCE: A-Honey Mustard B-Light Mayonnaise	HAM Whole Wheat Pitata™ Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese CHOICE OF SAUCE: A-Special Sauce B-Light Mayonnaise	TURKEY Whole Wheat Pitata™ Lettuce Mushrooms Tomatoes Cucumbers Green Peppers CHOICE OF SAUCE: A-Special Sauce B-Light Mayonnaise
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LUNCH WILL BE CATERED BY THIS LOCAL PITA PIT: 10661-108A STREET, GRANDE PRAIRIE

Envelope

Order form & coupon

FREE PITA™
 FOR STUDENTS AGED 19 AND UNDER
 THEY WON'T KNOW IF THEY LIKE IT UNLESS THEY TRY IT!
 WE'VE GOT YOU COVERED!
 PITA PIT

Pita Pit I MAKE A GREAT BOOKMARK!

WEEK 1	WEEK 2	WEEK 3	WEEK 4
PITA TYPE: _____ TOPPINGS: _____ DRINK: _____ SNACK: _____ STUDENT'S NAME: _____ TEACHER'S NAME: _____	PITA TYPE: _____ TOPPINGS: _____ DRINK: _____ SNACK: _____ STUDENT'S NAME: _____ TEACHER'S NAME: _____	PITA TYPE: _____ TOPPINGS: _____ DRINK: _____ SNACK: _____ STUDENT'S NAME: _____ TEACHER'S NAME: _____	PITA TYPE: _____ TOPPINGS: _____ DRINK: _____ SNACK: _____ STUDENT'S NAME: _____ TEACHER'S NAME: _____

PRESENTING OUR SCHOOL LUNCH PITAS

The team at *Close to the Heart Professional Nutrition Services* have also calculated how our pitas stack up against the food groups in Canada's Food Guide. Complete details, including Nutrition Facts for all pitas (and smoothies) are available* but in brief:

- All our standardized school lunch pitas provide 1.7 servings of vegetables & fruit (except for the BLT and Turkey pitas in BC, which have 2.4).
- Our meat pitas provide 0.6 – 0.7 serving of meat & alternatives (except for our BLT, which has only 0.1 serving; our vegetarian selections have 0 – 0.2).
- Our pitas with cheese have 0.1 serving of milk and alternatives.
- All our pitas provide 1.7 servings of grains.

DRINKS & DESSERTS We can provide 2% white or chocolate milk, or apple or orange juice. Our School Lunch cookies are nut-free, but we can also provide fresh fruit. Just ask.



* For pita Nutrition Facts, [click here](#)



	CHICKEN BREAST	CHICKEN CAESAR	CHICKEN SOUVLAKI	BLT	HAM	TURKEY	TUNA	HUMMUS	GARDEN
All: lettuce*, tomato, cucumber, green pepper, mushrooms, cheese	Cheddar Light Mayo	Cheddar Light Caesar	Parmesan Light Caesar	Parmesan Light Mayo	Feta Tzatziki	Feta Special Sauce	Cheddar Light Ranch*	Cheddar Light Mayo*	Cheddar Light Mayo*
CHICKEN BREAST	Cheddar Light Mayo	Cheddar Light Caesar	Parmesan Light Caesar	Parmesan Light Mayo	Feta Tzatziki	Feta Special Sauce	Cheddar Light Ranch*	Cheddar Light Mayo*	Cheddar Light Mayo*
CHICKEN CAESAR	Cheddar Light Mayo	Cheddar Light Caesar	Parmesan Light Caesar	Parmesan Light Mayo	Feta Tzatziki	Feta Special Sauce	Cheddar Light Ranch*	Cheddar Light Mayo*	Cheddar Light Mayo*
CHICKEN SOUVLAKI	Cheddar Light Mayo	Cheddar Light Caesar	Parmesan Light Caesar	Parmesan Light Mayo	Feta Tzatziki	Feta Special Sauce	Cheddar Light Ranch*	Cheddar Light Mayo*	Cheddar Light Mayo*
BLT	Cheddar Light Mayo	Cheddar Light Caesar	Parmesan Light Caesar	Parmesan Light Mayo	Feta Tzatziki	Feta Special Sauce	Cheddar Light Ranch*	Cheddar Light Mayo*	Cheddar Light Mayo*
HAM	Cheddar Light Mayo	Cheddar Light Caesar	Parmesan Light Caesar	Parmesan Light Mayo	Feta Tzatziki	Feta Special Sauce	Cheddar Light Ranch*	Cheddar Light Mayo*	Cheddar Light Mayo*
TURKEY	Cheddar Light Mayo	Cheddar Light Caesar	Parmesan Light Caesar	Parmesan Light Mayo	Feta Tzatziki	Feta Special Sauce	Cheddar Light Ranch*	Cheddar Light Mayo*	Cheddar Light Mayo*
TUNA	Cheddar Light Mayo	Cheddar Light Caesar	Parmesan Light Caesar	Parmesan Light Mayo	Feta Tzatziki	Feta Special Sauce	Cheddar Light Ranch*	Cheddar Light Mayo*	Cheddar Light Mayo*
HUMMUS	Cheddar Light Mayo	Cheddar Light Caesar	Parmesan Light Caesar	Parmesan Light Mayo	Feta Tzatziki	Feta Special Sauce	Cheddar Light Ranch*	Cheddar Light Mayo*	Cheddar Light Mayo*
GARDEN	Cheddar Light Mayo	Cheddar Light Caesar	Parmesan Light Caesar	Parmesan Light Mayo	Feta Tzatziki	Feta Special Sauce	Cheddar Light Ranch*	Cheddar Light Mayo*	Cheddar Light Mayo*
COMPLIANCE									
BRITISH COLUMBIA									
ALBERTA									
SASKATCHEWAN									
MANITOBA									
ONTARIO									
QUEBEC**									
NEW BRUNSWICK									
NOVA SCOTIA									
PRINCE EDWARD ISLAND									
NEWFOUNDLAND/LABRADOR									

* In BC, BLT & Turkey are made with spinach, not lettuce
 **In QC, pitas come with carrot and/or celery sticks
CHOOSE/SERVE/SELL: ■ Most ■ Any Time/Compliant ■ Sometimes/Moderately ■ Least Often/Rarely N/A

OUR SCHOOL LUNCH SMOOTHIES

All our smoothies are made with low-fat frozen yogurt, Oasis Health Break 100% real fruit juice with no added sugar, and real fruit.

In terms of Canada's Food Guide values:*

- All our smoothies provide 1.6–2 servings of fruits & vegetables and 0.3 serving of milk & alternatives.
- They are also an excellent source of Vitamin C.

Best of all, they're delicious, so even fussy eaters love them!

* For smoothie Nutrition Facts, [click here](#)



MOST PITA PIT LOCATIONS OFFER SMOOTHIES. CHECK IF YOURS DOES.

OUR 240 ML (8 OZ) SCHOOL LUNCH SMOOTHIES



	STRAWBERRY BANANA "OH MEGA" 3	BLACKBERRY PROBIOTIC	MANGO REJUVE	POMBERRY DETOX
All: Made with low-fat frozen yogurt, 100% fruit juice and real fruit	Made with Oasis Health Break Strawberry, Kiwi Omega-3 juice and frozen banana	Made with Oasis Health Break Probiotics + Fibre juice and frozen blackberries	Made with Oasis Health Break Probiotics + Fibre juice and frozen mango	Made with Oasis Health Break Berry, Pomegranate Antioxia juice and frozen raspberries
COMPLIANCE				
BRITISH COLUMBIA				
ALBERTA				
SASKATCHEWAN				
MANITOBA				
ONTARIO				
QUEBEC				
NEW BRUNSWICK				
NOVA SCOTIA				
PRINCE EDWARD ISLAND				
NEWFOUNDLAND/LABRADOR				

CHOOSE/SERVE/SELL: Most Any Time/Compliant Sometimes/Moderately Least Often/Rarely



For more information about our school lunch program, contact your local Pita Pit. To learn more about Pita Pit, or to find a location near you, please visit our website.

PITAPIT.CA