SCHOOL LUNCH PROGRAM

Fun food, not junk food for healthier fundraising
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.

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

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/ATTACH 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:
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

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<table>
<thead>
<tr>
<th>OUR 6-INCH SCHOOL LUNCH PITAS</th>
<th>CHICKEN BREAST</th>
<th>CHICKEN CAESAR</th>
<th>CHICKEN SOUVLAKI</th>
<th>BLT</th>
<th>HAM</th>
<th>TURKEY</th>
<th>TUNA</th>
<th>HUMMUS</th>
<th>GARDEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>All (lettuce*, tomato, cucumber, green pepper, tomatoes, cheese)</td>
<td>Cheddar Light Mayo</td>
<td>Light Caesar</td>
<td>Cheddar Special Sauce</td>
<td>Cheddar Light Ranch*</td>
<td>Cheddar Light Mayo*</td>
<td>Cheddar Special Sauce</td>
<td>Cheddar Light Mayo</td>
<td>Cheddar Special Sauce</td>
<td>Cheddar Special Sauce</td>
</tr>
<tr>
<td>CHOOSE/SERVE/SELL</td>
<td>Most</td>
<td>Any Time/Compliant</td>
<td>Sometimes/Moderately</td>
<td>Least Often/Rarely</td>
<td>N/A</td>
<td></td>
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</table>
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

<table>
<thead>
<tr>
<th></th>
<th>STRAWBERRY BANANA “OH MEGA” 3</th>
<th>BLACKBERRY PROBIOTIC</th>
<th>MANGO REJUVE</th>
<th>POMBERRY DETOX</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All:</strong> Made with low-fat frozen yogurt, 100% fruit juice and real fruit</td>
<td>Made with Oasis Health Break Strawberry, Kiwi Omega-3 juice and frozen banana</td>
<td>Made with Oasis Health Break Probiotics + Fibre juice and frozen blackberries</td>
<td>Made with Oasis Health Break Probiotics + Fibre juice and frozen mango</td>
<td>Made with Oasis Health Break Berry, Pomegranate Antioxia juice and frozen raspberries</td>
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</tbody>
</table>

**COMPLIANCE**

<table>
<thead>
<tr>
<th>BRITISH COLUMBIA</th>
<th>ALBERTA</th>
<th>SASKATCHEWAN</th>
<th>MANITOBA</th>
<th>ONTARIO</th>
<th>QUEBEC</th>
<th>NEW BRUNSWICK</th>
<th>NOVA SCOTIA</th>
<th>PRINCE EDWARD ISLAND</th>
<th>NEWFOUNDLAND/ LABRADOR</th>
</tr>
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<td><strong>CHOOSE/SERVE/SELL</strong></td>
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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