

Pita Pit

KIDS

SCHOOL LUNCH PROGRAM

Updated October, 2019



Fun food,
not junk food
for healthier
fundraising

PLANET PITA

TASTE A WHOLE NEW WORLD

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 & 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 full-size 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 look like (may not be exactly as shown):

Pita Pit MASTER ONTARIO
FAX COMPLETED FORM TO (905) 333-3368
ALL FIELDS MUST BE FILLED IN BEFORE WE CAN BEGIN DESIGN

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

SCHOOL NAME _____
ADDRESS _____
PHONE NUMBER _____

COORDINATOR NAME _____
COORDINATOR PHONE _____
COORDINATOR EMAIL _____

WEEK ONE _____
WEEK TWO _____
WEEK THREE _____
WEEK FOUR _____
RETURN TO SCHOOL BY _____
FREQUENCY ☐ WEEKLY ☐ BIWEEKLY ☐ MONTHLY ☐ ONE TIME

PITA PRICE TO STUDENT (including taxes): \$ _____
Make cheques payable to: _____

MONEY/% BACK TO SCHOOL PER PITA _____
Display on Envelope ☐ YES

STUDENT POPULATION (ROUNDED UP TO THE NEAREST 25) _____
NUMBER OF CLASSROOMS (ROUNDED UP TO NEAREST 10) _____

DRINKS: _____
FRUIT/SNACK: _____

Choose a maximum of 5 Pitas

☐ BLT Pita Whole Wheat Pita Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Light Ranch B- Light Mayonnaise	☐ Chicken Breast Whole Wheat Pita Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Light Mayonnaise B- Light Caesar	☐ Chicken Souvlaki Whole Wheat Pita Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Feta Cheese A- Tzatziki B- Special Sauce	☐ Ham Pita Whole Wheat Pita Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Mustard B- Light Mayonnaise
☐ Garden (Veggie) Whole Wheat Pita Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Honey Mustard B- Special Sauce	☐ Hummus (Veggie) Whole Wheat Pita Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Light Mayonnaise B- Light Mayonnaise	☐ Tuna Pita Whole Wheat Pita Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Light Mayonnaise B- Special Sauce	☐ Turkey Pita Whole Wheat Pita Lettuce Mushrooms Tomatoes Cucumbers Green Peppers

Master form

Envelope

Order form & coupon

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

PAYMENT ENCLOSED: \$ _____
PLEASE MAKE CHEQUES PAYABLE TO:
Pita Pit
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 BUNCH PITA™ OF YOUR CHOICE
WHITE OR CHOCOLATE 2% MILK OR APPLE OR ORANGE JUICE
COOKIE ENTREE & INDIVIDUALLY WRAPPED

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, teacher's name and lunch selections, following the instructions printed on the order form. To indicate ready-to-eat lunch, check the "ready-to-eat" box. If you have more options indicated 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 return it to your child's teacher by the deadline indicated above.

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

THESE ARE YOUR PITA CHOICES	CHICKEN SOUVLAKI	GARDEN (VEGGIE)	HAM	TURKEY
Whole Wheat Pita™ Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Tzatziki B- Special Sauce	Whole Wheat Pita™ Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Tzatziki B- Special Sauce	Whole Wheat Pita™ Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Tzatziki B- Special Sauce	Whole Wheat Pita™ Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Tzatziki B- Light Mayonnaise	Whole Wheat Pita™ Lettuce Mushrooms Tomatoes Cucumbers Green Peppers Cheddar Cheese A- Tzatziki B- Light Mayonnaise

LUNCH WILL BE CATERED BY THIS LOCAL PITA PIT: 10661-108A STREET, GRANDE PRAIRIE

FREE PITA™
FOR STUDENTS AGED 19 AND UNDER
THEY DON'T KNOW IF THEY LIKE IT UNTIL THEY TRY IT!
PITA PIT
10661-108A STREET, GRANDE PRAIRIE, AB
T90 1G6
1-800-361-3368

Pita Pit **Pita Pit** **Pita Pit** **Pita Pit** **Pita Pit**

I MAKE A GREAT BOOKMARK!

WEEK 1	WEEK 2	WEEK 3	WEEK 4
PITA TYPE _____	PITA TYPE _____	PITA TYPE _____	PITA TYPE _____
TOPPINGS Before please print out any toppings, sauce or cheese that is NOT desired. Please check the box if you want to skip a topping. See envelope for details.	TOPPINGS Before please print out any toppings, sauce or cheese that is NOT desired. Please check the box if you want to skip a topping. See envelope for details.	TOPPINGS Before please print out any toppings, sauce or cheese that is NOT desired. Please check the box if you want to skip a topping. See envelope for details.	TOPPINGS Before please print out any toppings, sauce or cheese that is NOT desired. Please check the box if you want to skip a topping. See envelope for details.
DRINK _____	DRINK _____	DRINK _____	DRINK _____
SNACK _____	SNACK _____	SNACK _____	SNACK _____
STUDENT'S NAME _____	STUDENT'S NAME _____	STUDENT'S NAME _____	STUDENT'S NAME _____
TEACHER'S NAME _____	TEACHER'S NAME _____	TEACHER'S NAME _____	TEACHER'S NAME _____



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

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

To verify that our school lunch offerings comply with school nutrition policies in every province, we hired Registered Dietitian Angela Liuzzo and her team at Close to the Heart Professional Nutrition Services to analyze the nutrients in our school lunch offerings. With only a few exceptions, she found that our pitas meet provincial standards from coast to coast and 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'll provide it.

VERY FLEXIBLE.

From your list of provincially compliant pitas, you can choose three, four or even five different options. And on the order forms, parents can cross out any toppings their children don't like and circle the sauce their child will prefer. Need something special? Tell us and we'll do our best.



PRESENTING OUR SCHOOL LUNCH PITAS



Since the introduction of the 2019 Canada Food Guide, which places greater emphasis on plant-based food options, many provinces have updated their school nutrition guidelines. The chart at right reflects guidelines in effect as of October 1, 2019. To see the complete nutritional values of all our pitas and pitas and smoothies, go to pitapit.ca and scroll down to the bottom, then click on the link for our downloadable **Nutrition & Allergen Guide**. For custom options, click on the link for our online interactive **Pita Builder**.

OUR SCHOOL LUNCH PETITAS® (SMALL PITAS)



All: lettuce*, tomato, cucumber, green pepper, mushrooms, cheese (except for two Turkey options)

All: lettuce*, tomato, cucumber, green pepper, mushrooms, cheese (except for two Turkey options)	CHICKEN BREAST		CHICKEN CAESAR		CHICKEN SOUVLAKI		HAM		TURKEY		TUNA		HUMMUS		GARDEN			
	Cheddar Light Mayo	Cheddar Mighty Caesar	Parmesan Mighty Caesar	Parmesan Light Mayo	Feta Tzatziki	Feta Special Sauce	Ched. Mustard	Ched. Light Mayo	Ched. Tzatziki	Cheddar Mustard*	Ched. Light Mayo*	Ched. Special Sauce	Cheddar Light Mayo	Cheddar Special Sauce	Cheddar Honey Mustard	Cheddar Special Sauce		
	330 Cals	340 Cals	310 Cals	300 Cals	280 Cals	300 Cals	290 Cals	320 Cals	310 Cals	290 Cals	320 Cals	330 Cals	370 Cals	380 Cals	330 Cals	340 Cals	270 Cals	380 Cals
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.

KEY: CHOOSE/
SERVE/SELL:

Serve Most Often or Sometimes/
Maximum or Moderate Nutrition/
Compliant/Acceptable

Serve Least Often
Minimal Nutrition

Not offered

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

OUR SCHOOL LUNCH DRINK OPTIONS

Depending on your province's nutritional guidelines for schools, we can provide you with:

- 2% white milk and/or 1% chocolate milk
- 100% apple or orange juice
- Yogen Früz smoothies made with low-fat frozen yogurt, real fruit, real fruit juice (or milk) and no added sugar.

Every province has a choice of at least three drink options; most will have a choice of nine or more.

Most locations offer smoothies. Check that your Pita Pit does.

OUR SCHOOL LUNCH DRINK OPTIONS

Our smoothies are made with low-fat frozen yogurt, frozen unsweetened fruit and real fruit juice*



COMPLIANCE	REGULAR 2% MILK	CHOCOLATE 1% MILK	100% APPLE JUICE	100% ORANGE JUICE	STRAWBERRY BANANA	RASPBERRY BLAST	BLUEBERRY BREEZE	TROPICAL STORM	PEACH BERRY SUNSET	VERY BERRY	CHOCOLATE BANANA
BRITISH COLUMBIA											
ALBERTA											
SASKATCHEWAN											
MANITOBA											
ONTARIO											
QUEBEC											
NEW BRUNSWICK											
NOVA SCOTIA											
PRINCE EDWARD ISLAND											
NEWFOUNDLAND & LABRADOR											

* Except for Chocolate Banana, which contains milk instead of fruit juice.

KEY: CHOOSE/
SERVE/SELL:

Most/Most Often or Sometimes/
Maximum or Moderate Nutrition/
Compliant/Acceptable

Serve Least Often
Minimal Nutrition

Not offered

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.



For more information about our school lunch program, contact your local Pita Pit.
To learn more about Pita Pit, please visit our website.

PITAPIT.CA/KIDS



Chicken Caesar
Petita® with
Mighty Caesar
Dressing
310 Cals
as shown

Adults and youth (ages 13 and older) need an average of 2,000 calories a day,
and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.