NUTRITION DETAILS SUMMARY

PITA PIT (source: https://pitapit.ca/build/)

<u>Chicken Petita</u> - Prepared on a whole wheat pita.

<u>Nutrition:</u> Nutritional facts have been estimated based on a sample of fresh toppings including lettuce, tomatoes, cucumbers, green peppers, light mayonnaise and cheddar cheese.

Total Fat: 12.61g Trans Fat: 0.37g Saturated Fat: 6.18g Sodium: 738.33mg Fibre: 3.65g Protein: 21.01g *Sell Less

Choices available on the lunch program:

Choice of Cheese	Choice of Toppings	Choice of Sauce
Cheddar Cheese	Cucumber/Green	Light Mayo/Light
	Peppers/Lettuce/Mushrooms/Tomatoes	Ranch/Light Caesar
		Dressing/Mustard

Bacon Petita - Prepared on a whole wheat pita.

<u>Nutrition:</u> Nutritional facts have been estimated based on a sample of fresh toppings including lettuce, tomatoes, cucumbers, green peppers, light ranch and swiss cheese.

Total Fat: 10.03g Trans Fat: 0.09g Saturated Fat: 3.53g Sodium: 804.55mg Fibre: 3.65g Protein: 13.37g *Sell Less

Choices available on the lunch program:

Choice of Cheese	Choice of Toppings	Choice of Sauce
Swiss Cheese	Cucumber/Green	Light Mayo/Light
	Peppers/Lettuce/Mushrooms/Tomatoes	Ranch/Mustard

<u>Chicken Souvlaki Petita -</u> Prepared on a whole wheat pita.

<u>Nutrition:</u> Nutritional facts have been estimated based on a sample of fresh toppings including lettuce, tomatoes, cucumbers, green peppers, tzatziki and feta cheese.

Total Fat: 12.32g Trans Fat: 0.23g Saturated Fat: 6.04g Sodium: 927.25mg Fibre: 3.79g Protein: 17.73g *Sell Less

Choices available on the lunch program:

Choice of Cheese	Choice of Toppings	Choice of Sauce
Feta Cheese	Cucumber/Green	Greek Style Special
	Peppers/Lettuce/Mushrooms/Tomatoes	Sauce/Tzatziki

Ham Petita - Prepared on a whole wheat pita.

<u>Nutrition:</u> Nutritional facts have been estimated based on a sample of fresh toppings including lettuce, cucumbers, green peppers, honey mustard and cheddar cheese.

Total Fat: 11.38g Trans Fat: 0.37g Saturated Fat: 6.27g Sodium: 919.99mg Fibre: 3.49g Protein: 20.23g *Sell Less

Choices available on the lunch program:

Choice of Cheese	Choice of Toppings	Choice of Sauce
Cheddar Cheese	Cucumber/Green	Light Mayo/Light
	Peppers/Lettuce/Mushrooms/Tomatoes	Ranch/Honey Mustard

<u>Veggie (Garden) Petita – Prepared on a whole wheat pita.</u>

<u>Nutrition:</u> Nutritional facts have been estimated based on a sample of fresh toppings including lettuce, mushrooms, cucumbers, green peppers, honey mustard and cheddar cheese.

Total Fat: 9.38g Trans Fat: 0.37g Saturated Fat: 5.60g Sodium: 566.65mg Fibre: 3.65g Protein: 11.56g *Sell Less

Choices available on the lunch program:

Choice of Cheese	Choice of Toppings	Choice of Sauce
Cheddar Cheese	Cucumber/Green	Light Mayo/Light
	Peppers/Lettuce/Mushrooms/Tomatoes	Ranch/Hummus/Honey
		Mustard/Greek Style Special
		Sauce

<u>Turkey Petita - Prepared on a whole wheat pita.</u>

<u>Nutrition:</u> Nutritional facts have been estimated based on a sample of fresh toppings including lettuce, mushrooms, cucumbers, green peppers, mustard and cheddar cheese.

Total Fat: 9.73g Trans Fat: 0.37g Saturated Fat: 5.70g Sodium: 856.65mg Fibre: 3.65g Protein: 18.21g *Sell Less

Choices available on the lunch program:

Choice of Cheese	Choice of Toppings	Choice of Sauce
Cheddar Cheese	Cucumber/Green	Light Mayo/Light Ranch/
	Peppers/Lettuce/Mushrooms/Tomatoes	Mustard

<u>Falafel Petita - Prepared on a whole wheat pita.</u>

<u>Nutrition:</u> Nutritional facts have been estimated based on a sample of fresh toppings including lettuce, cucumbers, green peppers and Greek style special sauce.

Total Fat: 10.90g Trans Fat: 0.11g Saturated Fat: 0.86g Sodium: 659.01mg Fibre: 6.82g Protein: 7.97g *Sell Less

Choices available on the lunch program:

Choice of Cheese	Choice of Toppings	Choice of Sauce
No Cheese Option	Cucumber/Green	Light Mayo/Light
	Peppers/Lettuce/Mushrooms/Tomatoes	Ranch/Hummus/Honey
		Mustard/Greek Style Special
		Sauce

Gluten Free Petita Options Available from Pita Pit:

Gluten Free Ham Petita
Gluten Free Bacon Petita
Gluten Free Grilled Chicken Petita
Gluten Free Veggie Petita
Gluten Free Turkey Petita
Gluten Free Chicken Caesar Petita
Gluten Free Chicken Souvlaki Petita

EAST SIDE MARIO'S (Source below)

Spaghetti with Tomato Sauce - "Kids - Build Your Own Pasta"

Total Fat: 7g Trans Fat: 0g Saturated Fat: 1g Sodium: 280mg Fibre: 4g Protein: 10g *Sell Less

<u>Penne with Alfredo Sauce</u> - "Kids – Build Your Own Pasta"

Total Fat: 12g Trans Fat: 0.2g Saturated Fat: 2.5g Sodium: 290mg Fibre: 2g Protein: 12g *Sell Less

East Side MARIOS	Serving Size	Energy	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)

Kids - Build Your Own Pasta															
Build Your Own - Pasta Alfredo	230	390	12	2.5	0.2	10	290	58	2	6	12	4	0	10	15
Build Your Own - Pasta Arrabbiata	228	330	7	1	0	0	270	59	4	6	10	10	20	2	20
Build Your Own - Pasta Blush	230	360	9	1.5	0.1	5	270	59	3	6	11	8	10	6	15
Build Your Own - Pasta Bolognese	233	350	7	2.5	0	20	240	58	3	7	15	10	30	2	20
Build Your Own - Pasta Mother Tomato	235	340	7	- 1	0	0	280	59	4	7	10	10	20	2	20

Gluten Free Options Available from East Side Mario's:

Gluten Free Penne Alfredo
Gluten Free Penne with Tomato Sauce

BOSTON PIZZA (source: https://bostonpizza.com/en/school-programs.html)

<u>Pasta with Meat Sauce</u> Total Fat: 10g Trans Fat: 0.1g Saturated Fat: 4g Sodium: 640mg Fibre: 4g Protein: 16g *Sell Most

<u>Pasta with Tomato Sauce</u> Total Fat: 7g Trans Fat: 0.1g Saturated Fat: 2.5g Sodium:610mg Fibre: 3g Protein: 12g *Sell Most

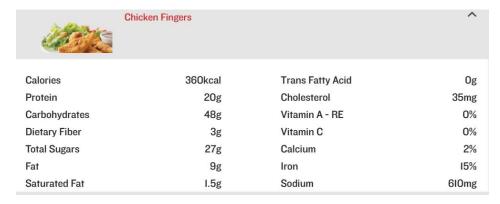
<u>Pint-Size Cheese Pizza</u> Total Fat: 11g Trans Fat:0.3g Saturated Fat: 6g Sodium:590mg Fibre: 3g Protein: 22g *Sell Less

<u>Pint-Size Pepperoni Pizza</u> Total Fat: 12g Trans Fat: 0.3g Saturated Fat: 6g Sodium: 760mg Fibre: 3g Protein: 20g *Sell Less

<u>Pint-Size Chicken Pizza</u> Total Fat: 8g Trans Fat: 0.2g Saturated Fat: 4.5g Sodium: 680mg Fibre: 4g Protein: 24g *Sell Most

<u>Hawaiian Calzone</u> Total Fat: 10g Trans Fat:0.2g Saturated Fat: 4g Sodium:450mg Fibre: 6g Protein: 21g *Sell Most

3 Chicken Fingers Total Fat: 9g Trans Fat: 0g Saturated Fat: 1.5g Sodium: 610mg Fibre: 3g Protein: 20g *Sell Most



<u>Veggies and Dip</u> Total Fat: 0.4g Trans Fat: 0g Saturated Fat: 0.1g Sodium: 330mg Fibre: 1g Protein: 1g

Gluten Free Options Available from Boston Pizza:

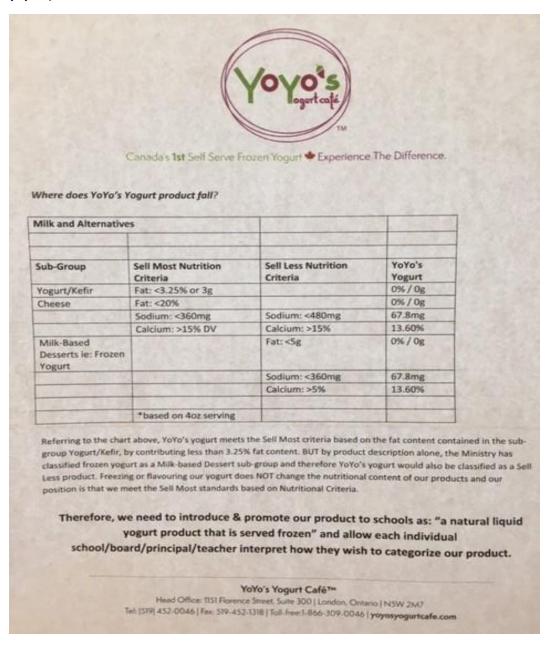
Gluten Free Pasta with Tomato Sauce
Gluten Free Pasta with Meat Sauce
Gluten Free Pasta with Butter and Parmesan Cheese
Gluten Free Cheese Pizza
Gluten Free Pepperoni Pizza

YOYO'S YOGURT CAFE (Source below)

Chocolate Frozen Yogurt/Vanilla Frozen Yogurt/Chocolate/Vanilla Swirl (4oz)

Total Fat: 0 grams Trans Fat: 0 grams Sodium: 67.8 milligrams Percentage of Calcium Daily Value (%): 13.60%

Fruit Sorbet (4oz) – (Dairy Free Options Available)



<mark>Subway</mark>

	Subwau® Nutrition Facts-CANADA School Lunch														
Per Serving	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
6-inch Sandwiches on 9-Grain Wheat Bread	Values i	nclude p	rocessed	d cheddd	lar chees	e. lettuc	e. tomat	oes and	cucumbe	ers.					
Ham	211	290	7	3.0	0	30	860	42	5	7	18	13	6	8	15
Roast Beef (MOP)	215	300	7	3.5	0	30	880	41	5	7	20	13	6	8	15
Turkeu Breast	208	280	7	3.0	0	40	810	41	5	7	18	13	6	8	15
Veaaie Delite™	153	230	5	2.5	0	10	430	38	5	6	11	13	6	8	10
6-inch Sandwiches on Italian Bread	Values i	nclude p	rocessed	d chedda	r cheese	. lettuce	. tomato	es and ci	ucumber	s.					
Ham	204	290	7	3.0	0	30	940	41	2	5	16	13	6	6	15
Roast Beef (MOP)	209	300	8	3.5	0	30	960	39	2	5	19	13	6	6	20
Turkeu Breast	202	290	7	3.0	0	40	890	39	3	5	17	13	6	8	15
Veaaie Delite™	146	230	5	2.5	0	10	510	37	2	4	9	13	6	6	15

Choices available on the lunch program:

Choice of Cheese	Choice of Toppings	Choice of Sauce
Cheddar Cheese	Lettuce/Tomatoes/Cucumber	Light Mayo/Mustard/Sub Sauce

Gluten Free Options Available from Subway:

Gluten Free 6" Veggie Sub
Gluten Free 6" Ham Sub
Gluten Free 6" Turkey Sub
Gluten Free 6" Turkey & Ham Sub
Gluten Free 6" Roast Beef Sub