

## NUTRITION DETAILS SUMMARY

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

**Chicken Petita** - Prepared on a whole wheat pita.

Nutrition: 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:

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

**Bacon Petita** - Prepared on a whole wheat pita.

Nutrition: 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:

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

**Chicken Souvlaki Petita** - Prepared on a whole wheat pita.

Nutrition: 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:

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

**Ham Petita** - Prepared on a whole wheat pita.

Nutrition: 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:

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

**Veggie (Garden) Petita** – Prepared on a whole wheat pita.

Nutrition: 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:

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

**Turkey Petita** - Prepared on a whole wheat pita.

Nutrition: 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:

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

**Falafel Petita** - Prepared on a whole wheat pita.

**Nutrition:** 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:**

<b>Choice of Cheese</b>	<b>Choice of Toppings</b>	<b>Choice of Sauce</b>
No Cheese Option	Cucumber/Green Peppers/Lettuce/Mushrooms/Tomatoes	Light Mayo/Light 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**

**Penne with Alfredo Sauce** - “Kids – Build Your Own Pasta”

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

	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](https://bostonpizza.com/en/school-programs.html))

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

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

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

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

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

**Hawaiian Calzone 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**

Chicken Fingers			
Calories	360kcal	Trans Fatty Acid	0g
Protein	20g	Cholesterol	35mg
Carbohydrates	48g	Vitamin A - RE	0%
Dietary Fiber	3g	Vitamin C	0%
Total Sugars	27g	Calcium	2%
Fat	9g	Iron	15%
Saturated Fat	1.5g	Sodium	610mg

**Veggies and Dip 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

Gluten Free Chicken 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)**

Total Fat: 0 grams    Trans Fat: 0 grams    Sodium: 15 milligrams    Percentage of Calcium Daily Value (%): N/A



Canada's 1st Self Serve Frozen Yogurt Experience The Difference.

*Where does YoYo's Yogurt product fall?*

Milk and Alternatives			
Sub-Group	Sell Most Nutrition Criteria	Sell Less Nutrition Criteria	YoYo's Yogurt
Yogurt/Kefir	Fat: <3.25% or 3g		0% / 0g
Cheese	Fat: <20%		0% / 0g
	Sodium: <360mg	Sodium: <480mg	67.8mg
	Calcium: >15% DV	Calcium: >15%	13.60%
Milk-Based Desserts ie: Frozen Yogurt		Fat: <5g	0% / 0g
		Sodium: <360mg	67.8mg
		Calcium: >5%	13.60%
	*based on 4oz serving		

Referring to the chart above, YoYo's yogurt meets the Sell Most criteria based on the fat content contained in the sub-group Yogurt/Kefir, by contributing less than 3.25% fat content. BUT by product description alone, the Ministry has classified frozen yogurt as a Milk-based Dessert sub-group and therefore YoYo's yogurt would also be classified as a Sell Less product. Freezing or flavouring our yogurt does NOT change the nutritional content of our products and our position is that we meet the Sell Most standards based on Nutritional Criteria.

**Therefore, we need to introduce & promote our product to schools as: "a natural liquid yogurt product that is served frozen" and allow each individual school/board/principal/teacher interpret how they wish to categorize our product.**

**YoYo's Yogurt Cafe™**  
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**Subway**

Subway® 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 (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>6-inch Sandwiches on 9-Grain Wheat Bread</b>	Values include processed cheddar cheese, lettuce, tomatoes and cucumbers.														
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
Turkey Breast	208	280	7	3.0	0	40	810	41	5	7	18	13	6	8	15
Veggie Delite™	153	230	5	2.5	0	10	430	38	5	6	11	13	6	8	10
<b>6-inch Sandwiches on Italian Bread</b>	Values include processed cheddar cheese, lettuce, tomatoes and cucumbers.														
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
Turkey Breast	202	290	7	3.0	0	40	890	39	3	5	17	13	6	8	15
Veggie Delite™	146	230	5	2.5	0	10	510	37	2	4	9	13	6	6	15

**Choices available on the lunch program:**

<u>Choice of Cheese</u>	<u>Choice of Toppings</u>	<u>Choice of Sauce</u>
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