



Yay! It's  
pizza day!

**PANAGO'S  
SCHOOL LUNCH  
PROGRAM**



## Dear Pizza Day Organizer,

Thank you for your interest in Panago Pizza's School Hot Lunch Program. Ensuring children have a healthy diet is important to all of us. As a result, Panago is pleased to offer Alberta schools with seven child friendly pizza recipes on our Multigrain Crust.

In the enclosed package you will find a 'Health and Nutrition' chart that outlines the seven pizza recipes and categorizes them based on the Alberta guideline recommendations. We have also included a list of frequently asked questions, allergen information and a school order form.

Panago has always taken special care to provide quality ingredients and more nutritional choices to help meet a diverse set of dietary requirements often needed for a School Hot Lunch Program. Parents can feel confident knowing:

- Peanuts, peanut oil and tree nuts are not used in any of our products
- Our products are baked fresh daily and contain no artificial flavours and colours or added MSG
- Our pizzas are made with 2% partly skimmed lower fat, rennet-free mozzarella cheese
- We offer a range of vegetarian toppings including a Meat-Free Pepperoni
- We offer gluten-smart and vegan options
- We offer a dairy-free cheese option

As part of our school commitment, Panago also offers schools:

- Competitive pricing to assist with school hot lunch fundraising goals
- Fresh, hot and punctual delivery using insulated delivery bags
- Complimentary plates and napkins upon request
- Incentives for reading, good sportsmanship and volunteers
- A certificate fundraising program entitled "What Goes Around, Comes Around"
- Easy and efficient ordering process

Panago is committed to providing as much information regarding our products as possible. We are a Canadian owned and operated company that has been dedicated to schools like yours for over 25 years.

If you want to inquire about pricing or would like Panago to arrange for a sampling session and presentation at your school, please drop by your nearest Panago location. If you have any questions regarding our school hot lunch program, please contact us by email at **[schoolprograms@panago.com](mailto:schoolprograms@panago.com)** or call 1-855-331-0001.

Thank you for your consideration. We look forward to having the opportunity to work with you.

Sincerely,

The Panago Pizza Team



## Panago's Commitment to Health and Nutrition — Chart Overview:

Enclosed you will find a nutritional chart which provides information on the seven pizzas Panago has designated for Alberta's School Hot Lunch Programs. Using the chart, parents and schools are able to assess which pizzas and serving sizes are the best fit. Please note if the serving size does not meet the requirements for the most desired category, we have provided an explanation within the chart legend below.

### Summary of Alberta's Guidelines

The categories are based on the following:

**Choose Most Often** – These foods should be consumed daily, in appropriate amounts and portions, based on age category. These foods are recommended as healthy choices in the Eating Well with Canada's Food Guide.

**Choose Sometimes** – No more than three servings from this category are recommended for consumption per week. While these foods may still provide beneficial nutrients, they tend to be higher in added sugar, unhealthy fat and sodium (salt).

**Choose Least Often** – Eating these foods is not recommended. One serving could be eaten once a week. Foods from this category are very low in nutrients and higher in calories, fat, sugar and salt.

The following seven pizzas on our Multigrain Crust satisfy Alberta's nutritional guidelines:

**Cheese:** Organic Italian tomato sauce + mozzarella.

**Pepperoni:** Organic Italian tomato sauce, pepperoni + mozzarella.

**Ham & Pineapple:** Organic Italian tomato sauce, Canadian ham, pineapple + mozzarella.

**Chicken & Pineapple:** Organic Italian tomato sauce, grilled chicken, pineapple + mozzarella.

**Meat-Free Pepperoni:** Organic Italian tomato sauce, meat-free pepperoni + mozzarella.

**Garden Veggie:** Organic Italian tomato sauce, black olives, sautéed mushrooms, roasted garlic, pineapple, green peppers, fire-roasted tomatoes, red onions + mozzarella.

**Veggie-Lite:** Organic Italian tomato sauce, green peppers, sautéed mushrooms, tomatoes + mozzarella.



# School Hot Lunch Program Frequently Asked Questions:

## Dietary Requirements:

- Q:** Does Panago offer a nut-free environment?
- A:** Peanuts, peanut oil and tree nuts are not used in any Panago products. As all products are prepared in an open-kitchen environment, we cannot guarantee a 100% allergen-free environment.
- Q:** Does Panago offer gluten-free options?
- A:** Yes, Panago offers a variety of gluten-smart options including a gluten-smart crust. However, as all products are prepared in an open-kitchen environment, we cannot 100% guarantee that there has been no cross contamination with flour. For more details on our gluten-smart products please contact [schoolprograms@panago.com](mailto:schoolprograms@panago.com) or call 1-855-331-0001.
- Q:** How can I ensure your products will not have ingredients my children are allergic to?
- A:** A copy of Panago's Allergen Chart is included in this package. The chart indicates the presence of any of the commonly declared allergens recognized by the Canadian Food Inspection Agency. Please let us know if there are any specific allergens that you would like us to be aware of when serving your school.
- Q:** Does Panago offer any vegetarian pizza options?
- A:** Yes, we offer a Veggie-Lite pizza and a Meat-Free Pepperoni. We also have over 10 ingredients on our menu, which can be used to build a vegetarian pizza. All of our cheese is rennet-free.

## Nutrition:

- Q:** How can I access nutritional information for pizzas that are part of your School Hot Lunch Program?
- A:** Upon request, nutritional labels and information corresponding to various serving sizes are available. In addition, we have also developed a "Health and Nutrition" chart that can be used to determine which pizzas and serving sizes best fit the province of Alberta's recommendations. A more comprehensive nutritional chart featuring all of our products can be obtained by visiting the nutrition section of our website at [panago.com](http://panago.com).
- Q:** What changes can be made to a Panago lunch so that my child receives extra vegetable and/or fruit servings?

- A:** Adding a Panago 100% organic juice box to your hot lunch program will allow children to obtain additional fruit in their diet. The fruit juices, which contain no added sugar, come in a variety of flavours including: Grape Apple, Orange Mango and Lemonade.

We also offer schools a salad program for lunch. For more details, please contact your local Panago store owner.

- Q:** Can we decrease the amount of cheese that is on the pizza?
- A:** Yes, we can decrease the amount of cheese on our pizza if required. However, the cheese provides children with a good source of protein as well as the daily recommendations of calcium as outlined by the Canadian Food Guide. We use 2% partly skim and rennet-free mozzarella cheese that is lower in fat.

## Pricing:

- Q:** What is the price for your school pizzas?
- A:** Panago offers a discounted rate for School Hot Lunch fundraising initiatives. To acquire your special school pricing, visit your local Panago location or call 310-0001. If you have any further questions regarding our hot lunch program, please email us at [schoolprograms@panago.com](mailto:schoolprograms@panago.com) or call us at 1-855-331-0001.

## Alberta School Guidelines:

- Q:** What are the requirements for a serving size of pizza to fall under the Alberta Government's "Choose Most Often" category?
- A:** For serving sizes to fit under Alberta's "Choose Most Often" category, it will require that the food is accompanied with foods from other food groups including: grains, fruits/veggies and protein. The serving size for 1/10th or 1/8th of a large pizza (200-299 calories per serving) must contain less than 7g of fat, have less than 2g of saturated fat, 0.3g of trans fat and less than 500mg of sodium. The serving size should have more than 2g of fibre and incorporate at least 10g of meat/poultry/fish or 7g of beans/lentils. Schools are encouraged to choose food such as our Veggie-Lite pizza that fall under the "Choose Most Often" category or pair "Choose Sometimes" pizzas with side salads or low fat milk to create a balanced diet. These guidelines are recommendations and not yet mandatory. For more information, please visit <http://www.health.alberta.ca/documents/Nutrition-Guidelines-AB-Children-Youth.pdf>.



# Panago's Commitment to Health + Nutrition

This chart has been designed to help you understand how Panago's serving sizes meet the Alberta Nutrition Guidelines for Children and Youth updated in 2010. The purpose of these guidelines is to help promote healthy eating habits for children and youth in schools, childcare facilities and recreation/community centres. This ensures that children and youth will be able to make healthy eating choices in places where they live, work and play. The criteria is divided into 3 categories: Choose Most Often, Choose Sometimes and Choose Least Often.

For more information, please email us at:  
**[schoolprograms@panago.com](mailto:schoolprograms@panago.com)**  
 or call 1-855-331-0001.



## PIZZA DAY OPTIONS

All pizzas come on our Multigrain Hand-tossed Crust.

	Serving Size (Slices*)	Serving Size (g)	Calories (kcal)	Calories from Fat (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Sugars (g)	Dietary Fibre (g)	Choose Most Often	Choose Sometimes	Choose Sometimes	Choose Least Often
CHEESE PIZZA	8" Personal	241	500	130	29	14	7	0	74	610	4	5	■			
	1/6 Large	158	320	90	19	10	5	0	44	460	4	3	■			
	1/8 Large	119	240	70	14	7	4	0	33	340	3	2	■			
PEPPERONI PIZZA	8" Personal	256	570	180	32	20	9	0	74	880	4	5			◆	
	1/6 Large	157	340	110	18	12	5	0	44	590	3	3	■			
	1/8 Large	118	260	80	14	9	4	0	33	440	2	2	■			
HAM + PINEAPPLE PIZZA	8" Personal	295	550	140	33	15	7	0	80	940	10	6			◆	
	1/6 Large	185	330	90	20	10	4.5	0	47	590	7	3	■			
	1/8 Large	139	250	70	15	7	3.5	0	36	440	5	3	■			
CHICKEN + PINEAPPLE PIZZA	8" Personal	312	580	140	39	15	7	0	80	820	9	6			▲	
	1/6 Large	196	350	90	24	10	5	0	48	540	7	3	■			
	1/8 Large	147	260	70	18	7	3.5	0	36	400	5	3	■			
MEAT-FREE PEPPERONI PIZZA	8" Personal	259	520	130	33	14	7	0	75	740	5	6			▲	
	1/6 Large	157	300	70	18	8	3.5	0	44	450	4	3	■			
	1/8 Large	118	230	50	14	6	2.5	0	33	340	3	2	■			
GARDEN VEGGIE PIZZA	8" Personal	327	570	160	30	17	7	0	82	810	9	8			▲	
	1/6 Large	209	330	90	16	10	3.5	0	50	490	8	5	■			
	1/8 Large	157	250	60	12	7	2.5	0	38	370	6	4	■			
VEGGIE-LITE PIZZA	8" Personal	289	470	100	22	11	4	0	77	550	6	6	●			
	1/6 Large	182	280	60	14	7	2.5	0	45	380	4	4	■			
	1/8 Large	136	210	45	10	5	2	0	34	280	3	3	●			
SIDE/SCHOOL GARDEN SALAD (BALSAMIC VINAIGRETTE)		116	70	30	4	3.5	1.5	0	8	150	2	2	■			
200mL Orango™ Juice Box		200	90	0	1	0	0	0	22	10	20	0	●			
200mL Grapple™ Juice Box		200	90	0	1	0	0	0	23	10	22	0	●			
200mL Lemonade Juice Box		200	90	0	1	0	0	0	22	10	20	0	●			

- CHOOSE MOST OFTEN – MEETS ALL OF THE "CHOOSE MOST OFTEN" REQUIREMENTS
- CHOOSE SOMETIMES – FAT AND/OR SATURATED FAT IS 0.5–2 GRAMS TOO HIGH
- ▲ CHOOSE SOMETIMES – FAT AND/OR SATURATED FAT IS 2–3 GRAMS TOO HIGH AND MG OF SODIUM EXCEEDS GUIDELINES
- ◆ CHOOSE LEAST OFTEN

For larger slices, please note: all pizza varieties listed above in a 12" Medium pizza cut into 4 will also meet the "Choose Sometimes" category. All pizzas are also available on an Original Hand-Tossed crust. 8" PERSONAL is cut into 4 slices and boxed individually. \*All serving sizes are from a 14" large unless otherwise specified.

# Panago Allergen Chart

We care about your health and any allergies or sensitivities you, or a member of your family, may have.

The following Allergen Chart lists food products that contain any of the allergens\* which are estimated to cause more than 90% of all allergic reactions.



ALLERGENS	Peanuts*	Tree Nuts*	Milk & Milk Products	Eggs	Fish	Shellfish	Soy & Soy Products	Wheat & Gluten	Sesame Seeds	Naturally Occurring Sulphites	Mustard Seeds
<b>Dough</b>											
Original Hand-tossed Crust									▲		
Italian Thin Crust									▲		
Multigrain Crust									▲		
Multigrain Thin Crust									▲		
Gluten-smart Crust											
<b>Sauces</b>											
Organic Italian Tomato											
Passata Tomato											
Pesto		▲	▲								
Cheezy Cheddar		▲	▲								▲
Jalapeño White		▲	▲								▲
Sweet + Smoky Tropical											
Fresh Salsa											
BBQ											▲
Hot Buffalo											
Chipotle Cilantro			▲			▲					▲
Coconut Curry		▲							▲		
<b>Cheeses</b>											
Cheddar		▲									
Formaggio Blend		▲									
(asiago, romano + parmesan)		▲									
Mozzarella		▲									
Feta		▲									
Parmesan		▲									
Mozzarella/Cheddar Blend		▲									
Goat Cheese		▲									
Dairy-free Daiya™ Cheeze		▲									
<b>Toppings</b>											
Canadian Ham											
Capicollo											
Sautéed Mushrooms											
Jalapeño Peppers											
Green Olives											
Baby Spinach Leaves											

ALLERGENS	Peanuts*	Tree Nuts*	Milk & Milk Products	Eggs	Fish	Shellfish	Soy & Soy Products	Wheat & Gluten	Sesame Seeds	Naturally Occurring Sulphites	Mustard Seeds
<b>Toppings (cont'd)</b>											
Spicy Italian Sausage											
Hot Banana Peppers											
Pepperoni											▲
Tomatoes											▲
Caramelized Onions			▲								▲
Green Peppers											
Roasted Garlic											▲
Black Olives											
Red Onions											
Red Peppers											
Genoa Salami							▲	▲			▲
Pineapple											
Anchovies					▲						
Ground Beef											
Side Bacon											
Grilled Chicken											▲
Steak							▲				
Wild Pink Shrimp						▲					
Grilled Veggies											
Kalamata Olives											
Fire-roasted Tomatoes											
Meat-free Pepperoni							▲	▲			▲
Sour Cream			▲								
Roasted Corn Medley											
Tex-mex Chicken											▲
Canadian Back Bacon											
Pulled Pork											
Double Smoked Pepperoni							▲	▲			
Deli-style Pepperoni							▲	▲			
Iceberg Lettuce											
Romaine Lettuce											
<b>Wings + Bites</b>											
Deliciously Simple											
Salt + Pepper											
Hot + Spicy											
Honey Garlic		▲									▲
Chicken Bites	▲	▲					▲	▲			

ALLERGENS	Peanuts*	Tree Nuts*	Milk & Milk Products	Eggs	Fish	Shellfish	Soy & Soy Products	Wheat & Gluten	Sesame Seeds	Naturally Occurring Sulphites	Mustard Seeds
<b>Salads (dressings not included)</b>											
Calabrese Croutons											
Garden Salad											▲
Garden Chicken Salad											▲
Garden Shrimp Salad						▲					
Garden Steak Salad											▲
Caesar Salad											
Chicken Caesar Salad											▲
Shrimp Caesar Salad						▲					
Steak Caesar Salad											▲
Mediterranean Salad											
Antipasto Salad											
Chicken Taco Salad											▲
Bacon Caesar Salad											▲
<b>Shakers</b>											
Chilli											
Italiano											
Formaggio			▲								
<b>Breads + Dessert</b>											
Sweet Cinnamon Breadsticks		▲									▲
Garlic Cheezy Bread		▲									
Super Cheezy Bread		▲	▲								▲
Chocolate Chunk Pretzel Cookie		▲	▲								
Mini New York Cheesecake		▲	▲								▲
<b>Dips &amp; Dressings</b>											
Italian Garlic		▲	▲								▲
Italian Tomato											
Cheezy Cheddar		▲	▲								▲
Cayenne Hot Sauce											
Blue Cheese		▲	▲								▲
Classic Caesar		▲	▲	▲							▲
Jalapeño Ranch		▲	▲								▲
Balsamic Vinaigrette		▲									
Chipotle Cilantro						▲					▲
Simple Italian (Vegan)											▲
Sweet Frost Icing											
Premium Caramel			▲								
<b>Panago Cucina</b>											
Cheezy Formaggio Dip		▲	▲								▲
Italiano Garlic Dip		▲	▲								▲
Jalapeño Ranch Dip		▲	▲								▲
Cayenne Hot Sauce											

\*Panago uses only the finest ingredients available and our products have no added MSG, no artificial flavours or colours. All Panago products are rennet-free and we use real 2% partly skimmed, lower-fat, mozzarella cheese. Peanuts, peanut oil and tree nuts are not used in any Panago products. As all products are prepared in an open-kitchen environment, we cannot guarantee a 100% allergen-free environment. Allergen information is based on standard Panago recipes and is compiled from product information provided by our approved food suppliers and further based on standard product formulations. This chart is complete at the time of publication, September 2018. New product introduction, ingredient and/or recipe changes may cause this chart to become obsolete – please continue to check for updates or contact customercare@panago.com.

# Hot Lunch Order Form



Delivery Date: \_\_\_\_\_

Time: \_\_\_\_\_

School Information:		
School Name	Contact Person	Address
Phone Number	Fax Number	

Pizza Variety (Multigrain):	Quantity:	Size:		Price:
		14" Large	8" Personal	
Cheese				
Pepperoni				
Ham + Pineapple				
Chicken + Pineapple				
Meat-Free Pepperoni				
Garden Veggie				
Veggie-Lite				
Other				
Number of Slices		6	8	

Personal Salads:	Quantity:	Price:
Garden Salad		

Organic Juice Boxes:	Quantity:	Price:
Orango™ (orange + mango)		
Grapple™ (grape + apple)		
Lemonade		

Total Price:	Method of Payment:
Sub-total	<input type="checkbox"/> Cash <input type="checkbox"/> Debit
GST	<input type="checkbox"/> Cheque <input type="checkbox"/> Visa/MC
Total	<input type="checkbox"/> Go Card
Credit Card Number	
Cardholder's Name	
Expiry Date	

Special Instructions:

For Panago Use Only:	Confirmed by:
Order confirmed by	<input type="checkbox"/> Phone <input type="checkbox"/> Fax
Date confirmed	<input type="checkbox"/> Email
Time confirmed	Total \$



At Panago we know that Kids LOVE pizza day but we also understand that variety and choice can be extremely important to our schools and PAC committees when deciding on a hot lunch food provider.

Recognizing the need to offer a general solution for those schools who would like the ability to have multiple food offerings, we are introducing a new partnership with **HotLunches.net**, an easy-to-use system for the placing and management of school hot lunch programs.

By agreeing to use Panago as your pizza provider, your school will get access to this trouble-free software and for new schools 30% off the sign up fee for the year. Not only is this system incredibly simple but has no transaction fees, no limits on the number of menu dates, menu items, number of orders or frequency of order placement. Lunchtime just got a whole lot better.

### **Why HotLunches.net?**

This powerful application will make your school hot lunch program easier to manage, save you time and save your school hundreds of dollars by tracking outstanding orders, ensuring accuracy of order calculations and providing accurate supplier order quantities.

**HotLunches.net** allows an application administrator to define a hot lunch schedule, which consists of the set of hot lunch dates, and a menu for each date. Once the schedule has been defined, parents can register, login and add their students to the system. After the students are in the system the parents can place hot lunch orders for their students using a simple on-line form that will total their orders for them, ensuring accuracy in order placement.

The system also manages teachers and school staff, generates class contact lists, the staff directory, and the Council Executive directory, manages on-line documents and allows the administrator to customize some page content. There is also a powerful email broadcast system for communicating with registered parents.





**Features:**

- |  |   |
|--|---|
| Create menu schedules (Winter, Spring, etc.)                                       | Enter hot lunch costs by hot lunch date   |
| Setup menu dates in the schedule (Daily, Weekly, Selected Days of Each Week, etc.) | Track miscellaneous expenses and revenue  |
| Create menus for each menu date - unlimited items                                  | Generate printouts of student and staff orders  |
| Accept on-line orders in minutes   | Easily print orders with balance owing  |
| Automatically calculate totals - eliminate errors                                  | Generate report of order status by classroom  |
| Easily process paper orders into the system  | Send broadcast email messages to parents  |
| Accept on-line payments or cheques   | Send broadcast email messages to people with outstanding balances on their orders     |
| Post payments on receipt   | Send email broadcasts by selected classes   |
| Track payments received and outstanding balances                                   | Staff lists provided to parents   |
| Manage suppliers and supplier contact information                                  | Parents create their own user accounts  |
| Administer menu items and costs by supplier  | Student information entered by parents  |
| Enter concession and extra items ordered by lunch date                             | Selected page content managed by PAC/Hot Lunch administrator                          |
|  | Documents can be uploaded for parents - Newsletters, Bulletins, Meeting Minutes, etc. |

To schedule a demo with [hotlunches.net](http://hotlunches.net) or to sign-up and receive your Panago partner discount simply visit the following site **[HotLunches.net/panago](http://HotLunches.net/panago)**

Sincerely,  
Panago Pizza