



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 Saskatchewan schools with four child friendly pizza recipes on our Multigrain Crust.

In the enclosed package you will find a 'Health and Nutrition' chart that outlines the four pizza recipes and categorizes them based on the guideline recommendations. We have also included a list of frequently asked questions, along with 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

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 four pizzas Panago has designated for Saskatchewan's School Hot Lunch Programs. Using the chart, parents and schools are able to assess which pizzas and serving sizes are the best fit.

## Summary of Healthy Foods for My School Guidelines

The categories are based on the following:

### “Choose Most Often” foods are–

- Whole grains, vegetables and fruit, lower fat milk and alternatives.
- Lean meats and alternatives.
- Sources of fibre, protein, carbohydrate, vitamins, and/or minerals.
- Lower in added fat, sugar, and salt than “Choose Sometimes” foods.

### “Choose Sometimes” foods are–

- Often processed foods.
- Sources of protein, carbohydrate, vitamins and/or minerals.
- Lower in fibre and higher in fat, salt and sugar than “Choose Most Often” foods.



The following four pizzas on our Multigrain Crust satisfy Saskatchewan's nutritional guidelines for “Choose Sometimes” foods:

\*Other varieties are also available upon request:

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

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

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

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

\*It is recommended that these foods are paired with a food from the “Choose Most Often” group such as fresh fruit, vegetables or low fat milk.

# 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 new 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 Saskatchewan's guidelines. 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. These 100% juices fit under the "Choose Sometimes" category according to Saskatchewan's guidelines for schools.

We also offer schools a salad program for lunch that meets the standards for the "Choose Most Often" category. 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.

## Saskatchewan's School Guidelines:

- Q:** What are the requirements for a serving size of pizza to fall under the Saskatchewan Government's "Choose Most Often" category?
- A:** Since pizza contains foods from two food groups, it is considered a prepared Mix Dish according to Saskatchewan's nutrition guide. Preference should be given to food items with a vegetable listed in the first three ingredients. Most recommended products need to have a meat, milk or alternative to provide protein. To be considered a "Choose Most Often" food, the pizza needs to meet the following nutrition standards:
- Trans fat: 0.5g or less and five of the following **six**:
  - Fat: 3g (5% Daily Value) or less
  - Saturates: 2g or less
  - Sodium: 960mg (40% Daily Value) or less
  - Fibre: 2g or greater
  - Sugars: Should not be the first or second ingredient
  - At least one of vitamin A, vitamin C, calcium or iron: 5% or greater

To be considered a "Choose Sometimes" food, the pizza must meet the trans-fat criteria plus four of the criteria listed above. It is recommended that these foods are paired with a food from the "Choose Most Often" category such as fresh fruit, vegetables or low fat milk. For more details, please visit: <http://www.education.gov.sk.ca/nourishing-minds>



# Panago's Commitment to Health + Nutrition

This chart has been designed to help you understand how Panago's serving sizes meet the Ministry of Health and Ministry of Education's nutritional guidelines found in "Healthy Foods For My Schools" and "Nourishing Minds". The purpose of the guidelines is to help promote healthy eating habits for children and youth in schools. This ensures that children and youth have healthy foods and beverages available more often and less healthy choices available less often. The best food and beverage choices are foods that fit into the: "Choose Most Often" and "Choose Sometimes" categories.

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 Original 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
CHEESE PIZZA	1/6 Large	168	340	100	22	12	6	0	44	520	4	3	■	
	1/8 Large	126	250	80	16	9	4.5	0	33	390	3	2	■	
PEPPERONI PIZZA	1/6 Large	166	360	130	21	14	6	0	44	650	3	3	■	
	1/8 Large	125	270	100	15	11	5	0	33	490	3	2	■	
HAM + PINEAPPLE PIZZA	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	■	
VEGGIE-LITE PIZZA	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	●	
200mL Orango™ Juice Box		200	90	0	1	0	0	0	22	10	20	0	■	
200mL Grapple™ Juice Box		200	90	0	0	0	0	0	23	10	22	0	■	
200mL Lemonade Juice Box		200	90	0	1	0	0	0	22	10	20	0	■	
SIDE/SCHOOL GARDEN SALAD		111	70	30	4	3.5	1.5	0	8	150	2	2	■	
BALSAMIC VINAIGRETTE		28	80	60	0	7	0.5	0	4	140	4	0	■	

- CHOOSE MOST OFTEN – MEETS ALL OF THE "CHOOSE MOST OFTEN" REQUIREMENTS
- CHOOSE SOMETIMES – FAT AND/OR SATURATED FAT IS TOO HIGH. THESE FOODS CAN BE SERVED AND ARE IDEALLY PAIRED WITH "CHOOSE MOST OFTEN" FOODS SUCH AS FRESH VEGETABLES, FRUITS AND LOW FAT MILK
- ◆ NOT RECOMMENDED

If the Balsamic Vinaigrette dressing is added to the Garden Salad this will still be considered a "Choose Most Often" option as the Canada Food Guide recommends including 6 to 9 tsp of unsaturated fat each day. This dressing provides approximately 2 tsp of unsaturated fat. Original Hand-tossed Crust is available.  
\*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:
Cheese		14" Large		
Pepperoni				
Ham + Pineapple				
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
Tax	<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	<b>Total \$</b>



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 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