



LET THE PITA PIT MAKE YOUR NEXT SCHOOL LUNCH EVENT A SUCCESS.



FIND OUT MORE ABOUT THE PITA PIT AT WWW.PITAPIT.COM



WHO SAYS FUN FOOD HAS TO BE JUNK FOOD?

INTRODUCING THE NEW PITA PIT
SCHOOL LUNCH PROGRAM!



MAKE YOUR NEXT SCHOOL LUNCH A HIT— ONE WITH HEALTHY RETURNS.

NEXT TIME YOUR SCHOOL HOLDS A FUND-RAISER WHY NOT ORDER FUN FOOD THAT'S NUTRITIOUS AS WELL AS DELICIOUS?

We all know that teenage obesity is on the rise and that adolescents are getting too much fat and sodium in their diets, but ordering healthy foods that students don't like can jeopardize your fund-raiser's chance of success. With The Pita Pit School Lunch menu, you can offer fun foods that are healthy, delicious and fresh. But don't take our word for it. See for yourself. (*Nutritional information is from these companies' websites.*)

Pita Pit Chicken Breast Pita
Regular/Small:
including lettuce,
tomatoes and
cucumber:

330/230 calories
5/3 g fat
936/580 mg sodium

Pita Pit Falafel Pita
Regular/Small:
353/241 calories, 9/5 g fat
816/580 mg sodium



3-9 g fat
580-936 mg
sodium

6-inch Subway Cold Cuts Combo (lettuce,
tomatoes, onions, cucumbers, green peppers &
cheese): 480 cal., 23 g fat, 1220 mg sodium

6-inch Subway Club (garnished as above, but
no cheese): 290 cal., 3.5 g fat, 1060 mg sodium



3.5-23 g fat
1060-1220 mg
sodium

Happy Meal®:
cheeseburger &
small fries: 535 cal.,
24 g fat, 1000 mg
sodium

Big Mac®
& medium
fries: 920 cal.,
48 g fat, 1310 mg
sodium

**Quarter Pounder® with
Cheese** & medium fries: 590 cal.,
45 g fat, 1460 mg sodium



24-48 g fat
1000-1460 mg
sodium



17-18 g fat
1200-1630 mg
sodium

**1/6 slice of an
18" pizza from Pizza Pizza:**
Veggie: 600 cal., 17 g fat, 1230 mg sodium
Cheese: 560 cal., 14 g fat, 1200 mg sodium
Pepperoni: 590 cal., 18 g fat,
1630 mg sodium

THE PITA PIT SCHOOL LUNCH PROGRAM MAKES IT EASY FOR YOU.

A STEP-BY-STEP GUIDE TO THE PITA PIT SCHOOL LUNCH PROGRAM

STEP 1: WE MEET AT THE SCHOOL.

We'll come to you to find out what you need, let you sample our pitas, answer your questions and suggest a price structure (or we'll get back to you with one).

STEP 2: STUDENT FORMS GO HOME.

Teachers send students home with order forms for them to complete, then return with payment by a specified date.

STEP 3: TEACHERS COLLECT FORMS & MONEY, THEN SUMMARIZE ORDERS.

Each teacher completes a summary for his/her class and gives it to the school lunch organizer along with the individual student orders and money collected.

STEP 4: WE PICK UP FORMS & MONEY.

A week before the lunches are to be delivered, we pick up the students' order forms and classroom summary forms plus our share of the money collected.

STEP 5: WE DELIVER.

We prepare and assemble the lunches on the morning of your school lunch event and deliver them to the school 15 to 30 minutes early. We label each lunch with the student's name and classroom, and group the lunches by classroom to make it easy for you to distribute them.

We'll tailor our student and summary order forms to match your requirements.