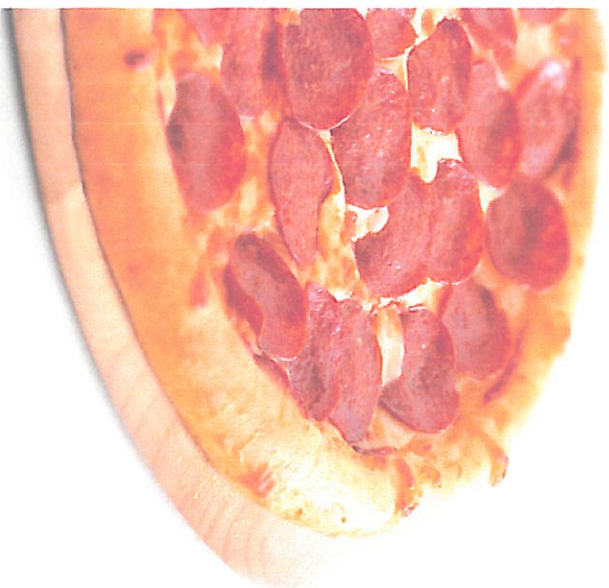


Panago's Commitment to Health + Nutrition

This chart has been designed to help you understand how Panago's serving sizes meet the 2010 Guidelines for Food + Beverage Sales in BC Schools. These guidelines were designed to maximize students' access to healthier options and fully eliminate the sale of unhealthy food and beverages in BC schools. The guidelines align with the most current "Canada Food Guide" and distinguish food and beverage options into four categories: Choose Most, Choose Sometimes, Choose Least, and Not Recommended.

For more information, please email us at:
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 Choose Sometimes Choose Least Not Recommended
CHEESE PIZZA	8" Personal	241	500	130	29	14	7	0	74	610	4	5	●
	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	8" Personal	256	570	180	32	20	9	0	74	880	4	5	◆
	1/6 Large	166	360	130	21	14	6	0	44	650	3	3	●
	1/8 Large	123	270	100	15	11	5	0	33	490	3	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	●
PEPPERONI + MUSHROOM PIZZA	8" Personal	276	590	200	33	22	9	0	75	1010	5	6	◆
	1/6 Large	177	360	130	21	14	6	0	45	680	4	4	●
	1/8 Large	133	270	90	15	11	4.5	0	33	510	3	3	●
MEAT-FREE PEPPERONI PIZZA	8" Personal	259	520	130	33	14	7	0	75	740	5	6	●
	1/6 Large	166	320	80	21	9	4.5	0	44	520	4	3	●
	1/8 Large	125	240	60	16	7	3.5	0	33	390	3	2	■
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		116	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	●
200mL Apple Juice Box		90	0	0	0	0	0	0	23	10	21	0	*
200mL Orange Juice Box		90	0	1	0	0	0	0	22	10	20	0	*
200mL Grapefruit Juice Box		90	0	1	0	0	0	0	23	10	22	0	*
200mL Lemonade Juice Box		90	0	1	0	0	0	0	22	10	20	0	*

All nutritional information has been reviewed by a Registered Dietician. Original Hand-tossed Crust is available. 8" PERSONAL is cut into 4 slices and boxed individually. *All serving sizes are from a 14" large unless otherwise specified.

- CHOOSE MOST – MEETS ALL OF THE "CHOOSE MOST" REQUIREMENTS
- CHOOSE SOMETIMES – SHORT 1 GRAM OF FIBRE PER SERVING
- ▲ CHOOSE SOMETIMES – TOO HIGH IN SODIUM
- ◆ CHOOSE LEAST OFTEN – TOO HIGH IN FAT, SATURATED FAT AND SODIUM
- * ALL FRUIT JUICES, EVEN IF 100% JUICE, FALL UNDER "CHOOSE SOMETIMES" UNLESS 125mL OR UNDER

- Nuts*
- & Milk Products
- Fish
- & Soy Products
- & Gluten
- Sesame Seeds
- Naturally Occurring
Amines

ALLEHGENS

- Peanuts*
- Tree Nuts*
- Milk & Milk Products
- Eggs
- Fish
- Shellfish
- Soy & Soy Products
- Wheat & Gluten
- Sesame Seeds
- Naturally Occurring Sulphites

ALLERGENS

Shakers

- Chili

Formaggio

- ### Refined Products

www.cinemas.com

Rosemary Garli

Dips & Dressings

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- Peanuts*
- Tree Nuts*
- Milk & Milk Products
- Eggs
- Fish
- Shellfish
- Soy & Soy Products
- Wheat & Gluten
- Sesame Seeds
- Naturally Occurring
- Sulphites

Wings

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