



Fresh to the
Extreme

School Lunch Program

Extreme Pita is a Canadian fast food concept committed to healthy eating and living. Founded in 1997, our goal is to provide our guests with something different; the choice to eat at a fast food restaurant that truly understands active lifestyles and healthy concerns. We're fast, fresh, fun, and full of flavour. Besides all that, we're EXTREME when it comes to our commitment to creating a unique product bursting with ingredients that are healthy.

The Extreme Pita School Lunch Program provides a fresh dietitian reviewed healthy meal option for school lunch. We have met the criteria for the Heart and Stroke Foundation's Health Check Program to bring you nutritious power packed food with a taste that kids love!

Our school lunch pitas are the same portion sizes and recipes that you would find in our restaurants that will leave your children full, energetic and ready to learn.

Extreme Pita is proud to have the Health Check™ program on its menu.



The Heart and Stroke Foundation's registered dietitians have reviewed these menu items to ensure they meet the specific nutrient criteria developed by the Health Check trade program based on the recommendations in Canada's Food Guide. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program. See www.healthcheck.org

PLEASE MAKE ONE CHEQUE PER STUDENT PAYABLE TO:

WHITCHURCH HIGHLANDS PUBLIC SCHOOL

EXACT CHANGE REQUIRED

Order forms are due: January 24th 2015

**** Grade 8's in Quebec City – Feb 10th**

***** Grade 7's at Mini-Yo-We camp - Feb 24th**

Student Name: _____

School Name: _____

Teacher's Name: _____

Allergies: _____

PITA SANDWICH ONLY - \$4.00

NO COMBOS OFFERED

Step One: PITA TYPE

Whole Wheat ONLY

Step Two: FILLING (please check one)

Veggie Turkey (Deli) Ham (Deli)
 Philly Steak Chicken (Grilled Chicken Breast)

Step Three: TOPPINGS (please check)

Romaine Lettuce Tomatoes Green Pepper
Cucumber Cheddar Cheese

Step Four: SAUCES (please check – maximum 2 choices)

Light Mayo Light Caesar Hummus
Light Italian Mustard
Light Ranch BBQ Sauce

Step Five: DATES (please check)

February 10 **	<input type="checkbox"/>	April 21	<input type="checkbox"/>
February 24 ***	<input type="checkbox"/>	May 5	<input type="checkbox"/>
March 10	<input type="checkbox"/>	May 19	<input type="checkbox"/>
March 24	<input type="checkbox"/>	June 2	<input type="checkbox"/>
April 7	<input type="checkbox"/>	June 16	<input type="checkbox"/>

Total Paid: \$ _____