




EMJS PAC Hot Lunch Nutritional Info

As of September 2021

Hot House Pizza

Ingredients/Toppings:

Each slice of pizza is 1/8 of a large pizza (except gluten free slice is 1/6 of the GF pizza) and comes with classic cheese blend, tomato sauce, whole wheat crust.

Cheese Pizza - Single slice. Tomato sauce with classic cheese blend. Whole wheat crust.		x \$3.50	
Pepperoni Pizza - Single slice. Classic pepperoni and cheese. Whole wheat crust.		x \$3.50	
GF Cheese Pizza - Single slice (Gluten free). Tomato sauce with cheese on gluten free crust.		x \$3.50	
Vegetarian Pizza - Single slice. Assorted vegetarian toppings TBD. Whole wheat crust. (Peppers, olives, tomato, pineapple, ...)		x \$3.50	

No Nutritional Information Available
 Made specially for our school.

For comparison, here is the **Pizza Hut Nutritional Information**. Note that these are on a regular white crust, not whole wheat or multigrain like Hot House is making for us.

Serving size – Medium pizza – 1 slice
 Each slice is 1/8 of the pizza. (12 inch diameter)

Classic Pizzas	Weight Per Slice (g)	Calories (kcal)	Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Big Cheese	82	180	9	25	1	3	5	2.5	0.1	15	440	4	10	15	10
Garden Veggie	111	180	10	25	4	4	5	2.5	0.1	15	310	8	20	15	10
Traditional Pepperoni	92	210	10	25	1	3	7	3.5	0.2	25	540	4	10	15	15
Tropical Hawaiian	101	230	11	26	1	5	9	4	0.2	25	580	4	15	15	15

Source: <https://www.pizzapizza.ca/nutrition/>

10" gluten free pizzas

Serving size is 1/6 of the pizza

Gluten Free Pizzas	Weight Per Slice (g)	Calories (kcal)	Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Cheese	70	170	6	21	1	2	7	3.5	0.2	15	330	6	6	15	2

Source: <https://www.pizzapizza.ca/nutrition/>

Bon Sushi

Ingredients:

- **Avocado Roll:** Nori, Rice, Avocado
- **Cucumber Roll:** Nori, Rice, Cucumber
- **California Roll:** Nori, Rice, Avocado, Imitation Crab, Mayonnaise

No soy sauce, wasabi, ginger, sesame seeds.

For comparison, here is some nutritional info for these rolls:

California Roll, one 6-8 piece roll

CALORIES 255
FAT 7 G
CARBS 38 G
FIBER 6 G
PROTEIN 9 G

Avocado Roll, one 6-8 piece roll

CALORIES 140
FAT 5.5 G
CARBS 28 G
FIBER 6 G
PROTEIN 2 G

Cucumber Roll, one 6-8 piece roll

CALORIES 136
FAT 0 G
CARBS 30 G
FIBER 3.5 G
PROTEIN 6 G

Source: <https://www.eatthis.com/best-worst-sushi-rolls-weight-loss/>

Red Barn Wraps

Ingredients (these are ½ wraps):

- **Turkey:** ½ wrap filled with Red Barn’s in-house roasted turkey, cheddar, cucumber, lettuce and mayo wrapped in a whole wheat tortilla
- **Rainbow veggie:** whole wheat tortilla filled with grated carrot, grated beet, cucumber, lettuce, hummus and mayo

Red Barn Turkey Wrap Nutrition	Carbohydrate	Fat	Protein	Total Calories
1/2 portion of turkey wrap	18.5g	6.5g	11.5g	178 Cal
Red Barn Veggie Wrap Nutrition	Carbohydrate	Fat	Protein	Total Calories
1/2 portion of veggie wrap	18.5g	5.5g	6g	142 Cal

Red Barn will also supply the **Portofino chocolate chunk cookies** (40g size)

Portofino

Portofino - Double Chunk Chocolate Cookie

Serving Size : 1 cookie



53%

23g

Carbs

42%

8g

Fat

5%

2g

Protein

Ingredient Statement

unbleached white flour (wheat), salted butter (milk), golden yellow sugar, pastry flour, granulated Sugar, Milk chocolate chunks (sugar, whole milk powder, cocoa butter, unsweetened chocolate, unsweetened chocolate processed with alkali, dextrose, milkfat, soy lecithin, vanillin) (milk, soybeans), Dark chocolate chunks (natural vanilla extract, salt) (milk, cage free liquid whole eggs (egg), honey, vanilla, baking soda, salt

Chef on the Run

Ingredients (250 ml fruit cup)

- **Fruit cup:** Fresh cut fruit, which may include honeydew, cantaloupe, pineapple, apple, orange or pear.

Wendel's Chocolate Chip Cookies

Gluten, Dairy and Egg Free (Vegan)



Ingredients: organic chocolate (cane sugar, cocoa mass, cocoa butter), organic expeller pressed palm fruit oil, white rice flour, organic brown cane sugar, potato starch, organic cane sugar, soy flour, corn starch, organic brown rice flour, sea salt, sodium bicarbonate, baking powder, organic vanilla, chia seeds.

Allergy & Diet Notes: This product is suitable for vegan and gluten free diets

Contains: Soy

Source: http://www.wendelstruefoods.com/products_old/gf-chocolate-chip-cookie/

Island Farms 2% Milk



Ingredients

Partly skimmed milk, vitamin A palmitate, vitamin D3.

Nutrition Facts

Per 1 cup (250mL)

Amount	% Daily Value
Calories 130	
Fat 5 g	8%
Saturated 3 g	15%
+ Trans 0.1 g	
Cholesterol 20 mg	
Sodium 105 mg	4%
Carbohydrate 12 g	4%
Fibre 0 g	0%
Sugars 11 g	
Protein 9 g	
Vitamin A	15%
Vitamin C	0%
Calcium	30%
Iron	0%
Vitamin D	45%

Note: the above nutrition values are per 250 ml not per carton (237ml)

Source: <https://www.islandfarms.com/en/products/milks/2-partly-skimmed-milk>

Island Farms Chocolate Milk



Ingredients

Partly skimmed milk, sugar, cocoa, salt, carrageenan, artificial flavor, colour, vitamin A palmitate, vitamin D3.

Nutrition Facts

Per 1 cup (250mL)

Amount	% Daily Value
Calories 150	
Fat 2.5 g	4%
Saturated 1.5 g	8%
+ Trans 0.1 g	
Cholesterol 15 mg	
Sodium 170 mg	7%
Carbohydrate 26 g	9%
Fibre 1 g	4%
Sugars 24 g	
Protein 9 g	
Vitamin A	15%
Vitamin C	0%
Calcium	25%
Iron	6%
Vitamin D	45%

Note: the above nutrition values are per 250 ml not per carton (237ml)

Source: <https://www.islandfarms.com/en/products/flavoured-milks/chocolate-milk>