



**BUILDING  
BETTER  
SANDWICHES  
& kids!**

**Press'd**  
THE SANDWICH CO

School Lunch Program



## HEALTHY MEALS YOUR KIDS WILL LOVE

Healthy eating can stabilize children's energy, sharpen their minds, and even out their moods. While peer pressure and TV commercials for junk food can make getting kids to eat well seem impossible, there are options available to help you instill healthy eating habits without compromising on taste. Enter Press'd the Sandwich Company's School Lunch Program. Freshly prepared vegetables, quality meats and cheeses, and healthy side options. Everything your kids need for a healthy lunch to keep their mind and bodies happy and healthy!

## WHAT MAKES PRESS'D DIFFERENT?



We're healthier than traditional fast food



Our bread is baked fresh from scratch, every day



Our vegetables are sliced fresh daily



We use quality meats and cheeses



We offer healthy and delicious drinks and sides



Kids love our fantastic tasting sandwiches!

## FOOD FACTS

### Press'd



**Chicken Sandwich**  
with Swiss cheese, mustard, lettuce and tomato

Calories  
353

Total Fat  
6g

Sodium  
574mg

Saturated Fat  
4g

### Panago



**Pepperoni**  
Two slices

Calories  
420

Total Fat  
16g

Sodium  
700mg

Saturated Fat  
7g

### McDonalds



**Happy Meal**  
Cheeseburger and small fries

Calories  
535

Total Fat  
24g

Sodium  
1000mg

The no-fuss Press'd School Lunch Program makes ordering simple. Follow these steps to place an order:

## 1 Initial Contact

Contact Press'd catering via phone or email (information below). We'll provide you with the necessary forms that your kids will use to fill out their orders. We'll also answer any questions you have about the program.

**For a copy of our Lunch Program Menu visit us at [www.pressdsandwiches.ca](http://www.pressdsandwiches.ca)**

## 2 Student Forms Go Home

Teachers send students home with order forms for their parents to approve and complete, then return with payment by a specified date.

## 3 Teachers Collect Forms and Money, then Summarize Orders

Each teacher completes an online Order Summary for his/her class and sends it to the school lunch organizer along with the money collected.

## 4 Email Order Summary to Press'd Catering

Once all the Order Summaries for each class/teacher have been collected, email them to [catering@pressdsandwiches.ca](mailto:catering@pressdsandwiches.ca). We'll email you back with an order confirmation and invoice.

## 5 Payment

Two payment methods are available. You can either provide a credit card for quick and easy payment over the phone or by email, or we can swing by your school and pick up the cash collected. Whatever works best for you!

## 6 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.

That's it!

**CONTACT US HERE!**  
**780-782-8177**

[catering@pressdsandwiches.ca](mailto:catering@pressdsandwiches.ca)



# Make your next school lunch a hit with Press'd sandwiches.

For more info about Press'd please visit [www.pressdsandwiches.ca](http://www.pressdsandwiches.ca).



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