



School Orders 2018/2019

Senor Froggy Restaurant and Spa-ghet-ti: the Pasta Place are proud to offer our School Lunch program. We currently serve most of the elementary schools in Kamloops with nutritious, affordable meals that the students love to eat. As with our Senor Froggy items, many of our Spa-ghet-ti: the Pasta Place items fit the “Choose Most” criteria in the Healthy Schools program, yet are prepared in the same way as our regular menu items. This means that the same item that the children are familiar with and order in the restaurants is served in your school, ensuring that not only is the food healthy and nutritious, they are going to buy and like it.

Our service includes delivery to your school, and separating each class according to your order, so that lunch day is a breeze. All you have to do is have a child from each class come down to the office and pick up the order for that class, and everything is divided, marked and ready to go. No need for volunteers to separate the orders by class.

On the next page, you will find nutritional information and prices for the most popular items on our school lunch program. If there is something different you would like to see, we are happy to work with schools and PAC’s to make a menu that works.

If you are serving any school lunches, either from a school canteen or cafeteria, or as part of a pre-ordered special lunch day, I would love to have the opportunity to speak with you regarding what Senor Froggy Restaurants and Spa-ghet-ti: the Pasta Place could do for you. Please contact me by E-mail at mail@senorfroggy.ca or by phone at 250-554-2055.

Thank you for your time,

Robert Stodola
Senor Froggy Restaurants Inc.
#235 450 Lansdowne Street, Downtown Kamloops
#9 724 Sydney Avenue, North Kamloops.
A wholly owned and operated Kamloops business since 1982.



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Mexican Food Items

NEW! Taco Salad: Crisp Lettuce, Seasoned Beef, Cheddar Cheese, Tomato and Sour Cream served in a Biodegradable paper bowl. **GLUTEN FREE!**

Soft Taco: Seasoned Beef, Cheddar Cheese, Mild Tomato Sauce and Lettuce in a Soft Flour Tortilla.

Soft Beef Burrito: Seasoned Beef, Cheddar Cheese and Mild Tomato Sauce in a Soft Flour Tortilla.

Beef and Bean Burrito: Seasoned Beef, Refried Beans, Cheddar Cheese and Mild Tomato Sauce in a Soft Flour Tortilla.

Bean and Cheese Burrito: Refried Beans, Cheddar Cheese, Mild Tomato Sauce in a Soft Flour Tortilla.

Chicken Quesadilla: Seasoned Pulled Chicken and Cheddar Cheese melted in a Soft Flour Tortilla.

Cheese Quesadilla: Cheddar Cheese melted in a Soft Flour Tortilla.

Mexi Fries: Potato Nuggets deep fried and sprinkled with a seasoning salt.

Cinnamon Crisps: Strips of pastry sprinkled with Cinnamon and Sugar.

**All of our fillings and sauces are made from scratch In-Store.
All Items are regular sized – Exactly as served in our restaurants.**

- Choose Most / Choose Sometimes criteria as analyzed by SD73 district nutritionist September, 2008

Nutritional Information						
*As verified by SD73 District Nutritionist September, 2008						
	CM	CM	CM	CM	CS	CS
	Soft Taco	Soft Beef Burrito	Beef and Bean Burrito	Bean and Cheese Burrito	Chicken Quesadilla	Cheese Quesadilla
Calories	335.36	352.06	349.89	338.76	350.08	284.00
Total Fat	12.50	13.83	12.25	9.69	15.53	11.66
Saturated	6.30	6.96	5.72	3.83	7.61	6.63
Trans	0.00	0	0.00	0.01	0.01	0.00
Cholesterol	39.83	46.17	33.50	14.50	49.00	29.00
Sodium	739.24	833.44	739.22	580.19	616.74	402.00
Carbohydrates	36.08	37.19	41.96	47.95	32.22	31.40
Dietary Fiber	3.10	2.51	3.71	5.24	1.66	1.60
Sugars	2.75	0.92	0.98	1.01	0.24	0.00
Protein	16.16	17.97	16.68	14.36	18.88	12.40



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Italian Food Items

Penne with Meat Sauce: Penne Noodles with tomato-based Meat Sauce (Pork and Beef), sprinkled with Parmesan Cheese. (Sauce contains Dairy)
Penne with Marinara Sauce: Penne Noodles with vegetarian tomato sauce, sprinkled with Parmesan Cheese
Penne with Alfredo Sauce: Penne Noodles with creamy Alfredo Sauce, sprinkled with Parmesan Cheese.
Penne with Butter: Penne Noodles with melted butter, sprinkled with Parmesan Cheese.
All of our sauces are made from scratch In-Store. Portion size is the same as the child's-size portion in our restaurants.
Parmesan Breadstick: Craig's Bakery breadstick brushed with Garlic Butter and Parmesan Cheese.
Caesar Salad: Romaine lettuce with Caesar Dressing, Parmesan Cheese and Croutons.

- Choose Most / Sometimes criteria as per SD73 Healthy Schools criteria

Nutritional Information					
	CM	CM	CS	CS	CS
	Penne with Meat sauce	Penne with Marinara	Penne with Alfredo Sauce	Bread Stick	Caesar Salad
Calories	537.7	480.0	606.0	70.9	177.7
Total Fat (g)	8.8	5.0	12.9	1.0	14.1
Saturated (g)	2.4	1.1	2.5	0.3	2.7
Trans (g)	0.0	0.0	0.1	0.1	0.3
Cholesterol (mg)	24.1	3.2	62.1	0.0	9.4
Sodium (mg)	355.5	588.1	243.2	164.4	403.9
Carbohydrates (g)	92.8	92.2	93.1	13.3	8.3
Dietary Fiber (g)	5.7	6.7	4.4	0.3	2.3
Sugars (g)	8.9	7.7	6.8	1.7	1.6
Protein (g)	20.0	17.0	18.1	2.8	3.3



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