



**AC LaRocco Pizza is Now Offered  
as a Healthy Alternative  
for School Lunches**

AC LaRocco Pizza, the healthiest pizza on the planet, is now offered as a healthy alternative for school lunches. The Warren Consolidated Schools in Michigan have brought in AC LaRocco's organic, whole wheat crust to be the staple of all of their healthy pizzas offered for lunch.

The first order of crust has been shipped and is now being incorporated into the lunch menu at Mott High School and even the faculty have started dining in the lunch room. "I have been eating from the Cafe' more this year for lunch and.....WOW!!!!!!!!!!!! I have had some outstanding/healthy food!!! I get my lunch and then walk around and show my football team what's good and healthy...some of them are really starting to buy in. The chicken calypso was awesome and new whole wheat pizza with low fat cheese....yeah!!!!" Coach Shaun Tahrebandi, Warren Mott Football.

Our favorite doctor, Dr. Tom Rifai had is hand is helping get more nutritional options into the school lunch program at the Warren Consolidated Schools. Dr. Rifai and the executive chef at Andiamo Restaurant, Jim Oppat, amongst others all worked together to put a healthy, nutritious and appealing menu together for the students and so far it seems to be working.

November 2010

**Join the Movement**  
Be a part of the  
**"Healthy Pizza Revolution"™**



[healthypizzarevolution.com](http://healthypizzarevolution.com)

**Featured Articles**

**We can tell you how great AC LaRocco Pizza is until we are blue in the face, so we'll leave it up to others to talk us up!**

**Look at these great things folks are saying about AC LaRocco Pizza!**

[www.yummydietfood.com](http://www.yummydietfood.com)

[fullplatecookinglessons.com](http://fullplatecookinglessons.com)

**It affects at least 1 in every 133 Americans and we continue to learn more about it all the time, Celiac Disease. More and more people are becoming Gluten Intolerant and there are a number of food companies that are trying to cater to those with the intolerance and we just found one that has some delicious mixes**

The school cooks say they are enjoying working with new healthier items and think it's great that they can now offer students their favorite foods but make them more nutritious, like pizza made with AC LaRocco's organic wheat crust, topped with vegetables and low-sodium.

This healthy lunch program is called the "Dot" program. Foods low in fat, calories and sodium are identified with a color-coded dot, making the healthy choices easy to find through the aptly named Dot Program. Mott High School is the flagship of the Dot Program, which started this fall. Cousino and Sterling Heights high schools should have the program in place in January, and the Warren Consolidated Schools middle and elementary schools will follow within the next few years.



Dr. Tom Rifai and Chef Jim Oppat

## **KNOCK, KNOCK! Who's there? AC LaRocco Pizza ...**



AC LaRocco Pizza can now be delivered straight to your doorstep through AmazonFresh ([fresh.amazon.com](http://fresh.amazon.com)). 7 of our nutritious and delicious varieties are offered on their home delivery grocery site for you to order.

"AC LaRocco Pizza is excited about the partnership with AmazonFresh and is offering special discounts through the site", Karen Leffler, AC LaRocco National Sales Director. AC

for pizza crust, breads and even one of my favorites angel food cake! You can order the mixes online and learn more about the gal behind

### **Fusion Flours!**

[www.fusionflours.com](http://www.fusionflours.com)

To learn more about Celiac Disease and the symptoms visit [www.celiac.com](http://www.celiac.com)

Do you remember our sweet friend Alice? Well, her book "Give Thanks" is now complete!



And it is on the market! Alice tells us she is now off to Israel and is sad AC LaRocco Pizzas aren't sold there!

[5foldmedia.com](http://5foldmedia.com)

### **WOW!!!**

Your requests are working! We are moving into a number of new stores within the next couple of months and we have also landed a new distributor which will pump our pizzas into the East Coast! Keep up the good work **Healthy Pizza Junkies!**

Here are some of the stores we will be going in to, so keep an eye on our store locator

LaRocco Pizza is available in grocery and specialty foods stores nationwide and in Canada, but with the fast pace of life, we know the importance and convenience of being able to having our items readily available and now they are just a click away.

AmazonFresh delivers to more than 600,000 homes in the Seattle Metro area offering an entire grocery store available at your fingertips. The company's flyer says "Save some money on gas and skip the lines by offering your groceries online from AmazonFresh."

AC LaRocco Pizza's are also available at stores throughout the area as well, including; Whole Foods, Fred Meyer, Marlene's Market to name a few. For a full list of stores that sell AC LaRocco Pizza head to our web site [www.aclarocco.com](http://www.aclarocco.com).

Celebrate Good Times, Come On, it's a Celebration!

It's November and this month we not only celebrate

Thanksgiving, but we also celebrate  
Hunger Awareness Month  
Good Nutrition Month  
and  
Vegan Awareness Month

If April showers bring May flowers,  
what do May flowers bring?  
Pilgrims!

at [www.aclarocco.com](http://www.aclarocco.com)

California Area:

-Henry's  
-Lassen's  
-Ralphs  
-Murphy's Market  
-New Frontier Markets  
(also in Arizona)  
-Maddy's Market  
(Start your ovens Calabasas! Maddy's Market is coming to town and they are carrying AC LaRocco Pizza! Join them for their grand opening November 8th and head over on November 17th for the Food Fair!)

Washington Area:

-Port Townsend Co-Op

Oregon Area:

-Lambs Stroeckers  
-Lifesource Natural Foods

Texas Area:

-Thoms Market

Utah Area:

-Harvest Moon Health Foods

New York Area:

-Shop Rite  
(now that we have distribution in the North East get out and request AC LaRocco Pizzas in your stores.)

Upcoming News

Chicory vs. Agave



We'll explain the difference and tell you what we use to boost the fiber in our pizzas!

Health Starts Here! It's a program through Whole Foods and we want to share with you how AC LaRocco Pizzas fit the bill!

Looking for some easy, delicious and nutritious Christmas recipes and hor d'oeuvres? We've got you covered!

## Recipes!!!

The holidays are right around the corner and you are already feeling like there isn't enough time in the day so here are some quick and easy recipes from the AC LaRocco kitchen.

### Garlic Salad *(the perfect side dish for any meal)*

Ingredients:

Romaine Lettuce  
Grated Parmesan Cheese  
Mayonnaise  
Fresh minced Garlic

Directions:

In a large bowl smear sides with mayo, generously sprinkle with fresh minced garlic and grated parmesan cheese, cover and refrigerate over night. When ready to serve toss in romaine lettuce and Enjoy!

### Garlic Chicken Burrito

Ingredients:

AC LaRocco's Garlic Chicken Parmesan Pizza  
Sour Cream  
Poor Papa's Cajun Seasoning  
Salsa

Directions:

Bake pizza as instructed on box. When pizza is done sprinkle with Poor Papa's seasoning to taste (remember the more you add the spicier it will be) add a smear of sour cream and roll up the pizza like a burrito. You can dip it in salsa (I prefer green salsa for this burrito) and Enjoy!

See I told you they were easy!!! With Thanksgiving coming up the kitchen is going to get busy. The night

## Upcoming Events



Want to TRY it, before you BUY it? We'll let you know where we are going to be next!

**If you don't have something nice to say, don't say anything at all, words of wisdom from my Mom!**  
**Here are some NICE things people are saying about AC LaRocco Pizza**

Pizza is absolutely one of my favorite foods; however, finding healthy versions is not easy. I was a Kashi fan until I came across your brand in my neighborhood Kroger (Suwanee, GA). I was a little skeptical (something this healthy couldn't taste that good) until I tried my first one - the Tomato & Feta pizza. It was "love at first bite" and it's the only brand that I now buy.

The store near me only carries the Greek Sesame, Spinach & Artichoke and the Tomato & Feta which is sad, because I would love to try them all! I also love that you have wine recommendations on the back of the box. Keep baking please!!! I hope I can

before thanksgiving can always get a little stressful so let me help you take some of that stress away, instead of worrying about dinner the night before the big feast just pop in an AC LaRocco Pizza while the pies are baking and tada, Dinner is Served!!!

## Bon Appétit!!!

To learn more about Poor Papa's seasoning check out his website at [poorpapas.com](http://poorpapas.com)

## Do YOU want a FREE AC LaRocco Pizza Party???

Help US, help YOU get one! If you are still having a hard time finding our pizzas in your favorite stores let us know and we can work together in getting them in! When the mission is accomplished we'll send you everything you need for an AC LaRocco Pizza Party ... including the PIZZAS!!!

**SO KEEP YOUR EYE ON THE PRIZE ...  
FREE PIZZAS!!!**

[www.healthypizzatakeover.com](http://www.healthypizzatakeover.com)

**We want to hear from YOU! Shoot us an email ...**

How do you eat your Healthy Pizza?

What do you want to know about us?

Do you have a weight loss success story that AC LaRocco Pizza had a hand in?

Send us pictures of YOUR "Healthy Pizza Takeover" and we'll post them on our website.

**Have you told YOUR FRIENDS about**

find these around for a long time.

- Cindy, Georgia



To read more about what people are saying about AC LaRocco Pizza visit the testimonial section of our web site.

[www.aclarocco.com](http://www.aclarocco.com)

Why can't you  
take a turkey to  
church?  
Because they use  
such FOWL  
language!!!



Gobble, Gobble!

**AC LaRocco Pizza?**  
**Well what are you waiting for?**

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**CHECK OUT OUR WEBSITE**

[www.aclarocco.com](http://www.aclarocco.com)

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[www.healthypizzarevolution.com](http://www.healthypizzarevolution.com)

**CALL TO ACTION, TAKEOVER TEAM ASSEMBLE!**

[www.healthypizzatakeover.com](http://www.healthypizzatakeover.com)

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**COUPONS!**



WOULD YOU LIKE TO GET SOME COUPONS FOR AC LAROCCO PIZZA??? GIVE US A CALL, OR SEND US AN EMAIL AT [CUSTOMERSERVICE@ACLAROCCO.COM](mailto:CUSTOMERSERVICE@ACLAROCCO.COM) AND WE WILL GET SOME OUT TO YOU!.