



**Nutritional Facts**

June 2006

**14" Crispy Pizza (sm)**

PIZZA	number of servings	serving weight(g)	calories	total fat (g)	saturated fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)
<b>Cheese</b>	12	51	120	6	2.5	10	220	12	1	1	5
bacon	+	9	45	4	1.5	10	200	0	-	-	3
banana peppers	+	7	0	0	0	-	-	0	0	0	0
beef	+	12	35	3	1	5	85	0	0	0	2
black olives	+	7	10	1	-	0	50	0	-	-	0
extra cheese	+	7	20	1.5	1	5	45	0	0	0	1
green olives	+	7	15	1	-	0	85	0	-	-	0
green peppers	+	7	0	0	0	0	0	0	0	0	0
ham	+	10	10	0.5	0	5	125	0	0	0	1
jalapenos	+	7	0	0	0	-	70	0	0	0	0
mushrooms	+	9	0	0	0	0	35	0	0	0	0
onions	+	4.5	0	0	0	0	0	0	0	0	0
pepperoni	+	8	35	3	1	5	340	0	0	0	2
pineapple	+	12	5	0	0	0	0	1	0	1	0
sausage	+	9	30	2.5	1	5	95	1	0	0	1
tomatoes	+	9	0	0	0	0	0	0	0	-	0
<b>All-Meat</b>	12	78	210	14	5	30	710	12	<1	1	10
<b>BBQ Chicken</b>	12	70	150	6	2.5	15	360	18	1	6	7
<b>Deluxe</b>	12	85	170	11	3.5	15	560	13	1	1	7
<b>Dutch Crunch</b>	-	-	-	-	-	-	-	-	-	-	-
<b>Garden Vegetable</b>	12	88	140	8	2.5	10	330	13	1	1	5
<b>Hawaiian</b>	12	82	190	11	4.5	25	540	13	<1	2	9
<b>PBJ</b>	-	-	-	-	-	-	-	-	-	-	-
<b>Taco</b>	12	93	170	10	4	15	290	13	<1	1	8
<b>Tower</b>	12	101	210	14	4.5	25	780	14	1	1	9