



**Nutritional Facts**

June 2006

**12" Thin 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>	8	80	180	7	3	10	400	23	0	1	7
bacon	+	11	50	4.5	2	10	220	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	130	0	0	0	1
jalapenos	+	7	0	0	0	-	70	0	0	0	0
mushrooms	+	11	0	0	0	0	40	0	0	0	0
onions	+	7	5	0	0	0	0	1	0	0	0
pepperoni	+	8	35	3.5	1	10	370	0	0	0	2
pineapple	+	12	5	0	0	0	0	2	0	1	0
sausage	+	11	35	3	1	5	105	1	0	0	1
tomatoes	+	11	0	0	0	0	0	0	0	-	0
<b>All-Meat</b>	8	110	280	15	6	30	950	24	0	1	13
<b>BBQ Chicken</b>	8	103	220	7	3	15	570	31	1	8	10
<b>Deluxe</b>	8	119	240	11	4	20	790	25	1	2	9
<b>Dutch Crunch</b>	8	96	290	3.5	0.5	0	340	62	1	25	4
<b>Garden Vegetable</b>	8	121	200	8	3	10	530	25	<1	2	8
<b>Hawaiian</b>	8	114	250	12	5	30	750	25	0	2	12
<b>PBJ</b>	8	89	260	7	1.5	0	230	45	1	21	6
<b>Taco</b>	8	123	220	10	4	15	420	24	1	2	9
<b>Tower</b>	8	137	280	15	5	30	1020	25	1	2	12