



Nutritional Facts

June 2006

14" 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)
Cheese	12	78	180	7	3	10	380	23	0	1	7
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
All-Meat	12	104	260	14	5	30	880	24	0	1	12
BBQ Chicken	12	97	210	7	3	15	520	29	1	6	9
Deluxe	12	112	230	11	4	20	740	24	1	2	9
Dutch Crunch	12	97	290	3.5	0.5	0	350	63	<1	25	4
Garden Vegetable	12	114	200	8	3	10	500	25	<1	1	8
Hawaiian	12	108	240	11	5	25	700	24	0	2	11
PBJ	12	87	260	7	1.5	0	230	44	1	21	6
Taco	12	101	180	9	4	15	370	17	<1	2	8
Tower	12	128	270	14	5	25	950	25	<1	2	11