SM Cheese Pizza MS

Nutrition Facts

Serving Size 5 1/10 oz (145g)
Servings per Container 1

Amount per Serving

Calories 360 Calories from Fat 130

	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 6g	**31%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 570mg	**24%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 5g	**18%**
Sugars 4g	
Protein 18g	

Vitamin A **60%** • Vitamin C **4%**
Calcium **35%** • Iron **15%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

SM Cheese Pizza HS

Nutrition Facts

Serving Size 5 1/2 oz (156g)
Servings per Container 1

Amount per Serving

Calories 390 Calories from Fat 160

	% Daily Value*
Total Fat 18g	**27%**
Saturated Fat 8g	**39%**
Trans Fat 0g	
Cholesterol 45mg	**16%**
Sodium 650mg	**27%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 5g	**18%**
Sugars 4g	
Protein 21g	

Vitamin A **70%** • Vitamin C **4%**
Calcium **45%** • Iron **15%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

SM Pepperoni Pizza MS

Nutrition Facts

Serving Size 5 31/100 oz (151g)
Servings per Container 1

Amount per Serving

Calories 380 Calories from Fat 150

	% Daily Value*
Total Fat 17g	**27%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 660mg	**28%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 5g	**18%**
Sugars 4g	
Protein 19g	

Vitamin A **60%** • Vitamin C **4%**
Calcium **35%** • Iron **15%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

SM Pepperoni Pizza HS

Nutrition Facts

Serving Size 5 13/25 oz (156g)
Servings per Container 1

Amount per Serving

Calories 410 Calories from Fat 170

	% Daily Value*
Total Fat 19g	**30%**
Saturated Fat 8g	**39%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 750mg	**31%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 5g	**18%**
Sugars 4g	
Protein 21g	

Vitamin A **60%** • Vitamin C **4%**
Calcium **35%** • Iron **15%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

SM Pepperoni Pizza HS(alternate recipe)

Nutrition Facts

Serving Size 5 71/100 oz (162g)
Servings per Container 1

Amount per Serving

Calories 410 Calories from Fat 180

	% Daily Value*
Total Fat 20g	**31%**
Saturated Fat 9g	**43%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 740mg	**31%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 5g	**18%**
Sugars 4g	
Protein 22g	

Vitamin A **70%** • Vitamin C **4%**
Calcium **45%** • Iron **15%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

A level 3oz Spoodle will yield 1.6oz cheese - A level 4 oz spoodle or a rounded 3 oz Spoodle will yield 2oz cheese

SM Cheese Pizza MS	SM Cheese Pizza HS	SM Pepperoni Pizza MS	SM Pepperoni Pizza HS	SM Pepperoni Pizza HS(alternate recipe)
Recipe	**Recipe**	**Recipe**	**Recipe**	**Recipe**
1-Crust	1-Crust	1-Crust	1-Crust	1-Crust
1/2 oz Sauce	1/2 oz Sauce	1/2 oz Sauce	1/2 oz Sauce	1/2 oz Sauce
1.6 oz Cheese	2 oz Cheese	1.6 oz Cheese	1.6 oz Cheese	2 oz Cheese
		4 sl pepperoni	8 sl pepperoni	4 sl pepperoni
Values	**Values**	**Values**	**Values**	**Values**
3 - Grains	3 - Grains	3 - Grains	3 - Grains	3 - Grains
1.5 - M/MA	2 - M/MA	1.75 - M/MA	2 - M/MA	2 - M/MA

Ingredients: **(Crust)**-Whole Wheat Flour, Enriched wheat flour (niacin, iron, thiamine, riboflavin, folic acid), water, yeast, honey, canola oil, sugar, salt, vegatable shortening, mono-diglyderides, vital wheat gluten, enzyme, l. cysteine, May contain milk and Soy **(Sauce)**-Tomatoes, Salt, Modified Food Starch, Sugar,Dehydrated Onion, Soybean Oil, Spices, Olive Oil,Dehydrated Garlic, Peppers, Natural Flavors, Vinegar (**Cheese**)-Low Moisture Part-Skim Mozzarella Cheese (Cultured Milk, Salt, Enzymes) (**Pepperoni**)-Pork and Beef, Salt, Seasoning (Paprika, Spices, Dextrose, Sodium Ascorbate, Smoke Flavor, CitricAcid, Spice Extractive),Seasoning (Partially Hydrogenated Soybean Oil, Natural Smoke Flavoring, Natural Spice Extractives), Lactic Acid StarterCulture, Oleoresin of Paprika, Sodium Nitrite, BHA, BHT.

SM Italian Sausage Pizza

Nutrition Facts

Serving Size 6 1/10 oz (173g)
Servings per Container 1

Amount per Serving

Calories 450 Calories from Fat 210

	% Daily Value*
Total Fat 23g	**36%**
Saturated Fat 9g	**44%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 870mg	**36%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 5g	**20%**
Sugars 4g	
Protein 22g	

Vitamin A **60%** • Vitamin C **6%**
Calcium **40%** • Iron **20%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

Recipe
1-Crust
1/2 oz Sauce
1.6 oz Cheese
1 oz Italian Sausage

Values
3 - Grains
2.5 - M/MA

SM Italian Combo Pizza

Nutrition Facts

Serving Size 5 81/100 oz (165g)
Servings per Container 1

Amount per Serving

Calories 430 Calories from Fat 190

	% Daily Value*
Total Fat 21g	**33%**
Saturated Fat 8g	**42%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 810mg	**34%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 5g	**19%**
Sugars 4g	
Protein 21g	

Vitamin A **60%** • Vitamin C **4%**
Calcium **35%** • Iron **15%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

Recipe
1-Crust
1/2 oz Sauce
1.6 oz Cheese
4 sl pepperoni
.5 oz Italian Sausage

Values
3 - Grains
2 - M/MA

SM Hotwing Pizza

Nutrition Facts

Serving Size 6 1/10 oz (173g)
Servings per Container 1

Amount per Serving

Calories 390 Calories from Fat 140

	% Daily Value*
Total Fat 16g	**24%**
Saturated Fat 6g	**32%**
Trans Fat 0g	
Cholesterol 60mg	**21%**
Sodium 770mg	**32%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 4g	**18%**
Sugars 4g	
Protein 26g	

Vitamin A **50%** • Vitamin C **4%**
Calcium **35%** • Iron **15%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

Recipe
1-Crust
1/2 oz Sauce
1.6 oz Cheese
1 oz diced chicken
.2 oz Franks Hot Sauce

Values
3 - Grains
2.5 - M/MA

SM Hawaiian Pizza

Nutrition Facts

Serving Size 7 1/10 oz (201g)
Servings per Container 1

Amount per Serving

Calories 390 Calories from Fat 140

	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 6g	**32%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 870mg	**36%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 5g	**19%**
Sugars 7g	
Protein 23g	

Vitamin A **60%** • Vitamin C **8%**
Calcium **35%** • Iron **15%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

Recipe
1-Crust
1/2 oz Sauce
1.6 oz Cheese
1 oz Diced Ham
1 oz Pineapple Chunks

Values
3 - Grains
2.5- M/MA

SM Veggie Pizza

Nutrition Facts

Serving Size 7 1/2 oz (213g)
Servings per Container 1

Amount per Serving

Calories 400 Calories from Fat 160

	% Daily Value*
Total Fat 18g	**27%**
Saturated Fat 8g	**39%**
Trans Fat 0g	
Cholesterol 45mg	**16%**
Sodium 710mg	**29%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 6g	**22%**
Sugars 6g	
Protein 21g	

Vitamin A **70%** • Vitamin C **30%**
Calcium **45%** • Iron **15%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

Recipe
1-Crust
1/2 oz Sauce
2 oz Cheese
.5 oz ea Mushroom, Onion, Green Peppers and Tomato

Values
3 - Grains
2 - M/MA

A level 3oz Spoodle will yield 1.6oz cheese - A 4 oz spoodle or a rounded 3 oz Spoodle will yield 2oz cheese