

**MOUNTAIN MIKE'S PIZZA, NUTRITIONAL INFORMATION SPREADSHEET**

	CALORIES	CALORIES FROM FAT	TOTAL FAT GMS	PDV*	SAT FAT GMS	PDV*	TRANS FAT GMS	CHOL MG	SODIUM MG	PDV*	TOTAL CARBS GMS	PDV*	DIETARY FIBER GMS	PDV*	TOTAL SUGARS GMS	TOTAL PROTEIN GMS	VIT A PDV	VIT C PDV	CALCIUM PDV	IRON PDV	ALLERGENS
<b>APPETIZERS</b>																					
Chicken Bites (Serving Size: 8 chicken_bites)	426.66	108	12	20%	2.66	13%	0	120	2320	116%	29.33	10%	2.66	9%	2.66	50.66	0%	0%	0%	0%	Soy, Wheat
Chicken Wings, Buffalo Style (Serving Size: 10 wings)	425	292.5	32.5	54%	8.75	44%	0	137.5	1150	58%	2.5	1%	0	0%	0	35	0%	0%	0%	5%	Wheat
Chicken Wings, Buffalo Style (Serving Size: 6 wings)	255	175.5	19.5	33%	5.25	26%	0	82.5	690	35%	1.5	1%	0	0%	0	21	0%	0%	0%	17%	Wheat
Cream Cheese Poppers (Serving Size: 6 poppers)	540	324	36	60%	15	75%	1.5	60	1215	61%	45	15%	10.5	35%	9	9	15%	9%	9%	9%	Egg, Milk, Wheat
Jalapeno Poppers (Serving Size: 6 poppers)	495	256.5	28.5	48%	10.5	53%	1.5	37.5	1785	89%	46.5	16%	7.5	25%	7.5	13.5	12%	6%	30%	6%	Egg, Milk, Wheat
Mozzarella Sticks (Serving Size: 8 pieces)	720	432	48	80%	16	80%	0	80	1760	88%	48	16%	0	0%	0	32	16%	0%	80%	0%	Egg, Milk, Wheat
<b>BREADS</b>																					
Garlic Bread (Serving Size: 1 roll)	467.76	186.63	20.73	35%	4.31	22%	0	3.59	910.58	46%	59.1	20%	2.13	7%	1.39	11.26	12%	1%	7%	21%	Milk, Soy, Wheat
Garlic Bread with Cheese (Serving Size: 1 loaf)	563.66	247.92	27.54	46%	8.22	41%	0	26.29	1089.88	54%	59.35	20%	2.13	7%	1.39	17.57	16%	1%	24%	21%	Milk, Soy, Wheat
Garlic Sticks (Serving Size: 4 garlic_sticks)	230.1	65.97	7.32	12%	1.29	6%	0	1.07	111.75	6%	35.08	12%	1.44	5%	1.52	5.37	3%	0%	3%	12%	Milk, Soy, Wheat
Garlic Sticks with Cheese (Serving Size: 4 garlic_sticks)	268.46	90.48	10.05	17%	2.85	14%	0	10.15	183.47	9%	35.18	12%	1.44	5%	1.52	7.89	5%	0%	10%	12%	Milk, Soy, Wheat
<b>DESSERTS</b>																					
Dessert Pizza (Serving Size: 1 slice which equals 1/24 pizza)	95.65	23.41	2.6	4%	0.57	3%	0	0.84	33.68	2%	15.89	5%	0.55	2%	4.22	1.89	2%	0%	1%	4%	Milk, Soy, Wheat
<b>SIDE ITEMS</b>																					
Potato Chips, KC Masterpiece BBQ (Serving Size: 1 package)	230	135	15	25%	4	20%	0	0	300	15%	23	8%	1	3%	4	3	0%	15%	0%	2%	MSG
Potato Chips, Lays Original (Serving Size: 1 package)	230	135	15	25%	4.5	23%	0	0	270	14%	23	8%	2	7%	0	3	0%	15%	0%	2%	None
<b>SANDWICHES</b> (Bread and toppings for one sandwich, add up desired toppings to obtain nutritional values for desired combination)																					
Cliff Hanger Sandwich Roll, Bread and Toppings (Serving Size: 1 sand)	292.44	10.12	1.12	2%	0.02	0%	0	0	615.45	31%	60.48	20%	2.79	9%	2.56	9.62	15%	12%	1%	21%	Milk, Wheat
Cliff Hanger Sandwich Roll Topping, American Cheese (Serving Size: 101.33)	82.08	9.12	1.15%	5.06	25%	0	25.33	516.83	26%	0	0%	0	0%	0	5.06	6%	0%	15%	0%		Milk
Cliff Hanger Sandwich Roll Topping, Canadian Bacon (Serving Size: 3)	89.6	33.6	3.73	6%	1.49	7%	0	37.33	100.59	50%	1.49	0%	0	0%	1.49	13.44	0%	0%	0%	6%	None
Cliff Hanger Sandwich Roll Topping, Chicken Tenders (Serving Size: 5)	360	135	15	25%	3	15%	0	30	1050	53%	33	11%	1.5	5%	1.5	24	0%	0%	3%	0%	Wheat
Cliff Hanger Sandwich Roll Topping, LA Sausage (Serving Size: 4 oz)	340	252	28	47%	12	60%	0	60	1220	61%	4	1%	0	0%	0	14	0%	0%	8%	12%	None
Cliff Hanger Sandwich Roll Topping, Mozzarella Cheese (Serving Size: 91.2)	54.72	6.08	10%	3.54	18%	0	15.2	192.54	10%	1.01	0%	0	0%	0	7.09	2%	0%	20%	0%		Milk
Cliff Hanger Sandwich Roll Topping, Salami (Serving Size: 3 oz)	349.62	246.25	27.36	46%	10.64	53%	0	83.6	1504.88	75%	1.52	1%	0	0%	1.52	19.76	0%	0%	3%	6%	None
Cliff Hanger Sandwich Roll Topping, Smoked Ham (Serving Size: 3 oz)	86.2	24.24	2.69	4%	1.07	5%	0	32.32	937.45	47%	1.07	0%	0	0%	1.07	14	0%	0%	0%	6%	None
Cliff Hanger Sandwich Roll Topping, Swiss Cheese (Serving Size: 1 oz)	110	72	8	13%	5	25%	0	25	60	3%	0	0%	0	0%	0	8	4%	0%	30%	0%	Milk
Half Dome Roll, Bread and Toppings (Serving Size: 1 half_dome_roll)	425.41	91.23	10.13	17%	5.32	27%	0	30.4	937.58	47%	59.7	20%	2.28	8%	1.87	18.54	8%	3%	23%	21%	Milk, Soy, Wheat
Half Dome Roll Topping, Anchovies (Serving Size: 0.50 oz)	8.33	4.5	0.5	1%	0	0%	0	4	293.33	15%	0	0%	0	0%	0	1	0%	0%	1%	1%	Fish
Half Dome Roll Topping, Artichokes (Serving Size: 0.75 oz)	19	10.26	1.14	2%	0	0%	0	0	79.8	4%	2.28	1%	0	0%	0	0	0%	8%	0%	0%	None
Half Dome Roll Topping, Beef (Serving Size: 0.75 oz)	54.05	38.3	4.25	7%	1.63	8%	0.26	15.1	14.25	1%	0	0%	0	0%	0	3.65	0%	0%	0%	2%	None
Half Dome Roll Topping, Bell Peppers (Serving Size: 0.25 oz)	1.42	0.1	0.01	0%	0	0%	0	0	0.19	0%	0.32	0%	0.11	0%	0.17	0.06	1%	10%	0%	0%	None
Half Dome Roll Topping, Canadian Bacon (Serving Size: 0.75 oz)	22.4	8.4	0.93	2%	0.37	2%	0	9.33	250.14	13%	0.37	0%	0	0%	0.37	3.36	0%	0%	0%	1%	None
Half Dome Roll Topping, Fresh Tomato (Serving Size: 1 oz)	12	1.08	0.12	0%	0.03	0%	0	0	3	0%	2.34	1%	0.6	2%	1.59	0.54	10%	13%	1%	1%	None
Half Dome Roll Topping, Garlic (Serving Size: 0.25 oz)	10.58	0.31	0.03	0%	0	0%	0	0	1.19	0%	2.34	1%	0.15	1%	0.07	0.45	0%	4%	1%	1%	None
Half Dome Roll Topping, Green Chiles (Serving Size: 0.75 oz)	3.54	0	0	0%	0	0%	0	0	78.03	4%	0.7	0%	0.7	2%	0.7	0	0%	7%	3%	0%	None
Half Dome Roll Topping, Ham (Serving Size: 0.50 oz)	14.36	4.04	0.44	1%	0.17	1%	0	5.38	156.24	8%	0.17	0%	0	0%	0.17	2.33	0%	0%	0%	1%	None
Half Dome Roll Topping, Italian Sausage (Serving Size: 0.75 oz)	54.72	38.3	4.25	7%	1.51	8%	0	13.68	161.12	8%	0.3	0%	0	0%	0.3	3.34	0%	1%	1%	1%	None
Half Dome Roll Topping, Jalapenos (Serving Size: 1 oz)	5.1	0	0	0%	0	0%	0	0	131.46	7%	0.93	0%	0.28	1%	0	0.18	7%	24%	1%	1%	None
Half Dome Roll Topping, LA Hot Sausage (Serving Size: 0.75 oz)	63.75	47.25	5.25	9%	2.25	11%	0	11.25	228.75	11%	0.75	0%	0	0%	0	2.62	0%	0%	2%	2%	None
Half Dome Roll Topping, Linguica (Serving Size: 0.75 oz)	60.8	41.04	4.56	8%	1.52	8%	0	15.2	228.01	11%	0.76	0%	0	0%	0	4.18	3%	1%	2%	2%	Milk, Sulfites
Half Dome Roll Topping, Mushrooms (Serving Size: 0.75 oz)	4.56	0.65	0.07	0%	0.01	0%	0	0	1.21	0%	0.69	0%	0.21	1%	0.35	0.65	0%	1%	0%	1%	None
Half Dome Roll Topping, Olives (Serving Size: 0.75 oz)	33.25	29.92	3.32	6%	0	0%	0	0	166.25	8%	1.33	0%	0	0%	0	0	0%	0%	0%	0%	None
Half Dome Roll Topping, Onions (Serving Size: 0.25 oz)	3.15	0.07	0	0%	0	0%	0	0	0	0%	0.71	0%	0.07	0%	0.3	0.06	0%	1%	0%	0%	None
Half Dome Roll Topping, Pepperoni (Serving Size: 0.90 oz)	118.56	98.5	10.94	18%	4.1	21%	0	22.8	492.5	25%	0	0%	0	0%	0	5.47	2%	0%	2%	2%	None
Half Dome Roll Topping, Pineapple (Serving Size: 0.75 oz)	13.95	0	0	0%	0	0%	0	0	1.74	0%	3.48	1%	0.17	1%	3.13	0	0%	3%	0%	0%	None
Half Dome Roll Topping, Salami (Serving Size: 0.38 oz)	43.7	30.78	3.42	6%	1.33	7%	0	10.45	188.11	9%	0.19	0%	0	0%	0.19	2.47	0%	0%	0%	1%	None
Half Dome Roll Topping, Topping Cheese (Serving Size: 0.50 oz)	47.95	30.64	3.4	6%	1.95	10%	0	11.35	89.65	4%	0.12	0%	0	0%	0	3.15	2%	0%	8%	0%	Milk
<b>BEVERAGES</b>																					
Diet Pepsi (Serving Size: 12 fl oz)	0	0	0	0%	0	0%	0	0	45	2%	0	0%	0	0%	0	0	0%	0%	0%	0%	None (Contains Aspartame)
Mt Dew (Serving Size: 12 fl oz)	165	0	0	0%	0	0%	0	0	75	4%	46.5	16%	0	0%	46.5	0	0%	0%	0%	0%	None
Mug Root Beer (Serving Size: 12 fl oz)	150	0	0	0%	0	0%	0	0	67.5	3%	43.5	15%	0	0%	42	0	0%	0%	0%	0%	None
Pepsi (Serving Size: 12 fl oz)	150	0	0	0%	0	0%	0	0	37.5	2%	40.5	14%	0	0%	40.5	0	0%	0%	0%	0%	None
Sierra Mist (Serving Size: 12 fl oz)	150	0	0	0%	0	0%	0	0	37.5	2%	39	13%	0	0%	39	0	0%	0%	0%	0%	None
Tropicana Pink Lemonade (Serving Size: 12 fl oz)	150	0	0	0%	0	0%	0	0	90	5%	40.5	14%	0	0%	39	0	0%	0%	0%	0%	None
<b>PIZZAS</b> (For all Pizzas- Mountain-20 slices, Large-14 slices, Medium-12 slices, Small-10 slices, Mini-6 slices) A La Carte Pizza, Mountain, Single Item (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice)																					
Pizza Dough (2.60 oz)	188.25	13.73	1.52				0	0	23.37		37.65		1.52		1.52	5.08	0	0	1	13	
Pizza Sauce (0.40 oz)	6.89	0.12	0.01				0	0	43.18		1.36		0.22		0.69	0.34	2	2	0	1	
Mozzarella Cheese (0.80 oz)	72.96	43.77	4.86		2.83		0	16.21	145.92		0		0	0	4.86	3	0	12	0		
Topping Cheese (0.10 oz)	9.59	6.12	0.68		0.39		0	2.27	17.93		0.02		0	0	0.63	0	0	2	0		
Mushrooms (0.60 oz)	3.64	0.52	0.05		0		0	0	0.97		0.55		0.17		0.28	0.52	0	1	0	0	
Ham (0.60 oz)	17.24	4.84	0.53		0.21		0	6.46	187.49		0.21		0	0	0.21	2.8	0	0	0	1	
Canadian Bacon (0.60 oz)	17.92	6.72	0.74		0.29		0	7.46													

Green Bell Peppers (0.30 oz)	1.71	0.12	0.01	0	0	0	0	0.22	0.39	0.14	0.2	0.07	1	11	0	0					
Onions (0.30 oz)	3.78	0.08	0	0	0	0	0	0	0.86	0.09	0.36	0.07	0	1	0	0					
Garlic (0.30 oz)	12.7	0.38	0.04	0	0	0	0	1.43	2.81	0.18	0.08	0.54	0	4	2	1					
Artichokes (0.90 oz)	22.8	12.31	1.36	0	0	0	0	95.76	2.73	0	0	0	0	9	0	0					
Jalapeno Slices (0.90 oz)	4.59	0	0	0	0	0	0	118.32	0.85	0.25	0	0.17	6	21	1	1					
Green Chiles (1.20 oz)	5.67	0	0	0	0	0	0	124.85	1.13	1.13	1.13	0	0	11	5	0					
Pineapple (1.20 oz)	22.32	0	0	0	0	0	0	2.79	5.58	0.27	5.02	0	0	6	0	1					
Green Onions (0.18 oz)	1.58	0.08	0	0	0	0	0	0.79	0.36	0.12	0.11	0.09	1	2	0	0					
Sun Dried Tomatoes (0.30 oz)	19.57	1.76	0.19	0.02	0	0	0	135.53	3.6	0.79	2.43	0.91	1	4	1	3					
Linguica (0.70 oz)	56.74	38.3	4.25	1.41	0	0	0	14.18	212.81	0.7	0	3.9	3	1	1	1					
Ground Beef (0.70 oz)	50.45	35.75	3.97	1.52	0.24	0	0	14.1	13.3	0	0	3.41	0	0	0	2					
Italian Sausage (0.70 oz)	51.07	35.75	3.97	1.41	0	0	0	12.76	150.38	0.28	0	0.28	3.12	0	1	1					
Hot Link Sausage (0.70 oz)	59.5	44.1	4.9	2.1	0	0	0	10.5	213.5	0.7	0	2.45	0	0	1	2					
Chicken (0.70 oz)	30.82	12.69	1.41	0.39	0	0	0	12.19	110.75	0.23	0	0.05	4.03	0	0	1					
Bacon Pieces (0.70 oz)	119.17	83.42	9.26	3.31	0	0	0	19.86	317.8	0	0	6.62	0	0	0	0					
Anchovies (2.40 fillets)	9.99	5.4	0.6	0	0	0	0	4.8	351.99	0	0	1.2	0	0	2	1					
Tomato Slices (1.60 medium_slices)	6.4	0.57	0.06	0.01	0	0	0	1.6	1.24	0.32	0.84	0.28	5	7	0	0					
<b>A La Carte Pizza, Mountain, Multiple Item</b>																					
(Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice)	<b>CALORIES</b>	<b>FROM FAT</b>	<b>TOTAL FAT GMS</b>	<b>PDV*</b>	<b>SAT FAT GMS</b>	<b>PDV*</b>	<b>TRANS FAT GMS</b>	<b>CHOL MG</b>	<b>SODIUM MG</b>	<b>PDV*</b>	<b>TOTAL CARBS GMS</b>	<b>PDV*</b>	<b>DIETARY FIBER GMS</b>	<b>PDV*</b>	<b>TOTAL SUGARS GMS</b>	<b>TOTAL PROTEIN GMS</b>	<b>VIT A PDV</b>	<b>VIT C PDV</b>	<b>CALCIUM PDV</b>	<b>IRON PDV</b>	<b>ALLERGENS</b>
Pizza Dough (2.60 oz)	188.25	13.73	1.52	0	0	0	0	23.37	37.65	1.52	1.52	5.08	0	0	1	13					
Pizza Sauce (0.40 oz)	6.89	0.12	0.01	0	0	0	0	43.18	1.36	0.22	0.69	0.34	2	2	0	1					
Mozzarella Cheese (0.80 oz)	72.96	43.77	4.86	2.83	0	0	0	16.21	145.92	0	0	4.86	3	0	12	0					
Topping Cheese (0.10 oz)	9.59	6.12	0.68	0.39	0	0	0	2.27	17.93	0.02	0	0.63	0	0	2	0					
Ham (0.40 oz)	11.49	3.23	0.35	0.14	0	0	0	4.31	124.99	0.14	0	0.14	1.86	0	0	1					
Canadian Bacon (0.40 oz)	11.94	4.48	0.49	0.19	0	0	0	4.97	133.41	0.19	0	0.19	1.79	0	0	1					
Salami (0.40 oz)	46.61	32.83	3.64	1.41	0	0	0	11.14	200.65	0.2	0	0.2	2.63	0	0	1					
Pepperoni (0.40 oz)	52.69	43.77	4.86	1.82	0	0	0	10.13	218.89	0	0	2.43	1	0	1	1					
Mushrooms (0.40 oz)	2.43	0.35	0.03	0	0	0	0	0.64	0.37	0.11	0.18	0.35	0	0	0	0					
Black Olives (0.40 oz)	17.73	15.96	1.77	0	0	0	0	88.67	0.7	0	0	0	0	0	0	0					
Green Bell Peppers (0.20 oz)	1.14	0.08	0	0	0	0	0	0.15	0.26	0.09	0.13	0.04	0	8	0	0					
Onions (0.20 oz)	2.52	0.05	0	0	0	0	0	0	0.57	0.06	0.24	0.05	0	1	0	0					
Garlic (0.20 oz)	8.47	0.25	0.02	0	0	0	0	0.95	1.87	0.12	0.05	0.36	0	3	1	1					
Artichokes (0.60 oz)	15.2	8.2	0.91	0	0	0	0	63.84	1.82	0	0	0	0	0	6	0	0				
Jalapeno Slices (0.60 oz)	3.06	0	0	0	0	0	0	78.88	0.56	0.17	0	0.11	4	14	1	1					
Green Chiles (0.80 oz)	3.78	0	0	0	0	0	0	83.23	0.75	0.75	0.75	0	0	8	3	0					
Pineapple (0.80 oz)	14.88	0	0	0	0	0	0	1.86	3.72	0.18	3.34	0	0	4	0	0					
Green Onions (0.15 oz)	1.36	0.07	0	0	0	0	0	0.68	0.31	0.11	0.09	0.07	1	1	0	0					
Sun Dried Tomatoes (0.20 oz)	13.05	1.17	0.13	0.01	0	0	0	90.35	2.4	0.52	1.62	0.6	1	3	0	2					
Linguica (0.48 oz)	38.5	25.99	2.88	0.96	0	0	0	9.62	144.4	0.48	0	2.64	2	0	1	1					
Ground Beef (0.48 oz)	34.23	24.26	2.69	1.03	0.16	0	0	9.56	9.03	0	0	2.31	0	0	0	1					
Italian Sausage (0.48 oz)	34.65	24.26	2.69	0.96	0	0	0	8.66	102.04	0.19	0	0.19	2.11	0	0	1					
Hot Link Sausage (0.48 oz)	40.37	29.92	3.32	1.42	0	0	0	7.12	144.87	0.47	0	1.66	0	0	1	1					
Chicken (0.48 oz)	20.91	8.61	0.95	0.26	0	0	0	8.27	75.15	0.16	0	0.04	2.73	0	0	1					
Bacon Pieces (0.48 oz)	80.86	56.6	6.28	2.24	0	0	0	13.47	215.65	0	0	4.49	0	0	0	0					
Anchovies (1.60 fillets)	6.66	3.6	0.4	0	0	0	0	3.2	234.66	0	0	0.8	0	0	1	1					
Tomato Slices (1.20 medium_slices)	4.8	0.43	0.04	0.01	0	0	0	1.2	0.93	0.24	0.63	0.21	4	5	0	0					
<b>A La Carte Pizza, Large, Single Item</b>																					
(Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice)	<b>CALORIES</b>	<b>FROM FAT</b>	<b>TOTAL FAT GMS</b>	<b>PDV*</b>	<b>SAT FAT GMS</b>	<b>PDV*</b>	<b>TRANS FAT GMS</b>	<b>CHOL MG</b>	<b>SODIUM MG</b>	<b>PDV*</b>	<b>TOTAL CARBS GMS</b>	<b>PDV*</b>	<b>DIETARY FIBER GMS</b>	<b>PDV*</b>	<b>TOTAL SUGARS GMS</b>	<b>TOTAL PROTEIN GMS</b>	<b>VIT A PDV</b>	<b>VIT C PDV</b>	<b>CALCIUM PDV</b>	<b>IRON PDV</b>	<b>ALLERGENS</b>
Pizza Dough (1.93 oz)	139.74	10.19	1.13	0	0	0	0	17.35	27.94	1.13	1.13	3.77	0	0	1	9					
Pizza Sauce (0.29 oz)	4.99	0.09	0.01	0	0	0	0	31.3	0.98	0.16	0.5	0.24	1	2	0	1					
Mozzarella Cheese (0.57 oz)	51.98	31.19	3.46	2.02	0	0	0	11.55	103.97	0	0	3.46	2	0	9	0					
Topping Cheese (0.07 oz)	6.71	4.29	0.47	0.27	0	0	0	1.58	12.55	0.01	0	0.44	0	0	1	0					
Ham (0.43 oz)	12.35	3.47	0.38	0.15	0	0	0	4.63	134.36	0.15	0	0.15	2	0	0	1					
Canadian Bacon (0.43 oz)	12.84	4.81	0.53	0.21	0	0	0	5.35	143.41	0.21	0	0.21	1.92	0	0	1					
Salami (0.43 oz)	50.11	35.29	3.92	1.52	0	0	0	11.98	215.7	0.21	0	0.21	2.83	0	0	1					
Pepperoni (0.43 oz)	56.64	47.06	5.22	1.96	0	0	0	10.89	235.3	0	0	2.61	1	0	1	1					
Mushrooms (0.43 oz)	2.61	0.37	0.04	0	0	0	0	0.69	0.4	0.12	0.2	0.37	0	0	0	0					
Black Olives (0.43 oz)	19.06	17.15	1.9	0	0	0	0	95.32	0.76	0	0	0	0	0	0	0					
Green Bell Peppers (0.21 oz)	1.21	0.08	0	0	0	0	0	0.15	0.27	0.09	0.14	0.04	0	8	0	0					
Onions (0.21 oz)	2.69	0.05	0	0	0	0	0	0	0.61	0.06	0.25	0.04	0	1	0	0					
Garlic (0.21 oz)	9.06	0.27	0.03	0	0	0	0	1.02	2	0.12	0.06	0.38	0	3	1	1					
Artichokes (0.64 oz)	16.29	8.79	0.97	0	0	0	0	68.41	1.95	0	0	0	0	7	0	0					
Jalapeno Slices (0.64 oz)	3.28	0	0	0	0	0	0	84.53	0.6	0.18	0	0.12	4	15	1	1					
Green Chiles (0.86 oz)	4.05	0	0	0	0	0	0	89.16	0.81	0.81	0.81	0	0	8	3	0					
Pineapple (0.86 oz)	15.94	0	0	0	0	0	0	1.99	3.98	0.19	3.58	0	0	4	0	0					
Green Onions (0.13 oz)	1.13	0.06	0	0	0	0	0	0.56	0.26	0.09	0.08	0.06	1	1	0	0					
Sun Dried Tomatoes (0.21 oz)	13.96	1.25	0.13	0.01	0	0	0	96.68	2.57	0.56	1.73	0.64	1	3	1	2					
Linguica (0.50 oz)	40.53	27.36	3.04	1.01	0	0	0	10.13	152	0.5	0	2.78	2	1	1	1					
Ground Beef (0.50 oz)	36.03	25.53	2.83	1.08	0.17	0	0	10.07	9.5	0	0	2.43	0	0	0	2					
Italian Sausage (0.50 oz)	36.48	25.53	2.83	1.01	0	0	0	9.12	107.41	0.2	0	0.2	2.22	0	0	1					
Hot Link Sausage (0.50 oz)	42.5	31.5	3.5	1.5	0	0	0	7.5	152.5	0.5	0	1.75	0	0	1	2					
Chicken (0.50 oz)	22.01	9.06	1	0.28	0	0	0	8.71	79.1	0.17	0	0.04	2.88	0	0	1					
Bacon Pieces (0.50 oz)	85.12	59.58	6.62	2.36	0	0	0	14.18	227	0	0	4.72	0	0	0	0					
Anchovies (1.71 fillets)	7.11	3.84	0.42	0	0	0	0	3.42	250.78	0	0	0.85	0	0	1	1					
Tomato Slices (2.29 medium_slices)	9.16	0.82	0.09	0.02	0	0	0	2.29	1.78	0.45	1.21	0.41	8	10	0	1					
<b>A La Carte Pizza, Large, Multiple Item</b>																					
(Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice)	<b>CALORIES</b>	<b>FROM FAT</b>	<b>TOTAL FAT GMS</b>	<b>PDV*</b>	<b>SAT FAT GMS</b>	<b>PDV*</b>	<b>TRANS FAT GMS</b>	<b>CHOL MG</b>	<b>SODIUM MG</b>	<b>PDV*</b>	<b>TOTAL CARBS GMS</b>	<b>PDV*</b>	<b>DIETARY FIBER GMS</b>	<b>PDV*</b>	<b>TOTAL SUGARS GMS</b>	<b>TOTAL PROTEIN GMS</b>	<b>VIT A PDV</b>	<b>VIT C PDV</b>	<b>CALCIUM PDV</b>	<b>IRON PDV</b>	<b>ALLERGENS</b>
Pizza Dough (1.93 oz)	139.74	10.19	1.13	0	0	0	0	17.35	27.94	1.13	1.13	3.77	0	0	1	9					
Pizza Sauce (0.29 oz)	4.99	0.09	0.01	0	0	0	0	31.3	0.98	0.16	0.5	0.24	1	2	0	1					
Mozzarella Cheese (0.57 oz)	51.98	31.19	3.46	2.02	0	0	0	11.55	103.97	0	0	3.46	2	0	9	0					
Topping Cheese (0.07 oz)	6.71	4.29	0.47	0.27	0	0	0	1.58	12.55	0.01	0	0.44	0	0	1	0					
Ham (0.29 oz)	8.2	2.3	0.25	0.1	0	0	0	3.07	89.27	0.1	0	0.1	1.33	0	0	1					
Canadian Bacon (0.29 oz)	8.53	3.2	0.35	0.14	0	0	0	3.55	95.28	0.14	0	0.14	1.27	0	0	1					

Salami (0.29 oz)	33.29	23.45	2.6	1.01	0	7.96	143.31	0.14	0	0.14	1.88	0	0	0	1
Pepperoni (0.29 oz)	37.63	31.26	3.47	1.3	0	7.23	156.34	0	0	0	1.73	1	0	1	1
Mushrooms (0.29 oz)	1.73	0.25	0.02	0	0	0	0.46	0.26	0.08	0.13	0.25	0	0	0	0
Black Olives (0.29 oz)	12.66	11.4	1.26	0	0	0	63.33	0.5	0	0	0	0	0	0	0
Green Bell Peppers (0.14 oz)	0.81	0.06	0	0	0	0	0.1	0.18	0.06	0.09	0.03	0	5	0	0
Onions (0.14 oz)	1.8	0.04	0	0	0	0	0	0.4	0.04	0.17	0.03	0	0	0	0
Garlic (0.14 oz)	6.05	0.18	0.02	0	0	0	0.68	1.34	0.08	0.04	0.25	0	2	1	0
Artichokes (0.43 oz)	10.85	5.86	0.65	0	0	0	45.6	1.3	0	0	0	0	4	0	0
Jalapeno Slices (0.43 oz)	2.18	0	0	0	0	0	56.34	0.4	0.12	0	0.08	3	10	0	0
Green Chiles (0.57 oz)	2.7	0	0	0	0	0	59.44	0.54	0.54	0.54	0	0	5	2	0
Pineapple (0.57 oz)	10.63	0	0	0	0	0	1.32	2.65	0.13	2.39	0	0	3	0	0
Green Onions (0.11 oz)	0.97	0.05	0	0	0	0	0.48	0.22	0.07	0.07	0.05	1	1	0	0
Sun Dried Tomatoes (0.14 oz)	9.32	0.83	0.09	0.01	0	0	64.56	1.71	0.37	1.15	0.43	1	2	0	2
Linguica (0.34 oz)	27.56	18.6	2.06	0.68	0	6.89	103.36	0.34	0	0	1.89	1	0	1	1
Ground Beef (0.34 oz)	24.5	17.36	1.92	0.73	0.11	6.84	6.46	0	0	0	1.65	0	0	0	1
Italian Sausage (0.34 oz)	24.8	17.36	1.92	0.68	0	6.2	73.04	0.13	0	0.13	1.51	0	0	0	1
Hot Link Sausage (0.34 oz)	28.9	21.42	2.38	1.02	0	5.1	103.7	0.34	0	0	1.19	0	0	1	1
Chicken (0.34 oz)	14.97	6.16	0.68	0.19	0	5.92	53.79	0.11	0	0.02	1.95	0	0	0	1
Bacon Pieces (0.34 oz)	57.88	40.51	4.5	1.6	0	9.64	154.36	0	0	0	3.21	0	0	0	0
Anchovies (1.13 fillets)	4.7	2.54	0.28	0	0	2.26	165.73	0	0	0	0.56	0	0	1	0
Tomato Slices (1.70 medium_slices)	6.8	0.61	0.06	0.01	0	0	1.7	1.32	0.34	0.9	0.3	6	7	0	0

A La Carte Pizza, Medium, Single Item (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice)	CALORIES	CALORIES FROM FAT	TOTAL FAT GMS	PDV*	SAT FAT GMS	PDV*	TRANS FAT GMS	CHOL MG	SODIUM MG	PDV*	TOTAL CARBS GMS	PDV*	DIETARY FIBER GMS	PDV*	TOTAL SUGARS GMS	TOTAL PROTEIN GMS	VIT A PDV	VIT C PDV	CALCIUM PDV	IRON PDV	ALLERGENS
Pizza Dough (1.67 oz)	120.91	8.82	0.98	0	0	0	0	15.01	24.18	0.98	0.98	3.26	0	0	1	8					
Pizza Sauce (0.25 oz)	4.3	0.07	0	0	0	0	0	26.98	0.85	0.14	0.43	0.21	1	1	0	1					
Mozzarella Cheese (0.50 oz)	45.6	27.36	3.04	1.77	0	10.13	91.2	0	0	0	3.04	2	0	8	0	0					
Topping Cheese (0.06 oz)	5.99	3.83	0.42	0.24	0	1.41	11.2	0.01	0	0	0.39	0	0	1	0	0					
Ham (0.35 oz)	10.17	2.86	0.31	0.12	0	3.81	110.61	0.12	0	0	0.12	1.65	0	0	0	1					
Canadian Bacon (0.35 oz)	10.57	3.96	0.44	0.17	0	4.4	118.06	0.17	0	0	0.17	1.58	0	0	0	1					
Salami (0.35 oz)	41.25	29.05	3.22	1.25	0	9.86	177.57	0.17	0	0	0.17	2.33	0	0	0	1					
Pepperoni (0.35 oz)	46.63	38.74	4.3	1.61	0	8.96	193.72	0	0	0	0	2.15	1	0	1	1					
Mushrooms (0.38 oz)	2.28	0.32	0.03	0	0	0	0.6	0.34	0.1	0.17	0.32	0	0	0	0	0					
Black Olives (0.38 oz)	16.62	14.96	1.66	0	0	0	83.12	0.66	0	0	0	0	0	0	0	0					
Green Bell Peppers (0.19 oz)	1.07	0.08	0	0	0	0	0.14	0.24	0.08	0.12	0.04	0	7	0	0	0					
Onions (0.19 oz)	2.36	0.05	0	0	0	0	0	0.53	0.05	0.23	0.04	0	1	0	0	0					
Garlic (0.19 oz)	7.94	0.23	0.02	0	0	0	0.89	1.75	0.11	0.05	0.33	0	3	1	1						
Artichokes (0.56 oz)	14.25	7.69	0.85	0	0	0	59.85	1.71	0	0	0	0	6	0	0	0					
Jalapeno Slices (0.56 oz)	2.87	0	0	0	0	0	73.95	0.53	0.15	0.7	0.1	4	13	1	1						
Green Chiles (0.75 oz)	3.54	0	0	0	0	0	78.03	0.7	0.7	0.7	0	0	7	3	0	0					
Pineapple (0.75 oz)	13.95	0	0	0	0	0	1.74	3.48	0.17	3.13	0	3	0	0	0	0					
Green Onions (0.10 oz)	0.9	0.04	0	0	0	0	0.45	0.2	0.07	0.06	0.05	1	1	0	0	0					
Sun Dried Tomatoes (0.19 oz)	12.23	1.1	0.12	0.01	0	0	84.71	2.25	0.49	1.52	0.56	1	3	0	2						
Linguica (0.44 oz)	35.46	23.94	2.66	0.88	0	8.86	133	0.44	0	0	2.43	2	0	1	1						
Ground Beef (0.44 oz)	31.53	22.34	2.48	0.95	0.15	8.81	8.31	0	0	0	2.13	0	0	0	1						
Italian Sausage (0.44 oz)	31.92	22.34	2.48	0.88	0	7.98	93.99	0.17	0	0.17	1.95	0	0	0	1						
Hot Link Sausage (0.44 oz)	37.18	27.56	3.06	1.31	0	6.56	133.43	0.43	0	0	1.53	0	0	1	1						
Bacon Pieces (0.44 oz)	74.48	52.13	5.79	2.06	0	12.41	198.62	0	0	0	4.13	0	0	0	0						
Chicken (0.44 oz)	19.26	7.93	0.88	0.24	0	7.62	69.22	0.14	0	0.03	2.52	0	0	0	1						
Anchovies (1.50 fillets)	6.24	3.37	0.37	0	0	3	219.99	0	0	0	0.75	0	0	1	1						

A La Carte Pizza, Medium, Multiple Item (Yield: 1 slice) (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice)	CALORIES	CALORIES FROM FAT	TOTAL FAT GMS	PDV*	SAT FAT GMS	PDV*	TRANS FAT GMS	CHOL MG	SODIUM MG	PDV*	TOTAL CARBS GMS	PDV*	DIETARY FIBER GMS	PDV*	TOTAL SUGARS GMS	TOTAL PROTEIN GMS	VIT A PDV	VIT C PDV	CALCIUM PDV	IRON PDV	ALLERGENS
Pizza Dough (1.67 oz)	120.91	8.82	0.98	0	0	0	0	15.01	24.18	0.98	0.98	3.26	0	0	1	8					
Pizza Sauce (0.25 oz)	4.3	0.07	0	0	0	0	0	26.98	0.85	0.14	0.43	0.21	1	1	0	1					
Mozzarella Cheese (0.50 oz)	45.6	27.36	3.04	1.77	0	10.13	91.2	0	0	0	3.04	2	0	8	0	0					
Topping Cheese (0.06 oz)	5.99	3.83	0.42	0.24	0	1.41	11.2	0.01	0	0	0.39	0	0	1	0	0					
Ham (0.25 oz)	7.18	2.02	0.22	0.08	0	2.69	78.12	0.08	0	0.08	1.16	0	0	0	1						
Canadian Bacon (0.25 oz)	7.46	2.8	0.31	0.12	0	3.11	83.38	0.12	0	0.12	1.12	0	0	0	0	0					
Salami (0.25 oz)	29.13	20.52	2.28	0.88	0	6.96	125.4	0.12	0	0.12	1.64	0	0	0	1						
Pepperoni (0.25 oz)	32.93	27.36	3.04	1.14	0	6.33	136.8	0	0	0	1.52	1	0	1	1						
Mushrooms (0.25 oz)	1.52	0.21	0.02	0	0	0	0.4	0.23	0.07	0.11	0.21	0	0	0	0	0					
Black Olives (0.25 oz)	11.08	9.97	1.1	0	0	0	55.41	0.44	0	0	0	0	0	0	0	0					
Green Bell Peppers (0.13 oz)	0.71	0.05	0	0	0	0	0.09	0.16	0.05	0.08	0.03	0	5	0	0	0					
Onions (0.13 oz)	1.57	0.03	0	0	0	0	0	0.35	0.03	0.15	0.03	0	0	0	0	0					
Garlic (0.13 oz)	5.29	0.15	0.01	0	0	0	0.59	1.17	0.07	0.03	0.22	0	2	1	0	0					
Artichokes (0.38 oz)	9.5	5.13	0.57	0	0	0	39.9	1.14	0	0	0	0	4	0	0	0					
Jalapeno Slices (0.38 oz)	1.91	0	0	0	0	0	49.3	0.35	0.1	0	0.07	2	9	0	0	0					
Green Chiles (0.50 oz)	2.36	0	0	0	0	0	52.02	0.47	0.47	0.47	0	5	2	0	0	0					
Pineapple (0.50 oz)	9.3	0	0	0	0	0	1.16	2.32	0.11	2.09	0	0	2	0	0	0					
Green Onions (0.08 oz)	0.75	0.04	0	0	0	0	0.37	0.17	0.06	0.05	0.04	0	1	0	0	0					
Sun Dried Tomatoes (0.13 oz)	8.15	0.73	0.08	0.01	0	0	56.47	1.5	0.32	1.01	0.37	0	2	0	1						
Linguica (0.29 oz)	23.67	15.97	1.77	0.59	0	5.91	88.77	0.29	0	0	1.62	1	0	1	1						
Ground Beef (0.29 oz)	21.04	14.91	1.65	0.63	0.1	5.88	5.55	0	0	0	1.42	0	0	0	1						
Italian Sausage (0.29 oz)	21.3	14.91	1.65	0.59	0	5.32	62.73	0.11	0	0.11	1.3	0	0	0	0	0					
Hot Link Sausage (0.29 oz)	24.82	18.39	2.04	0.87	0	4.38	89.06	0.29	0	0	1.02	0	0	1	1						
Chicken (0.29 oz)	12.85	5.29	0.58	0.16	0	5.08	46.19	0.09	0	0.02	1.68	0	0	0	1						
Bacon Pieces (0.29 oz)	49.71	34.79	3.86	1.38	0	8.28	132.56	0	0	0	2.76	0	0	0	0	0					
Anchovies (1 fillets)	4.16	2.25	0.25	0	0	2	146.66	0	0	0	0.5	0	0	1	0	0					
Tomato Slices (0.67 medium_slices)	2.68	0.24	0.02	0	0	0	0.67	0.52	0.13	0.35	0.12	2	3	0	0	0					

A La Carte Pizza, Small, Single Item (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice)	CALORIES	CALORIES FROM FAT	TOTAL FAT GMS	PDV*	SAT FAT GMS	PDV*	TRANS FAT GMS	CHOL MG	SODIUM MG	PDV*	TOTAL CARBS GMS	PDV*	DIETARY FIBER GMS	PDV*	TOTAL SUGARS GMS	TOTAL PROTEIN GMS	VIT A PDV	VIT C PDV	CALCIUM PDV	IRON PDV	ALLERGENS
Pizza Dough (1.20 oz)	86.88	6.34	0.7	0	0	0	10.79	17.37	0.7	0.7	2.34	0	0	0	6						
Pizza Sauce (0.20 oz)	3.44	0.06	0	0	0	0	21.59	0.68	0.11	0.34	0.17	1	1	0	1						
Mozzarella Cheese (0.40 oz)	36.48	21.88	2.43	1.41	0	8.1	72.96	0	0	0	2.43	2	0	6	0						



to obtain nutritional values per slice)																					
	FAT	GMS	GMS	GMS	MG	MG	GMS	GMS	GMS	GMS	GMS										
Pizza Dough (0.92 oz)	66.61	4.86	0.54	0	0	0	8.27	13.32	0.54	0.54	1.8	0	0	0	5						
Pizza Sauce (0.17 oz)	2.87	0.05	0	0	0	0	18.02	0.56	0.09	0.29	0.14	1	1	0	0						
Mozzarella Cheese (0.33 oz)	30.09	18.05	2	1.17	0	6.68	60.19	0	0	2	1	0	5	0	0						
Topping Cheese (0.04 oz)	3.99	2.55	0.28	0.16	0	0.94	7.47	0.01	0	0	0.26	0	0	1	0						
Ham (0.17 oz)	4.79	1.34	0.14	0.05	0	1.79	52.18	0.05	0	0.05	0.77	0	0	0	0						
Canadian Bacon (0.17 oz)	4.98	1.87	0.2	0.08	0	2.07	55.69	0.08	0	0.08	0.74	0	0	0	0						
Salami (0.17 oz)	19.46	13.7	1.52	0.59	0	4.65	83.77	0.08	0	0.08	1.09	0	0	0	0						
Pepperoni (0.17 oz)	22	18.27	2.03	0.76	0	4.23	91.38	0	0	0	1.01	0	0	0	0						
Mushrooms (0.17 oz)	1.01	0.14	0.01	0	0	0	0.27	0.15	0.04	0.07	0.14	0	0	0	0						
Black Olives (0.17 oz)	7.4	6.66	0.74	0	0	0	37.02	0.29	0	0	0	0	0	0	0						
Green Bell Peppers (0.08 oz)	0.47	0.03	0	0	0	0	0.06	0.1	0.03	0.05	0.02	0	3	0	0						
Onions (0.08 oz)	1.04	0.02	0	0	0	0	0	0.23	0.02	0.1	0.02	0	0	0	0						
Garlic (0.08 oz)	3.51	0.1	0.01	0	0	0	0.39	0.77	0.05	0.02	0.14	0	1	0	0						
Artichokes (0.25 oz)	6.33	3.42	0.38	0	0	0	26.6	0.76	0	0	0	0	3	0	0						
Jalapeno Slices (0.25 oz)	1.27	0	0	0	0	0	32.86	0.23	0.07	0	0.04	2	6	0	0						
Green Chiles (0.33 oz)	1.56	0	0	0	0	0	34.33	0.31	0.31	0.31	0	0	3	1	0						
Pineapple (0.33 oz)	6.14	0	0	0	0	0	0.76	1.53	0.07	1.38	0	0	2	0	0						
Green Onions (0.08 oz)	0.75	0.04	0	0	0	0	0.37	0.17	0.06	0.05	0.04	0	1	0	0						
Sun Dried Tomatoes (0.08 oz)	5.41	0.48	0.05	0	0	0	37.49	0.99	0.21	0.67	0.25	0	1	0	1						
Linguica (0.17 oz)	13.53	9.13	1.01	0.33	0	3.38	50.77	0.16	0	0	0.93	1	0	0	0						
Ground Beef (0.17 oz)	12.03	8.52	0.94	0.36	0.05	3.36	3.17	0	0	0	0.81	0	0	0	1						
Italian Sausage (0.17 oz)	12.18	8.52	0.94	0.33	0	3.04	35.87	0.06	0	0.06	0.74	0	0	0	0						
Hot Link Sausage (0.17 oz)	14.19	10.52	1.16	0.5	0	2.5	50.93	0.16	0	0	0.58	0	0	0	1						
Bacon Pieces (0.17 oz)	28.43	19.9	2.21	0.78	0	4.73	75.81	0	0	0	1.57	0	0	0	0						
Chicken (0.17 oz)	7.35	3.02	0.33	0.09	0	2.9	26.42	0.05	0	0.01	0.96	0	0	0	0						
Anchovies (0.75 fillets)	3.12	1.68	0.18	0	0	1.5	109.99	0	0	0	0.37	0	0	0	0						
Tomato Slices (0.50 medium_slices)	2	0.18	0.02	0	0	0	0.5	0.39	0.1	0.26	0.09	2	2	0	0						
SPECIALTY PIZZAS	CALORIES	TOTAL FAT	TOTAL FAT	SAT FAT	PDV*	TRANS FAT	CHOL	SODIUM	TOTAL CARBS	PDV*	DIETARY FIBER	TOTAL SUGARS	TOTAL PROTEIN	VIT A PDV	VIT C PDV	CALCIUM PDV	IRON PDV	ALLERGENS			
(For all Pizzas- Mountain-20 slices, Large-14 slices, Medium-12 slices, Small-10 slices, Mini-6 slices)																					
Diamond Head Pizza, Mountain (Serving Size: 1 slice)	309.52	70.23	7.8	13%	3.52	18%	0	27.1	481.51	24%	41.53	14%	1.86	6%	4.5	14.66	5%	5%	15%	16%	Milk, Wheat
Diamond Head Pizza, Large (Serving Size: 1 slice)	226.26	50.54	5.61	9%	2.51	13%	0	19.36	344.58	17%	30.7	10%	1.37	5%	3.26	10.61	4%	3%	11%	12%	Milk, Wheat
Diamond Head Pizza, Medium (Serving Size: 1 slice)	196.37	44.11	4.9	8%	2.2	11%	0	16.94	301.3	15%	26.54	9%	1.19	4%	2.81	9.24	3%	3%	10%	10%	Milk, Wheat
Diamond Head Pizza, Small (Serving Size: 1 slice)	141.54	32.97	3.66	6%	1.68	8%	0	11.4	177.33	9%	19.19	6%	0.87	3%	2.07	6.2	3%	2%	8%	7%	Milk, Wheat
Garlic Tuscan Pizza, Mountain (Serving Size: 1 slice)	390.07	131.28	14.59	24%	5.87	29%	0	35.63	689.4	34%	44.59	15%	2.51	8%	4.21	16	7%	9%	18%	19%	Milk, Wheat
Garlic Tuscan Pizza, Large (Serving Size: 1 slice)	283.79	94.15	10.46	17%	4.19	21%	0	25.45	493.07	25%	32.88	11%	1.84	6%	3.05	11.57	5%	7%	13%	14%	Milk, Wheat
Garlic Tuscan Pizza, Medium (Serving Size: 1 slice)	246.71	82.27	9.14	15%	3.67	18%	0	22.27	431.2	22%	28.45	9%	1.59	5%	2.65	10.08	4%	6%	11%	12%	Milk, Wheat
Garlic Tuscan Pizza, Small (Serving Size: 1 slice)	187.79	65.11	7.23	12%	2.93	15%	0	17.82	343.8	17%	20.84	7%	1.2	4%	2.04	7.8	4%	5%	9%	9%	Milk, Wheat
Garlic Tuscan Pizza, Mini (Serving Size: 1 slice)	150.64	53.83	5.98	10%	2.44	12%	0	14.84	285.84	14%	16.2	5%	0.96	3%	1.66	6.35	3%	4%	8%	7%	Milk, Wheat
Mt St Helens Pizza, Mountain (Serving Size: 1 slice)	321.86	93.69	10.41	17%	4.65	23%	0	25.61	458.53	23%	40.27	13%	2.51	8%	2.98	12.59	5%	10%	19%	15%	Milk, Wheat
Mt St Helens Pizza, Large (Serving Size: 1 slice)	58.97	35.65	3.96	7%	2.31	12%	0	13.2	117.04	6%	0.02	0%	0	0%	0	3.93	3%	0%	10%	0%	Milk, Wheat
Mt St Helens Pizza, Medium (Serving Size: 1 slice)	203.73	58.45	6.49	11%	2.89	14%	0	15.93	285.36	14%	25.77	9%	1.59	5%	1.89	7.93	3%	6%	12%	10%	Milk, Wheat
Mt St Helens Pizza, Small (Serving Size: 1 slice)	152.62	45.53	5.06	8%	2.29	11%	0	12.62	224.55	11%	18.67	6%	1.2	4%	1.43	6.05	3%	5%	10%	7%	Milk, Wheat
Mt Veggiemore Pizza, Mountain (Serving Size: 1 slice)	308.73	78.78	8.75	15%	3.25	16%	0	18.48	329.28	16%	42.91	14%	2.19	7%	3.23	11.53	9%	19%	16%	15%	Milk, Wheat
Mt Veggiemore Pizza, Large (Serving Size: 1 slice)	225.69	56.65	6.29	10%	2.32	12%	0	13.2	235.84	12%	31.68	11%	1.6	5%	2.35	8.37	7%	14%	11%	11%	Milk, Wheat
Mt Veggiemore Pizza, Medium (Serving Size: 1 slice)	195.15	49.02	5.44	9%	2.03	10%	0	11.55	203.81	10%	27.32	9%	1.37	5%	2	7.27	6%	11%	10%	9%	Milk, Wheat
Mt Veggiemore Pizza, Small (Serving Size: 1 slice)	147.12	38.86	4.31	7%	1.62	8%	0	9.24	163.74	8%	20	7%	1.03	3%	1.56	5.57	5%	10%	8%	7%	Milk, Wheat
Pikes Peak Pizza, Mountain (Serving Size: 1 slice)	476.92	196.73	21.86	36%	9.89	49%	0.07	65.1	860.09	43%	39.55	13%	1.75	6%	2.51	23.94	11%	3%	31%	17%	Milk, Sulfites, Wheat
Pikes Peak Pizza, Large (Serving Size: 1 slice)	286.86	105.25	11.69	19%	4.76	24%	0.05	33.3	497.95	25%	29.27	10%	1.29	4%	1.84	13.31	5%	2%	12%	12%	Milk, Sulfites, Wheat
Pikes Peak Pizza, Medium (Serving Size: 1 slice)	249.5	91.98	10.22	17%	4.16	21%	0.04	29.14	435.52	22%	25.31	8%	1.12	4%	1.6	11.61	4%	2%	10%	11%	Milk, Sulfites, Wheat
Pikes Peak Pizza, Small (Serving Size: 1 slice)	189.94	72.88	8.09	13%	3.33	17%	0.03	23.31	347.21	17%	18.31	6%	0.82	3%	1.2	9.02	3%	1%	8%	8%	Milk, Sulfites, Wheat
Robbers Roost Pizza, Red, Mountain (Serving Size: 1 slice)	295.56	70.09	7.79	13%	2.8	14%	0	22.71	315.46	16%	40.79	14%	2.15	7%	2.92	13	8%	7%	13%	16%	Milk, Soy, Wheat
Robbers Roost Pizza, Red, Large (Serving Size: 1 slice)	229.31	58.26	6.47	11%	2.51	13%	0	19.11	252.03	13%	30.17	10%	1.58	5%	2.13	10.29	6%	5%	11%	11%	Milk, Soy, Wheat
Robbers Roost Pizza, Red, Medium (Serving Size: 1 slice)	198.82	50.77	5.64	9%	2.19	11%	0	16.63	219.47	11%	26.08	9%	1.36	5%	1.84	8.93	5%	4%	10%	10%	Milk, Soy, Wheat
Robbers Roost Pizza, Red, Small (Serving Size: 1 slice)	148.98	39.75	4.41	7%	1.75	9%	0	13.16	173.06	9%	18.91	6%	1.01	3%	1.38	6.83	4%	3%	8%	7%	Milk, Soy, Wheat
Robbers Roost Pizza, White, Mountain (Serving Size: 1 slice)	321.19	103.5	11.5	19%	3.01	15%	0	24.44	362.59	18%	40.28	13%	1.95	7%	2.64	12.11	6%	5%	12%	15%	Milk, Soy, Wheat
Robbers Roost Pizza, White, Large (Serving Size: 1 slice)	234.6	74.31	8.25	14%	2.15	11%	0	17.45	259.63	13%	29.8	10%	1.44	5%	1.93	8.79	4%	4%	9%	11%	Milk, Soy, Wheat
Robbers Roost Pizza, White, Medium (Serving Size: 1 slice)	203.44	64.81	7.2	12%	1.88	9%	0	15.18	226.12	11%	25.75	9%	1.24	4%	1.67	7.62	4%	3%	7%	9%	Milk, Soy, Wheat
Robbers Roost Pizza, White, Small (Serving Size: 1 slice)	152.68	50.98	5.66	9%	1.5	8%	0	12	178.38	9%	18.66	6%	0.91	3%	1.24	5.78	3%	3%	6%	7%	Milk, Soy, Wheat
Sizzlin Bacon Classic, Mountain (Serving Size: 1 slice)	376.44	145.49	16.16	27%	4.77	24%	0	31.82	592.87	30%	39.49	13%	1.71	6%	2.3	14.85	3%	2%	11%	14%	Milk, Soy, Wheat
Sizzlin Bacon Classic, Large (Serving Size: 1 slice)	274.06	104.3	11.59	19%	3.41	17%	0	22.73	424.12	21%	29.24	10%	1.26	4%	1.69	10.75	2%	1%	8%	10%	Milk, Soy, Wheat
Sizzlin Bacon Classic, Medium (Serving Size: 1 slice)	238.2	91.15	10.13	17%	2.98	15%	0	19.89	370.87	19%	25.26	8%	1.08	4%	1.46	9.36	2%	1%	7%	9%	Milk, Soy, Wheat
Sizzlin Bacon Classic, Small (Serving Size: 1 slice)	180.86	72.21	8.02	13%	2.38	12%	0	15.91	295.48	15%	18.27	6%	0.78	3%	1.08	7.22	1%	1%	6%	7%	Milk, Soy, Wheat
Snowy Alps Pizza, Creamy Garlic Combo, Mountain (Serving Size: 1 slice)	341.22	127	14.11	24%	4.06	20%	0	24.88	439.85	22%	40.2	13%	1.95	7%	2.68	11.48	6%	6%	12%	14%	Milk, Soy, Wheat
Snowy Alps Pizza, Creamy Garlic Combo, Large (Serving Size: 1 slice)	248.9	91.09	10.12	17%	2.9	15%	0	17.77	314.82	16%	29.74	10%	1.44	5%	1.96	8.34	4%	4%	9%	11%	Milk, Soy, Wheat
Snowy Alps Pizza, Creamy Garlic Combo, Medium (Serving Size: 1 slice)	216.18	79.59	8.84	15%	2.53	13%	0	15.55	275.23	14%	25.7	9%	1.24	4%	1.69	7.25	4%	3%	8%	9%	Milk, Soy, Wheat
Snowy Alps Pizza, Creamy Garlic Combo, Small (Serving Size: 1 slice)	163.24	62.95	6.99	12%	2.03	10%	0	12.44	218.99	11%	18.62	6%	0.91	3%	1.26	5.54	3%	3%	6%	7%	Milk, Soy, Wheat
Snowy Alps Pizza, Creamy Garlic Veggie, Mountain (Serving Size: 1 slice)	311.53	103.09	11.45	19%	2.74	14%	0	16.16	333.87	17%	40.95	14%	2.14	7%	2.73	9.56	7%	14%	12%	14%	Milk, Soy, Wheat
Snowy Alps Pizza, Creamy Garlic Veggie, Large (Serving Size: 1 slice)	227.69	74.01	8.22	14%	1.96	10%	0	11.54	239.12	12%	30.28	10%	1.57	5%	1.99	6.97	5%	10%	9%	10%	Milk, Soy, Wheat
Snowy Alps Pizza, Creamy Garlic Veggie, Medium (Serving Size: 1 slice)	197.72	64.65	7.18	12%	1.71	9%	0	10.1	209.04	10%	26.2	9%	1.36	5%	1.73	6.06	4%	9%	8%	9%	Milk, Soy, Wheat
Snowy Alps Pizza, Creamy Garlic Veggie, Small (Serving Size: 1 slice)	148.4	51	5.66	9%	1.37	7%	0	8.08	166	8%	19	6%	1	3%	1.29	4.58	3%	7%	6%	7%	Milk, Soy, Wheat
The Chicken Club Pizza, Mountain (Serving Size: 1 slice)	390.76	151.78	16.86	28%	5.25	26%	0	37.91	533.26	27%	39.55	13%	1.84	6%	2.45	16.26	6%	5%	12%	14%	Milk, Soy, Wheat
The Chicken Club Pizza, Large (Serving Size: 1 slice)	284.29	108.79	12.09	20%	3.75	19%	0	27.08	381.54	19%	29.28	10%	1.36								

PIZZA TOPPINGS																					
	CALORIES	CALORIES FROM FAT	TOTAL FAT GMS	PDV*	SAT FAT GMS	PDV*	TRANS FAT GMS	CHOL MG	SODIUM MG	PDV*	TOTAL CARBS GMS	PDV*	DIETARY FIBER GMS	PDV*	TOTAL SUGARS GMS	TOTAL PROTEIN GMS	VIT A PDV	VIT C PDV	CALCIUM PDV	IRON PDV	ALLERGENS
Extra Cheese for Mountain Slice (0.6 oz)	54.72	32.83	3.65	6%	2.13	11%	0	12.16	109.45	5%	0	0%	0	0%	0	3.65	2%	0%	9%	0%	Milk
Extra Cheese for Large Slice (0.43 oz)	39.22	23.53	2.62	4%	1.53	8%	0	8.71	78.44	4%	0	0%	0	0%	0	2.62	0%	0%	1%	0%	Milk
Extra Cheese for Medium Slice (0.38 oz)	34.2	20.52	2.28	4%	1.33	7%	0	7.6	68.41	3%	0	0%	0	0%	0	2.28	0%	0%	0%	0%	Milk
Extra Cheese for Small Slice (0.3 oz)	27	16.2	1.8	3%	1.05	5%	0	6	54.01	3%	0	0%	0	0%	0	1.8	0%	0%	0%	0%	Milk
Extra Cheese for Mini Slice (0.25 oz)	22.5	13.5	1.5	3%	0.88	4%	0	5	45.01	2%	0	0%	0	0%	0	1.5	0%	0%	0%	0%	Milk
Extra Sauce for Mountain Slice (0.4 oz)	6.89	0.12	0.01	0%	0	0%	0	0	43.18	2%	1.36	0%	0.23	1%	0.7	0.34	2%	2%	0%	1%	None
Extra Sauce for Large Slice (0.29 oz)	5	0.09	0.01	0%	0	0%	0	0	31.31	2%	0.99	0%	0.17	1%	0.51	0.25	0%	2%	0%	4%	None
Extra Sauce for Medium Slice (0.25 oz)	4.31	0.08	0.01	0%	0	0%	0	0	26.99	1%	0.85	0%	0.15	1%	0.44	0.22	0%	3%	0%	19%	None
Extra Sauce for Small Slice (0.2 oz)	3.45	0.06	0.01	0%	0	0%	0	0	21.59	1%	0.68	0%	0.12	0%	0.35	0.18	0%	4%	0%	84%	None
Extra Sauce for Mini Slice (0.17 oz)	2.88	0.05	0.01	0%	0	0%	0	0	18.03	1%	0.57	0%	0.1	0%	0.29	0.15	0%	6%	0%	390%	None
SALAD BAR																					
(one serving spoon equals 1 oz, one ladle equals 2 fl oz)																					
	CALORIES	CALORIES FROM FAT	TOTAL FAT GMS	PDV*	SAT FAT GMS	PDV*	TRANS FAT GMS	CHOL MG	SODIUM MG	PDV*	TOTAL CARBS GMS	PDV*	DIETARY FIBER GMS	PDV*	TOTAL SUGARS GMS	TOTAL PROTEIN GMS	VIT A PDV	VIT C PDV	CALCIUM PDV	IRON PDV	ALLERGENS
Ambrosia Cream Salad (Serving Size: 1 serving spoon)	33.53	11.6	1.28	2%	0.77	4%	0.25	0	11.6	1%	4.64	2%	0.51	2%	2.83	0.51	1%	2%	1%	1%	Soy
Baby Carrots (Serving Size: 1 serving spoon)	11.35	0.25	0.02	0%	0	0%	0	0	22.7	1%	2.32	1%	0.56	2%	1.36	0.17	78%	4%	1%	1%	None
Broccoli (Serving Size: 1 serving spoon)	7.99	0.89	0.09	0%	0.01	0%	0	0	7.59	0%	1.48	0%	0	0%	0	0.84	17%	44%	1%	1%	None
California Raisins (Serving Size: 1 serving spoon)	92.21	0	0	0%	0	0%	0	0	7.09	0%	21.99	7%	1.41	5%	20.57	0.7	0%	0%	1%	4%	None
Cherry Tomatoes (Serving Size: 1 serving spoon)	5.14	0.51	0.05	0%	0.01	0%	0	0	1.33	0%	1.11	0%	0.34	1%	0.74	0.24	5%	6%	0%	0%	None
Chopped Eggs (Serving Size: 1 serving spoon)	44.02	27.09	3.01	5%	0.92	5%	0	120.38	35.26	2%	0.31	0%	0	0%	0.31	3.56	3%	0%	1%	2%	Egg
Cottage Cheese (Serving Size: 1 serving spoon)	30.13	11.29	1.25	2%	0.75	4%	0	5.02	85.37	4%	0.75	0%	0	0%	0.75	3.51	1%	0%	4%	0%	Milk
Country Potato Salad (Serving Size: 1 serving spoon)	46.61	27.36	3.04	5%	0.6	3%	0	8.1	117.55	6%	5.47	2%	0.6	2%	1.41	0.81	0%	0%	0%	2%	Egg
Croutons (Serving Size: 1 serving spoon)	121.6	36.48	4.05	7%	0	0%	0	0	324.28	16%	16.21	5%	0	0%	0	4.05	0%	0%	0%	8%	Milk, Wheat
Cucumbers (Serving Size: 1 serving spoon)	3.41	0.4	0.04	0%	0	0%	0	0	0.64	0%	0.61	0%	0.19	1%	0.39	0.16	0%	2%	0%	0%	None
Elbow Macaroni Salad (Serving Size: 1 serving spoon)	62.62	38.74	4.3	7%	0.97	5%	0	2.93	152.63	8%	5.47	2%	0.39	1%	1.56	0.97	0%	0%	0%	2%	Egg, Wheat
Four Bean Salad (Serving Size: 1 serving spoon)	28.37	0	0	0%	0	0%	0	0	93.63	5%	6.52	2%	0.85	3%	4.25	0.85	1%	2%	1%	1%	None
Garbanzo Beans (Serving Size: 1 serving spoon)	27.24	5.1	0.56	1%	0.11	1%	0	0	74.91	4%	4.31	1%	1.81	6%	0	1.13	0%	0%	0%	1%	None
Gourmet Potato Salad (Serving Size: 1 serving spoon)	44.58	21.88	2.43	4%	0.5	3%	0	8.1	158.08	8%	4.86	2%	0.6	2%	1.01	0.81	0%	0%	0%	2%	Egg, Wheat
Green Beans (Serving Size: 1 serving spoon)	10.01	0	0	0%	0	0%	0	0	0	0%	1.66	1%	0.66	2%	0.66	0.66	3%	7%	1%	1%	None
Italian Pasta Salad (Serving Size: 1 serving spoon)	34.45	16.41	1.82	3%	0.3	2%	0	0	135.79	7%	3.44	1%	0.4	1%	0.4	0.81	10%	1%	0%	2%	Milk, Sulfites, Wheat
Kidney Beans (Serving Size: 1 serving spoon)	24.16	0.86	0.09	0%	0.01	0%	0	0	96.76	5%	4.42	1%	1.81	6%	0.06	1.48	0%	1%	1%	2%	None
Macaroni Salad (Serving Size: 1 serving spoon)	64.57	45.79	5.08	8%	0.97	5%	0	2.93	156.55	8%	5.47	2%	0.39	1%	1.56	0.97	0%	0%	0%	2%	Egg, Wheat
Oreo Cookie and Cream Salad (Serving Size: 1 serving spoon)	59.58	22.98	2.55	4%	1.41	7%	0.56	0	45.4	2%	7.94	3%	0.56	2%	6.52	0.85	0%	0%	2%	1%	Egg, Milk, Soy
Peas (Serving Size: 1 serving spoon)	22.31	1.43	0.15	0%	0	0%	0	0	33.47	2%	3.82	1%	1.27	4%	1.91	1.59	2%	5%	0%	1%	None
Pepperoncini (Serving Size: 1 serving spoon)	5	0	0	0%	0	0%	0	0	360	18%	1	0%	1	3%	0	0	0%	0%	0%	0%	Sulfites
Potato Salad (Serving Size: 1 serving spoon)	48.34	22.7	2.52	4%	0.52	3%	0	2.1	102.99	5%	5.88	2%	0.63	2%	1.68	0.63	0%	0%	0%	2%	Egg
Potato Salad with Diced Egg (Serving Size: 1 serving spoon)	48.34	22.7	2.52	4%	0.52	3%	0	2.1	102.99	5%	5.88	2%	0.63	2%	1.68	0.63	0%	0%	0%	2%	Egg
Raspberry Parfait (Serving Size: 1 serving spoon)	25.79	4.64	0.51	1%	0.51	3%	0	0	20.63	1%	4.9	2%	0	0%	4.9	0.51	0%	0%	0%	0%	Soy
Red Potato Salad (Serving Size: 1 serving spoon)	56.75	36.48	4.05	7%	0.91	5%	0	3.04	121.6	6%	4.25	1%	0.4	1%	0.2	0.4	0%	1%	0%	1%	Egg
Salad Dressing, Blue Cheese (Serving Size: 1 ladle)	320	306	34	57%	7	35%	0	30	620	31%	2	1%	0	0%	2	2	0%	0%	8%	0%	Egg, Milk, MSG, Soy, Wheat
Salad Dressing, Buttermilk Ranch (Serving Size: 1 ladle)	200	198	22	37%	3	15%	0	20	540	27%	2	1%	0	0%	2	0	0%	0%	4%	0%	Egg, Fish, Milk, Soy
Salad Dressing, Lite Italian (Serving Size: 1 ladle)	50	0	0	0%	0	0%	0	0	680	34%	12	4%	0	0%	4	0	0%	4%	0%	0%	None
Salad Dressing, Thousand Island (Serving Size: 1 ladle)	240	198	22	37%	3	15%	0	10	600	30%	10	3%	0	0%	8	0	4%	4%	0%	0%	Egg, Fish
Salad Mix (Serving Size: 0.50 oz)	4.44	0.4	0.04	0%	0	0%	0	0	3.45	0%	0.92	0%	0.39	1%	0.5	0.26	8%	4%	1%	1%	None
Sliced Beets (Serving Size: 1 serving spoon)	7.03	0	0	0%	0	0%	0	0	49.24	2%	1.64	1%	0.46	2%	1.17	0	0%	0%	0%	0%	None
Strawberry Parfait (Serving Size: 1 serving spoon)	25.79	4.64	0.51	1%	0.51	3%	0	0	18.05	1%	4.9	2%	0	0%	4.9	0.51	0%	0%	0%	0%	Soy
Sunflower Seeds (Serving Size: 1 serving spoon)	141.87	93.63	10.4	17%	1.89	9%	0	0	0	0%	6.62	2%	2.83	9%	0	5.67	0%	0%	0%	8%	None

**MOUNTAIN MIKE'S PIZZA, NUTRITIONAL INFORMATION SPREADSHEET**

<b>PIZZA</b> <small>(For all Pizzas- Mountain-20 slices, Large-14 slices, Medium-12 slices, Small-10 slices)</small>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT GMS</b>	<b>SAT FAT GMS</b>	<b>TRANS FAT GMS</b>	<b>CHOL MG</b>	<b>SODIUM MG</b>	<b>TOTAL CARBS GMS</b>	<b>DIETARY FIBER GMS</b>	<b>TOTAL SUGARS GMS</b>	<b>TOTAL PROTEIN GMS</b>	<b>VIT A PDV</b>	<b>VIT C PDV</b>	<b>CALCIUM (mg)</b>	<b>IRON (mg)</b>
McKinley, Mountain (Serving Size: 1 slice)	320	92	10	4	0	24	368	41	2	3	13	398	8	157	3
McKinley, Large (Serving Size: 1 slice)	223	57	6	3	0	15	217	30	2	2	9	275	6	111	2
McKinley, Medium (Serving Size: 1 slice)	197	53	6	3	0	15	202	26	1	2	8	244	5	98	2
McKinley, Small (Serving Size: 1 slice)	96	37	4	2	0	10	159	10	0.6	1	4	132	3	60	0.6