

MOUNTAIN MIKE'S PIZZA, NUTRITIONAL INFORMATION SPRE		CALORIES FROM		TOTAL FAT	SAT	TRANS	CHOL		SODIUM	TOTAL	DIETARY FIBER		TOTAL	TOTAL PROTEIN	VIT A	VIT C	CALCIUM	IRON	ALLERGENS			
APPETIZERS	CALORIES	FROM	FAT	GMS	FAT	FAT	MG	MG	MG	MG	GMS	PDV*	GMS	GMS	PDV	PDV	PDV	PDV				
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%	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	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	0%	0	0	21	0%	0%	0%	3%	Wheat		
Cream Cheese Poppers (Serving Size: 6 poppers)	450	324	36	60%	15	75%	1.5	60	1215	61%	45	15%	10.5	35%	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%	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	0	30%	0%	0%	Egg, Milk, Wheat		
BREADS	CALORIES	FROM	TOTAL FAT	PDV*	SAT	TRANS	CHOL	SODIUM	PDV*	TOTAL	DIETARY FIBER	PDV*	TOTAL	TOTAL PROTEIN	VIT A	VIT C	CALCIUM	IRON	ALLERGENS			
		FAT	GMS		FAT	FAT	MG	MG		CARBS	GMS		SUGARS	GMS	PDV	PDV	PDV	PDV				
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%	2%	Milk, Soy, Wheat, Poppy Seeds		
Garlic Bread with Cheese (Serving Size: 1 loaf)	563.66	247.92	27.54	46%	8.22	41%	0	26.29	1099.88	54%	59.35	20%	2.13	7%	1.39	17.57	16%	1%	24%	Milk, Soy, Wheat, Poppy Seeds		
Garlic Knots with Cheese (Serving Size: 4 garlic_sticks)	268.46	90.48	10.05	17%	1.85	14%	0	10.15	183.47	9%	35.18	12%	1.44	5%	1.52	7.89	5%	0%	10%	Milk, Soy, Wheat, Poppy Seeds		
Garlic Not Knots (Serving Size: 1 garlic_knot)	201.8	124.20	13.80					1.07		15.37				4.00	0%	0%	3%	12%	12%	Milk, Soy, Wheat, Poppy Seeds		
DESSERTS	CALORIES	FROM	TOTAL FAT	PDV*	SAT	TRANS	CHOL	SODIUM	PDV*	TOTAL	DIETARY FIBER	PDV*	TOTAL	TOTAL PROTEIN	VIT A	VIT C	CALCIUM	IRON	ALLERGENS			
		FAT	GMS		FAT	FAT	MG	MG		CARBS	GMS		SUGARS	GMS	PDV	PDV	PDV	PDV				
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	
SIDE ITEMS	CALORIES	FROM	TOTAL FAT	PDV*	SAT	TRANS	CHOL	SODIUM	PDV*	TOTAL	DIETARY FIBER	PDV*	TOTAL	TOTAL PROTEIN	VIT A	VIT C	CALCIUM	IRON	ALLERGENS			
		FAT	GMS		FAT	FAT	MG	MG		CARBS	GMS		SUGARS	GMS	PDV	PDV	PDV	PDV				
Potato Chips, KC Masterpiece BBQ (Serving Size: 1 package)	230	135	15	25%	4	20%	0	0	300	15%	23	8%	3	4	3	0%	15%	0%	2%	0%	MSG	
Potato Chips, Lay's Original (Serving Size: 1 package)	230	135	15	25%	4.5	23%	0	0	270	14%	23	8%	2	7%	3	0%	15%	0%	2%	0%	None	
SANDWICHES	CALORIES	FROM	TOTAL FAT	PDV*	SAT	TRANS	CHOL	SODIUM	PDV*	TOTAL	DIETARY FIBER	PDV*	TOTAL	TOTAL PROTEIN	VIT A	VIT C	CALCIUM	IRON	ALLERGENS			
		FAT	GMS		FAT	FAT	MG	MG		CARBS	GMS		SUGARS	GMS	PDV	PDV	PDV	PDV				
*Bread and toppings for one sandwich, add 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: 1)	101.33	82.08	9.12	15%	5.06	25%	0	25.33	516.83	26%	0	0%	0	0	5.06	6%	0%	15%	0%	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	1003.59	50%	1.49	0%	0	1.49	13.44	0%	0%	6%	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	24	0%	0%	0%	3%	0%	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	14	0%	0%	8%	12%	0%	0%	None	
Cliff Hanger Sandwich Roll Topping, Mozzarella Cheese (Serving Size: 1)	91.2	54.72	6.08	10%	3.54	18%	0	15.2	192.54	10%	1.01	0%	0	0	7.09	2%	0%	20%	0%	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	1.52	19.76	0%	0%	3%	6%	0%	None	
Cliff Hanger Sandwich Roll Topping, Smoked Ham (Serving Size: 3 oz)	362.4	242.4	26.97	4%	1.07	5%	0	32.32	937.45	47%	1.07	0%	0	1.07	14	0%	0%	14%	0%	0%	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	8	4%	0%	30%	0%	0%	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	0	293.33	15%	0	0%	0	0	1	0%	0%	1%	1%	0%	Fish	
Half Dome Roll Topping, Anchovies (Serving Size: 0.75 oz)	59	29	3	0%	0	0%	0	0	79.28	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	38.1	4.25	7%	1.63	8%	0.26	15.1	142.3	1%	0	0%	0	3.65	0%	0%	0%	2%	0%	0%	None	
Half Dome Roll Topping, Beef 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	0.17	0.06	1%	10%	0%	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	0.37	3.36	0%	0%	0%	1%	0%	None	
Half Dome Roll Topping, Fresh Tomato (Serving Size: 1 oz)	34	1.98	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%	2.84	1%	0.15	1%	0.07	0.45	0%	4%	1%	1%	None	
Half Dome Roll Topping, Green Chiles (Serving Size: 0.75 oz)	1.54	0	0	0%	0	0%	0	0	78.03	4%	0.7	0%	0.7	0	0	0%	7%	3%	0%	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	0.17	2.33	0%	0%	0%	1%	0%	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	0.3	3.34	0%	1%	1%	1%	0%	None	
Half Dome Roll Topping, Jalapenos (Serving Size: 1 oz)	5.1	0	0	0%	0	0%	0	0	131.46	7%	0.83	0%	0.28	1%	0	0.18	7%	24%	1%	0%	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	238.75	11%	0.75	0%	0	2.82	0%	0%	0%	2%	2%	0%	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	4.18	3%	1%	2%	2%	0%	0%	Milk, Sulphites	
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%	0%	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)	0.31	0	0	0%	0	0%	0	0	0.27	0%	0.27	0%	0.07	0.3	0	0%	0%	0%	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	5.47	2%	0%	2%	2%	0%	0%	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	0.19	2.47	0%	0%	0%	1%	0%	None	
Half Dome Roll Topping, Topping Cheese (Serving Size: 0.50 oz)	49.5	30.64	3.4	6%	1.95	10%	0	11.35	98.65	4%	0.17	0%	0	0.17	1.15	2%	0%	8%	0%	0%	Milk	
BEVERAGES	CALORIES	FROM	TOTAL FAT	PDV*	SAT	TRANS	CHOL	SODIUM	PDV*	TOTAL	DIETARY FIBER	PDV*	TOTAL	TOTAL PROTEIN	VIT A	VIT C	CALCIUM	IRON	ALLERGENS			
		FAT	GMS		FAT	FAT	MG	MG		CARBS	GMS		SUGARS	GMS	PDV	PDV	PDV	PDV				
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	46.5	0	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	42	0	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	40.5	0	0%	0%	0%	0%	0%	None	
Serra Mist (Serving Size: 12 fl oz)	150	0	0	0%	0	0%	0	0	37.5	2%	39	13%	0	39	0	0%	0%	0%	0%	0%	None	
Tropicana Pink Lemonade (Serving Size: 12 fl oz)	150	0	0	0%	0	0%	0	0	80	5%	40.5	14%	0	39	0%	0%	0%	0%	0%	0%	None	
PIZZAS	CALORIES	FROM	TOTAL FAT	PDV*	SAT	TRANS	CHOL	SODIUM	PDV*	TOTAL	DIETARY FIBER	PDV*	TOTAL	TOTAL PROTEIN	VIT A	VIT C	CALCIUM	IRON	ALLERGENS			
		FAT	GMS		FAT	FAT	MG	MG		CARBS	GMS		SUGARS	GMS	PDV	PDV	PDV	PDV				
*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	0																

to obtain nutritional values per slice)														FAT	GMS	GMS	GMS	MG	MG	GMS	GMS	GMS	GMS	GMS	GMS									
Pizza Dough (2.60 oz)	188.25	13.73	1.52	0.00	0	0	0	23.37	37.65	1.52	1.52	5.08	0	0	1	13																		
Pizza Sauce (0.40 oz)	6.49	0.42	0.01	0.00	0	0	43.18	1.36	0.69	0.24	2	2	0	0	0	0																		
Mozzarella Cheese (0.80 oz)	72.96	43.77	4.86	2.83	0	16.21	145.92	0	0	4.86	3	0	12	0	0	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	0																		
Ham (0.40 oz)	11.49	3.23	0.35	0.14	0	4.31	124.99	0.14	0	0.14	1.86	0	0	0	1	0																		
Canadian Bacon (0.40 oz)	11.94	4.48	0.49	0.19	0	4.97	133.41	0.19	0	0.19	1.79	0	0	0	1	0																		
Salami (0.40 oz)	14.61	3.19	0.35	0.14	0	11.14	200.65	3.64	0	0.2	2.13	0	0	0	1	0																		
Pepperoni (0.40 oz)	52.69	43.77	4.86	1.82	0	10.13	218.89	0	0	0	2.43	1	0	1	1	0																		
Mushrooms (0.40 oz)	2.43	0.35	0.03	0.00	0	0	0.64	0.37	0.11	0.18	0.35	0	0	0	0	0																		
Black Olives (0.40 oz)	17.73	15.96	1.77	0.00	0	0	88.67	0.7	0	0	0	0	0	0	0	0																		
Green Bell Peppers (0.20 oz)	1.14	0.08	0.00	0.00	0	0	0.15	0.26	0.04	0.14	0.04	0	0	0	0	0																		
Onions (0.20 oz)	2.52	0.05	0.00	0.00	0	0	0	0.57	0.06	0.24	0.05	0	1	0	0	0																		
Garlic (0.20 oz)	8.47	0.25	0.02	0.00	0	0	0.95	1.87	0.12	0.05	0.36	0	3	1	1	0																		
Artichokes (0.60 oz)	15.2	8.2	0.91	0.00	0	0	63.84	1.82	0.00	0	0	0	14	0	0	0																		
Jalapeno Slices (0.60 oz)	3.06	0	0.00	0.00	0	0	78.88	0.56	0.17	0	0.11	4	14	1	1	1																		
Green Chiles (0.80 oz)	3.78	0	0.00	0.00	0	0	83.23	0.75	0	0.75	0	0	8	3	0	0																		
Pineapple (0.80 oz)	14.88	0	0.00	0.00	0	0	1.86	3.72	0.18	3.34	0	0	4	0	0	0																		
Green Onions (0.15 oz)	1.36	0.07	0.00	0.00	0	0	0.68	0.31	0.11	0.09	0.07	1	1	0	0	0																		
Sun Dried Tomatoes (0.20 oz)	13.05	1.17	0.13	0.01	0	0	90.35	2.4	0.52	1.62	0.6	1	3	0	2	0																		
Lingua (0.48 oz)	36.5	29.99	2.88	1.06	0	9.62	348.4	2.4	0	2.84	2	0	1	1	1	0																		
Ground Beef (0.48 oz)	34.23	24.26	2.69	1.01	0.16	9.56	503	0	0	2.51	0	0	0	1	0	0																		
Italian Sausage (0.48 oz)	34.65	24.26	2.69	0.96	0	8.66	102.04	0.19	0	0.19	2.11	0	0	0	1	0																		
Hot Link Sausage (0.48 oz)	40.37	29.92	3.32	1.42	0	7.12	144.87	0.47	0	0	1.66	0	0	1	1	0																		
Chicken (0.48 oz)	20.91	8.61	0.95	0.26	0	8.27	75.15	0.16	0	0.04	2.73	0	0	0	1	0																		
Bacon Pieces (0.48 oz)	80.86	56.6	6.28	2.24	0	14.47	215.65	0.24	0	0	4.49	0	0	0	0	0																		
Anchovies (1.60 fillets)	6.66	3.6	0.4	0.00	0	3.2	234.66	0	0	0	0.8	0	0	1	1	0																		
Tomato Slices (1.20 medium, slices)	4.8	0.43	0.04	0.01	0	0	1.2	0.93	0.24	0.63	0.21	4	5	0	0	0																		
A La Carte Pizza, Large, Single Item																																		
(Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice)														CALORIES	FROM FAT	TOTAL FAT	PDV*	SAT FAT	PDV*	TRANS FAT	CHOL	SODIUM	PDV*	CARBS	PDV*	DIETARY FIBER	PDV*	TOTAL SUGARS	TOTAL PROTEIN	VIT A	VIT C	CALCIUM	IRON	ALLERGENS
Pizza Dough (1.93 oz)	139.74	10.19	1.13	0.00	0	0	0	17.35	27.94	1.13	3.77	0	1	9																				
Pizza Sauce (0.29 oz)	4.99	0.09	0.01	0.00	0	0	0	31.3	0.98	0.16	0.5	0.24	1	2	0	1	0	1	0	0	0													
Mozzarella Cheese (0.57 oz)	51.98	31.19	3.46	2.02	0	11.55	103.97	0	0	0.16	0.5	0.24	1	2	0	9	0	0	0	0	0													
Topping Cheese (0.07 oz)	6.71	4.29	0.47	0.27	0	1.58	12.55	0.01	0	0.04	0	0	0	1	0	0	0	0	0	0	0													
Ham (0.43 oz)	12.35	3.47	0.38	0.15	0	4.63	134.26	0.15	0	0.15	2	0	0	0	1	0	0	0	0	0	0													
Canadian Bacon (0.43 oz)	12.84	4.81	0.53	0.21	0	5.35	143.41	0.21	0	0.21	1.92	0	0	0	0	1	0	0	0	0	0													
Salami (0.43 oz)	50.11	35.29	3.92	1.52	0	11.98	215.7	0.21	0	0.21	2.83	0	0	0	1	0	0	0	0	0	0													
Pepperoni (0.43 oz)	56.64	47.06	5.22	1.96	0	10.89	235.3	0	0	0	2.61	1	0	1	1	0	0	0	0	0	0													
Mushrooms (0.43 oz)	2.61	0.37	0.04	0.00	0	0	0.69	0.4	0.12	0.4	0.37	0	0	0	0	0	0	0	0	0	0													
Black Olives (0.43 oz)	19.06	17.15	1.9	0.00	0	0	95.32	0.76	0.20	0	0	0	0	0	0	0	0	0	0	0	0													
Green Bell Peppers (0.21 oz)	1.21	0.08	0.00	0.00	0	0	0.15	0.27	0.09	0.14	0.04	0	8	0	0	0	0	0	0	0	0													
Onions (0.21 oz)	2.69	0.05	0.00	0.00	0	0	0	0.61	0.06	0.25	0.04	0	1	0	0	0	0	0	0	0	0													
Garlic (0.21 oz)	9.06	0.27	0.03	0.00	0	0	1.02	2	0.12	0.06	0.38	0	3	1	1	0	0	0	0	0	0													
Artichokes (0.64 oz)	16.29	8.79	0.97	0.00	0	0	68.43	1.85	0	0	0	0	7	0	0	0	0	0	0	0	0													
Jalapeno Slices (0.64 oz)	3.28	0	0.00	0.00	0	0	84.53	0.6	0.18	0	0.12	4	15	1	1	0	0	0	0	0	0													
Green Chiles (0.86 oz)	4.05	0	0.00	0.00	0	0	89.16	0.81	0.21	0.81	0	0	8	3	0	0	0	0	0	0	0													
Pineapple (0.86 oz)	15.94	0	0.00	0.00	0	0	1.99	3.98	0.19	3.58	0	0	4	0	0	0	0	0	0	0	0													
Green Onions (0.13 oz)	1.13	0.06	0.00	0.00	0	0	0.56	0.26	0.08	0.26	0.06	1	1	0	0	0	0	0	0	0	0													
Sun Dried Tomatoes (0.21 oz)	13.96	1.25	0.13	0.01	0	0	96.68	2.57	0.73	0.64	1	3	1	2	0	0	0	0	0	0	0													
Lingua (0.50 oz)	40.53	27.36	3.04	1.01	0	10.13	152	0.5	0	0	2.78	2	1	1	1	0	0	0	0	0	0													
Ground Beef (0.50 oz)	36.03	25.53	2.83	1.08	0.17	10.07	9.5	0	0	0	2.43	0	0	0	2	0	0	0	0	0	0													
Italian Sausage (0.50 oz)	36.48	25.53	2.83	1.01	0	9.12	107.41	0.2	0	0.2	2.22	0	0	0	1	0	0	0	0	0	0													
Hot Link Sausage (0.50 oz)	42.15	31.5	3.5	1.5	0	7.15	132.5	0.4	0	0	1.75	0	0	1	2	0	0	0	0	0	0													
Chicken (0.50 oz)	22.01	9.06	1	0.28	0	7.91	79.1	0.17	0	0.04	2.88	0	0	0	0	1	0	0	0	0	0													
Bacon Pieces (0.50 oz)	85.12	59.58	6.62	2.36	0	14.18	227	0	0	0	4.72	0	0	0	0	0	0	0	0	0	0													
Anchovies (1.71 fillets)	7.11	3.84	0.42	0.00	0	3.42	250.78	0	0	0	0.85	0	0	1	1	0	0	0	0	0	0													
Tomato Slices (2.29 medium, slices)	9.16	0.82	0.09	0.02	0	0	2.29	1.79	0.45	1.21	0.41	10	0	1	0	0	0	0	0	0	0													
A La Carte Pizza, Large, Multiple Item																																		
(Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice)														CALORIES	FROM FAT	TOTAL FAT	PDV*	SAT FAT	PDV*	TRANS FAT	CHOL	SODIUM	PDV*	CARBS	PDV*	DIETARY FIBER	PDV*	TOTAL SUGARS	TOTAL PROTEIN	VIT A	VIT C	CALCIUM	IRON	ALLERGENS
Pizza Dough (1.93 oz)	139.74	10.19	1.13	0.00	0	0	0	17.35	27.94	1.13	3.77	0	1	9																				
Pizza Sauce (0.29 oz)	4.99	0.09	0.01	0.00	0	0	0	31.3	0.98	0.16	0.5	0.24	1	2	0	1	0	1	0	0	0													
Mozzarella Cheese (0.57 oz)	51.98	31.19	3.46	2.02	0	11.55	103.97	0	0	0.16	0.5	0.24	1	2	0	9	0	0	0	0	0													
Topping Cheese (0.07 oz)	6.71	4.29	0.47	0.27	0	1.58	12.55	0.01	0	0.04	0	0	0	1	0	0	0	0	0	0	0													
Ham (0.29 oz)	8.2	2.3	0.25	0.1	0	3.07	89.27	0.1	0	0.1	1.33	0	0	0	0	1	0	0	0	0	0													
Canadian Bacon (0.29 oz)	8.53	3.2	0.35	0.14	0	3.55	95.28	0.14	0	0.14	1.27	0	0	0	1	0	0	0	0	0	0													
Salami (0.29 oz)	32.29	22.45	2.6	1.01	0	7.96	143.21	0.14	0	0.14	1.88	0	0	0	1	0	0	0	0	0	0													
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	0	0	0	0	0	0													
Mushrooms (0.29 oz)	1.73	0.25	0.02	0.00	0	0	0.46	0.26	0.08	0.13	0.25	0	0	0	0	0	0	0	0	0	0													
Black Olives (0.29 oz)	12.66	11.4	1.26	0.00	0	0	63.33	0.5	0.1	0	0	0	0	0	0	0	0	0	0	0	0													
Green Bell Peppers (0.14 oz)	0.81	0.05	0.00	0.00	0	0	0.1																											

Pineapple (0.75 oz)	13.95	0	0	0	0	0	0	1.74	3.48	0.17	3.13	0	0	3	0	0
Green Onions (0.10 oz)	0.9	0.04	0	0	0	0	0	0.45	0.2	0.07	0.06	0.05	1	1	0	0
Sun Dried Tomatoes (0.19 oz)	12.23	1.1	0.12	0.01	0	0	0	94.71	2.25	0.49	1.52	0.56	1	3	0	2
Lingua (0.44 oz)	35.46	23.94	2.66	0.88	0	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	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	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	0	1.53	0	0	1	1
Bacon Pieces (0.44 oz)	74.48	52.13	5.29	2.06	0	12.41	189.62	0	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	0.03	2.52	0	0	0	1

Pizza Dough (1.67 oz)	120.91	8.82	0.98	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	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	
Topping Cheese (0.06 oz)	5.99	3.83	0.42	0.24	0	0	14.1	11.3	0.01	0	0	0.39	0	0	1	0
Ham (0.25 oz)	7.18	2.02	0.22	0.08	0	2.69	78.12	0.08	0	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	0.12	1.12	0	0	0	1
Salami (0.25 oz)	29.13	20.52	2.28	0.88	0	6.96	125.4	0.12	0	0	0.12	1.64	0	0	0	1
Pepperoni (0.25 oz)	32.53	27.36	2.04	1.14	0	6.39	136.8	0	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	0.35	0.03	0.15	0.03	0	0	0	0
Garlic (0.13 oz)	5.29	0.15	0.01	0	0	0	0.59	0.15	0.07	0.03	0.22	0	1	1	0	0
Artichokes (0.38 oz)	9.5	5.13	0.57	0	0	0	39.9	0	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	0	0	5	2	0	0
Pineapple (0.50 oz)	9.3	1.6	0	0	0	0	1.45	1.45	2.29	0.11	2.09	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	5.67	1.5	0.06	1.01	0.37	0	2	0	0	1	0
Lingua (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	0
Ground Beef (0.29 oz)	21.04	14.91	1.65	0.63	0.1	5.88	15.55	0	0	0	1.42	0	0	0	0	1
Italian Sausage (0.29 oz)	21.3	14.91	1.65	0.59	0	5.32	62.73	0	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	0
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	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 (1.00 fillets)	4.16	2.25	0.25	0	0	2	146.66	0	0	0	0.15	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		CALORIES	TOTAL FAT	PDV*	SAT FAT	PDV*	TRANS FAT	CHOL	SODIUM	PDV*	TOTAL CARBS	PDV*	DIETARY FIBER	PDV*	TOTAL SUGARS	TOTAL PROTEIN	VIT A	VIT C	CALCIUM	IRON	ALLERGENS
to obtain nutritional values per slice		FROM FAT	FAT GMS		FAT GMS		FAT GMS	MG	MG		GMS		GMS		GMS	GMS	PDV	PDV	PDV	PDV	
Pizza Dough (1.20 oz)	66.88	6.34	0.7	0	0	0	0	10.79	17.37	0.7	0.7	2.34	0	0	0.7	2.34	0	0	0	0	6
Pizza Sauce (0.20 oz)	3.44	0.06	0	0	0	0	0	21.59	0.68	0.11	0.34	0.17	1	1	0	0	1	1	0	0	1
Mozzarella Cheese (0.40 oz)	36.48	21.88	2.43	1.41	0	8.1	72.96	0	0	0	0	2.43	2	0	6	0	0	0	6	0	0
Anchovies (1.50 fillets)	6.24	3.37	0.37	0	0	3	219.99	0	0	0	0	0.75	0	0	1	1	0	0	1	1	0

A La Carte Pizza, Medium, Multiple Item (Yield: 1 slice)		CALORIES	TOTAL FAT	PDV*	SAT FAT	PDV*	TRANS FAT	CHOL	SODIUM	PDV*	TOTAL CARBS	PDV*	DIETARY FIBER	PDV*	TOTAL SUGARS	TOTAL PROTEIN	VIT A	VIT C	CALCIUM	IRON	ALLERGENS
to obtain nutritional values per slice		FROM FAT	FAT GMS		FAT GMS		FAT GMS	MG	MG		GMS		GMS		GMS	GMS	PDV	PDV	PDV	PDV	
Topping Cheese (0.50 oz)	47.95	30.64	3.4	1.95	0	11.35	89.65	0.12	0	0	0	3.15	2	0	8	0	0	0	8	0	0
Ham (0.30 oz)	8.62	2.42	0.26	0.1	0	3.23	93.74	0.1	0	0.1	1.4	0	0	0	0	0	0	0	0	0	1
Canadian Bacon (0.30 oz)	8.96	3.36	0.37	0.14	0	3.73	100.05	0.14	0	0.14	1.94	0	0	0	0	0	0	0	0	0	1
Salami (0.20 oz)	34.96	24.62	2.73	1.06	0	8.36	150.48	0.15	0	0.15	1.97	0	0	0	0	0	0	0	0	0	1
Pepperoni (0.30 oz)	39.52	32.83	3.64	1.36	0	7.6	164.16	0	0	0	1.82	1	0	0	1	1	0	0	0	0	0
Mushrooms (0.30 oz)	1.82	0.25	0.02	0	0	0	0.48	0.27	0.08	0.13	0.25	0	0	0	0	0	0	0	0	0	0
Black Olives (0.30 oz)	13.29	11.96	1.32	0	0	0	66.49	0.52	0	0	0	0	0	0	0	0	0	0	0	0	0
Green Bell Peppers (0.15 oz)	0.85	0.06	0	0	0	0	0.11	0.19	0.07	0.11	0.03	0	0	0	0	0	0	0	0	0	0
Onions (0.15 oz)	1.89	0.04	0	0	0	0	0	0	0.43	0.03	0.18	0.03	0	0	0	0	0	0	0	0	0
Garlic (0.15 oz)	6.35	0.19	0.02	0	0	0.71	0	0.27	1.4	0.09	0.04	0.27	0	2	1	0	0	0	0	0	0
Artichokes (0.45 oz)	11.4	6.15	0.68	0	0	0	47.88	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Jalapeno Slices (0.45 oz)	2.29	0	0	0	0	0	59.16	0.42	0.12	0	0.08	3	11	0	0	0	0	0	0	0	0
Green Chiles (0.50 oz)	0	2.83	0	0	0	0	62.42	0.56	0.56	0	0.56	0	6	2	0	0	0	0	0	0	0
Pineapple (0.60 oz)	11.16	0	0	0	0	0	1.39	2.79	0.13	2.51	0	0	3	0	0	0	0	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	0	0	0	0	0
Sun Dried Tomatoes (0.15 oz)	0.78	0.88	0.09	0.01	0	0	67.76	1.8	0.39	1.21	0.45	1	2	0	0	0	0	0	0	0	2
Lingua (0.35 oz)	26.87	19.15	2.12	0.79	0	7.09	306.4	0.35	0	0	1.95	1	0	1	1	0	0	0	0	0	1
Ground Beef (0.35 oz)	25.22	17.87	1.58	0.76	0.12	7.05	6.65	0	0	0	1.7	0	0	0	0	0	0	0	0	0	1
Italian Sausage (0.35 oz)	25.53	17.87	1.58	0.7	0	6.38	75.19	0.14	0	0	0.14	1.56	0	0	0	0	0	0	0	0	1
Hot Link Sausage (0.35 oz)	29.75	22.05	2.05	1.05	0	5.25	106.75	0.35	0	0.02	2.01	0	0	0	0	0	0	0	0	0	1
Chicken (0.35 oz)	15.41	6.34	0.7	0.19	0	6.09	55.37	0.11	0	0	0	3.21	0	0	0	0	0	0	0	0	1
Bacon Pieces (0.35 oz)	59.58	41.71	4.63	1.65	0	9.93	158.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Anchovies (1.20 fillets)	4.99	2.7	0.3	0	0	2.4	175.99	0	0	0	0.6	0	0	0	0	0	0	0	0	0	1
Tomato Slices (0.80 medium_slices)	3.2	0.28	0.03	0	0	0	0.8	0.62	0.16	0.42	0.14	3	3	0	0	0	0	0	0	0	0

A La Carte Pizza, Small, Multiple Item		CALORIES	TOTAL FAT	PDV*	SAT FAT	PDV*	TRANS FAT	CHOL	SODIUM	PDV*	TOTAL CARBS	PDV*	DIETARY FIBER	PDV*	TOTAL SUGARS	TOTAL PROTEIN	VIT A	VIT C	CALCIUM	IRON	ALLERGENS
to obtain nutritional values per slice		FROM FAT	FAT GMS		FAT GMS		FAT GMS	MG	MG		GMS		GMS		GMS	GMS	PDV	PDV	PDV	PDV	
Pizza Dough (1.20 oz)	86.88	6.34	0.7	0	0	0	0	10.79	17.37	0.7	0.7	2.34	0	0	0.7	2.34	0	0	0	0	6
Pizza Sauce (0.20 oz)	3.44	0.06	0	0	0	0	0	21.59	0.68	0.11	0.34	0.17	1	1	0	0	1	1	0	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	0	0	0	6	0	0
Topping Cheese (0.05 oz)	4.79	3.06	0.34	0.19	0	1.13	8.96	0.01	0	0	0.31	0	0	0	1	0	0	0	0	0	0
Ham (0.20 oz)	5.73	1.6	0.23	0.05	0	2.14	62.49	0.05	0	0.05	0.92	0	0	0	0	0	0	0	0	0	0
Canadian Bacon (0.20 oz)	5.96	2.23	0.23	0.09	0.27	66.69	0.09	0.09	0.09	0.09	0.88	0	0	0	0	0	0	0	0	0	0
Salami (0.20 oz)	23.3	16.4	1.82	0.7	0	5.56	100.32	0.09	0	0.09	1.3	0	0	0	0	0	0	0	0	0	0
Pepperoni (0.20 oz)	26.34	21.88	2.43	0.91	0	5.06	109.43	0	0	0	1.2	0	0	0	0	0	0	0	0	0	0
Mushrooms (0.20 oz)	1.2	0.21	0.01	0	0	0	0.32	0.17	0.04	0.08	0.16	0	0	0	0	0	0	0	0	0	0
Black Olives (0.20 oz)	8.86	7.97</																			

	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOL	SODIUM	TOTAL CARBS	DIETARY FIBER	TOTAL SUGARS	TOTAL PROTEIN	VIT A	VIT C	CALCIUM	IRON	ALLERGENS						
	FROM FAT	GMS	PDV*	PDV*	MG	MG	GMS	GMS	GMS	GMS	PDV*	PDV*	PDV*	PDV*							
Pizza Dough (0.92 oz)	66.61	4.86	0.54	0	0	8.27	13.32	0.54	0.54	1.8	0	0	0	0	5						
Pizza Sauce (0.17 oz)	2.87	0.05	0	0	0	18.02	0.56	0.09	0.29	0.14	1	1	0	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)	4.02	2.57	0.28	0.16	0	0.95	7.53	0.01	0	0.26	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						
Salam (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)	32.99	27.06	3.04	1.14	0	6.23	0	0	0	0	1.52	0	0	1	1						
Mushrooms (0.25 oz)	1.52	0.21	0.02	0	0	0.4	0.23	0.07	0.01	0.11	0.01	0	0	0	0						
Black Olives (0.25 oz)	11.08	9.97	1.1	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	0.09	0.16	0.05	0.08	0.03	0	5	0	0	0						
Onions (0.13 oz)	0.43	0	0	0	0	0.57	0	0.03	0.15	0.03	0	0	0	0	0						
Garlic (0.11 oz)	5.29	0.15	0.01	0	0	0.59	5.17	0.07	0.03	0.22	0	2	1	0	0						
Artichokes (0.38 oz)	9.5	5.13	0.57	0	0	39.9	1.14	0	0	0	4	0	0	0	0						
Jalapeno Slices (0.38 oz)	1.91	0	0	0	0	49.3	0.35	0.1	0.07	2	9	0	0	0	0						
Green Chiles (0.50 oz)	2.36	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	1.16	2.32	0.11	0.11	2.09	0	2	0	0	0						
Green Onions (0.08 oz)	0.75	0.04	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	56.47	1.5	0.32	1.01	0.37	0	2	0	0	1						
Lingua (0.29 oz)	23.67	15.97	1.77	0.59	0	5.91	88.77	0.29	0	1.62	1	0	1	1	1						
Ground Beef (0.29 oz)	21.04	14.91	1.65	0.63	0.1	5.88	5.55	0	0	1.42	0	0	0	0	1						
Italian Sausage (0.29 oz)	21.3	14.91	1.65	0.59	0	5.37	62.73	0.11	0	0.11	1.2	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	1.02	0	0	1	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	2.76	0	0	0	0	0						
Anchovies (1 fillet)	4.16	0.25	0.02	0	0	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	0.67	0.52	0.13	0.35	0.12	2	3	0	0	0						
A La Carte Pizza, Mini, Multiple Item (Yield: 1 slice) (Dough and Toppings for one slice, add desired toppings together)	CALORIES	CALORIES FROM FAT	TOTAL FAT GMS	SAT FAT PDV*	TRANS FAT PDV*	CHOL MG	SODIUM MG	TOTAL CARBS PDV*	DIETARY FIBER GMS	TOTAL SUGARS GMS	TOTAL PROTEIN GMS	VIT A PDV*	VIT C PDV*	CALCIUM PDV*	IRON PDV*	ALLERGENS					
Do not obtain nutritional values per slice		FAT GMS																			
Pizza Dough (0.92 oz)	66.61	4.86	0.54	0	0	8.27	13.32	0.54	0.54	1.8	0	0	0	0	0	5					
Pizza Sauce (0.17 oz)	2.87	0.05	0	0	0	18.02	0.56	0.09	0.29	0.14	1	1	0	0	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	0					
Topping Cheese (0.04 oz)	3.99	2.55	0.28	0.16	0	0.94	7.47	0.01	0	0.26	0	0	1	0	0	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	0					
Canadian Bacon (0.17 oz)	4.98	1.87	0.2	0.08	0	2.07	55.68	0.08	0	0.08	0.74	0	0	0	0	0					
Salam (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	0					
Pepperoni (0.17 oz)	22	18.27	2.03	0.76	0	4.23	91.38	0	0	1.01	0	0	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	0					
Black Olives (0.17 oz)	7.4	6.66	0.74	0	0	37.02	0.29	0	0	0	0	0	0	0	0	0					
Green Bell Peppers (0.08 oz)	0.47	0.03	0	0	0	0.06	0	0.1	0.03	0.05	0.02	0	1	0	0	0					
Onions (0.08 oz)	1.04	0.02	0	0	0	0	0.23	0.02	0.1	0.02	0	0	0	0	0	0					
Garlic (0.08 oz)	3.51	0.1	0.01	0	0	0	0.39	0.07	0.05	0.02	0.14	0	1	0	0	0					
Artichokes (0.25 oz)	6.33	3.42	0.38	0	0	0	26.6	0.76	0	0	3	0	0	0	0	0					
Jalapeno Slices (0.25 oz)	1.27	0	0	0	0	47.3	0.23	0.23	0.07	0	0.04	0	0	0	0	0					
Green Chiles (0.33 oz)	1.56	0	0	0	0	34.33	0.31	0.31	0.31	0	3	1	0	0	0	0					
Pineapple (0.33 oz)	6.14	0	0	0	0	0.76	1.53	0.07	0.18	0	2	0	0	0	0	0					
Green Onions (0.08 oz)	0.75	0.04	0	0	0	0.37	0.17	0.06	0.05	0.04	0	1	0	0	0	0					
Sun Dried Tomatoes (0.08 oz)	5.41	0.48	0.05	0	0	37.49	0.59	0.21	0.25	0	1	1	0	0	0	0					
Lingua (0.17 oz)	13.53	9.13	1.01	0.33	0	3.38	50.77	0.16	0	0.93	1	0	0	0	0	0					
Ground Beef (0.17 oz)	12.03	8.52	0.94	0.36	0.05	3.36	3.17	0	0	0.81	0	0	0	0	1	0					
Hot Link 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	0					
Chicken (0.17 oz)	14.19	10.52	1.16	0.5	0.2	2.5	50.93	0.16	0	0.58	0	0	0	0	1	0					
Bacon Pieces (0.17 oz)	38.43	25.8	2.21	0.78	0.27	4.23	74.78	0	0	1.57	0	0	0	0	0	0					
Chicken (0.17 oz)	7.35	3.02	0.33	0.09	0.29	2.9	36.42	0.05	0.05	0.01	0.96	0	0	0	0	0					
Anchovies (0.75 fillets)	3.12	1.68	0.18	0	0	1.5	109.99	0	0	0.37	0	0	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	0					
<b>SPECIALTY PIZZAS</b>																					
For all Pizzas: Mountain=20 slices, Large=14 slices, Medium=12 slices, Small=10 slices, Mini=6 slices	CALORIES	CALORIES FROM FAT	TOTAL FAT GMS	SAT FAT PDV*	TRANS FAT PDV*	CHOL MG	SODIUM MG	TOTAL CARBS PDV*	DIETARY FIBER GMS	TOTAL SUGARS GMS	TOTAL PROTEIN GMS	VIT A PDV*	VIT C PDV*	CALCIUM PDV*	IRON PDV*	ALLERGENS					
Diamond Head Pizza, Mountain (Serving Size: 1 slice)	309.52	70.23	7.8	1.3%	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	18%	0	19.36	344.58	17%	30.7	10%	1.37	5%	3.26	10.61	4%	3%	13%	12%	Milk, Wheat
Diamond Head Pizza, Medium (Serving Size: 1 slice)	196.37	44.11	4.9	2.2	11%	0	16.94	30.13	15%	35.4	9%	1.19	4%	2.81	3%	3%	10%	10%	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	1%	18%	19%	14%	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	12%	0	17.82	348.8	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%	15%	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	8%	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	8.79	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	6.25	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%	13%	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, Soy, Wheat
Pikes Peak Pizza, Large (Serving Size: 1 slice)	286.86	105.25	11.69	24%	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, Soy, 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, Soy, Wheat
Pikes Peak Pizza, Small (Serving Size: 1 slice)	189.44	72.88	8.69	12%	3.13	17%	0.03	22.31	347.21	17%	16.81	6%	0.82	3%	1.2	9.02	3%	1%	8%	8%	Milk, Soy, Wheat
Robbers Roost Pizza, Red, Mountain (Serving Size: 1 slice)	295.56	70.09	7.79	13%	3.3	14%	0	22.71	315.46	14%	40.79	14%	2.15	7%	2.92	11	8%	7%	13%	10%	Milk, Soy, Wheat
Robbers Roost Pizza, Red, Large (Serving Size:																					

The Everest Pizza, Large (Serving Size: 1 slice)	269.09	93.19	10.35	17%	4.01	20%	0.04	26.09	386.99	19%	30.09	10%	1.46	5%	2.07	11.41	5%	7%	12%	12%	Milk, Sulfites, Wheat
The Everest Pizza, Medium (Serving Size: 1 slice)	232.61	80.64	8.96	15%	3.48	17%	0.03	22.51	338.04	17%	25.97	9%	1.26	4%	1.78	9.85	4%	5%	10%	10%	Milk, Sulfites, Wheat
The Everest Pizza, Small (Serving Size: 1 slice)	176.04	63.41	7.04	12%	2.76	14%	0.03	17.91	263.27	13%	18.88	6%	0.93	3%	1.25	7.61	3%	3%	6%	6%	Milk, Sulfites, Wheat
The Pineapple Chicken Luau Pizza, Mountain (Serving Size: 1 slice)	407.76	128.86	14.32	24%	5.74	29%	0	40.24	575.44	29%	46.63	16%	1.67	6%	8.88	17.81	4%	3%	15%	14%	Milk, Soy, Wheat
The Pineapple Chicken Luau Pizza, Large (Serving Size: 1 slice)	296.43	92.42	10.27	17%	4.1	21%	0	28.74	411.67	21%	34.34	11%	1.23	4%	6.38	12.86	3%	2%	11%	10%	Milk, Soy, Wheat
The Pineapple Chicken Luau Pizza, Medium (Serving Size: 1 slice)	255.97	80.04	8.89	15%	3.56	18%	0	24.91	356.74	18%	29.55	10%	1.06	4%	5.4	11.13	2%	2%	9%	9%	Milk, Soy, Wheat
The Pineapple Chicken Luau Pizza, Small (Serving Size: 1 slice)	192.1	62.19	6.91	12%	2.8	14%	0	19.55	278.93	14%	21.4	7%	0.75	3%	3.96	8.52	2%	1%	7%	6%	Milk, Soy, Wheat
The Pineapple Chicken Luau Pizza, Mini (Serving Size: 1 slice)	149.58	48.52	5.29	9%	2.22	11%	0	15.33	218.81	11%	16.62	6%	0.58	2%	3.25	6.62	2%	1%	6%	5%	Milk, Soy, Wheat
<b>PIZZA TOPPINGS</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT</b>	<b>PDV*</b>	<b>SAT FAT</b>	<b>PDV*</b>	<b>TRANS FAT</b>	<b>CHOL</b>	<b>SODIUM</b>	<b>PDV*</b>	<b>TOTAL CARBS</b>	<b>PDV*</b>	<b>DIETARY FIBER</b>	<b>PDV*</b>	<b>TOTAL SUGARS</b>	<b>TOTAL PROTEIN</b>	<b>VIT A PDV</b>	<b>VIT C PDV</b>	<b>CALCIUM PDV</b>	<b>IRON PDV</b>	<b>ALLERGENS</b>
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 (0.8 oz)	39.32	23.63	2.63	4%	1.53	8%	0	8.71	78.41	4%	0	0%	0	0%	0	2.63	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%	1.96	0%	0.23	0%	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%	0%	0%	0%	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%	90%	None
<b>SALAD BAR</b> (one serving spoon equals 1 oz, one ladle equals 2 fl oz)	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT</b>	<b>PDV*</b>	<b>SAT FAT</b>	<b>PDV*</b>	<b>TRANS FAT</b>	<b>CHOL</b>	<b>SODIUM</b>	<b>PDV*</b>	<b>TOTAL CARBS</b>	<b>PDV*</b>	<b>DIETARY FIBER</b>	<b>PDV*</b>	<b>TOTAL SUGARS</b>	<b>TOTAL PROTEIN</b>	<b>VIT A PDV</b>	<b>VIT C PDV</b>	<b>CALCIUM PDV</b>	<b>IRON PDV</b>	<b>ALLERGENS</b>
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	7.99	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%	0	0%	20.57	0.7	0%	1%	4%	0%	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
Creamy Potatoes (Serving Size: 1 serving spoon)	46.61	37.36	3.04	5%	0.6	3%	0	8.1	117.55	6%	5.47	2%	0.6	2%	0.81	1.41	0%	0%	2%	2%	Egg
CROUTONS (Serving Size: 1 serving spoon)	121.6	36.48	4.05	7%	0	0%	0	0	334.28	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%	2%	0%	Egg, Wheat
Flour Bean Salad (Serving Size: 1 serving spoon)	28.97	0	0	0%	0	0%	0	0	98.63	5%	6.52	2%	0.85	3%	4.25	0.85	1%	2%	1%	1%	None
Garbanzo Beans (Serving Size: 1 serving spoon)	37.24	5.1	0.56	1%	0.11	1%	0	0	74.91	4%	4.51	1%	3.81	0%	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
Green Beans (Serving Size: 1 serving spoon)	10.01	0	0	0%	0	0%	0	0	1.66	1%	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	0.85	0.09	0%	0.01	0%	0	0	96.76	5%	4.42	1%	1.81	0%	0.66	1.48	0%	1%	2%	0%	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	0%	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)	240	308	34	37%	7	35%	0	30	620	31%	2	1%	0	0%	2	2	0%	0%	8%	0%	Egg, Milk, MSG, Soy, Wheat
Salad Dressing, Butter/termilk 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	0%	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
Seed 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%	6.82	2%	2.83	9%	0	5.67	0%	0%	0%	8%	None

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

PIZZA	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOL	SODIUM	TOTAL DIETARY	TOTAL CARBS	TOTAL FIBER	TOTAL SUGARS	TOTAL PROTEIN	VIT A PDV	VIT C PDV	CALCIUM PDV	IRON PDV
(For all Pizzas- Mountain-20 slices, Large-14 slices, Medium-12 slices, Small-10 slices)	CALORIES	FROM FAT	FAT	FAT	FAT	MG	MG	GMS	GMS	GMS	GMS	PDV	PDV	(mg)	(mg)
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