
	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV	Suggested Exchange Values
	CALZONES															
Pepperoni, Mushroom, Sausage	654	2163	1181	131.2	49.2	218.6	5026.3	123.8	5.1	8.9	83.8	69	18	134	50	Starch 8, Fat 5, Meat-High Fat 6
Sausage, Onion, Green Pepper																
All Meat Zone	636	2108	1113	123.7	46.9	234.6	4133.5	122	4.9	7.6	87.7	69	17	134	52	Starch 8, Fat 4.5, Meat-High Fat 6.5
All Veggie Zone	664	1734	827	91.8	34.4	126.7	3547.3	130	7.6	9.3	62	77	77	137	51	Starch 8.5, Fat 4, Meat-High Fat 3.5
Grilled Chicken & Spinach	719	2011	1049	116.5	37.6	170.5	3598.7	125.5	7.1	7.6	79.6	161	56	139	56	Starch 8.5, Fat 4.5, Meat-High Fat 5.5
PIZZA																
Values include Bread, Meat/Poultry, Vegetables, Sauce, and Cheese																
Cheese - 9 Inch Slice	66	171	45	5	2.8	13.5	316	19.6	0.8	1.2	7.3	5	1	14	7	Starch 1.5, Fat 0, Meat-Med Fat .5
All Meat - 9 Inch Slice	102	298	137	15.2	6.5	47.1	546.3	19.8	0.8	1.3	15.8	4	2	13	11	Starch 1.5, Fat .5, Meat-Med Fat 1
White - 9 Inch Slice	120	217	86	9.6	3.3	28.7	465.5	22.4	1.8	2.1	7.7	15	49	14	10	Starch 1.5, Fat .5, Meat-Med Fat .5
Veggie - 9 Inch Slice	88	173	46	5.1	2.6	11.8	368.7	21	1.3	1.6	7	6	11	13	9	Starch 1.5, Fat 0, Meat-Med Fat 0
Grilled Chicken & Spinach - 9 Inch Slice	94	247	114	12.6	3.8	19.1	406.8	19.9	1	1.1	9.8	15	7	13	8	Starch 1.5, Fat .5, Meat-Med Fat .5
Greek - 9 Inch Slice	94	153	49	5.4	2.4	12.5	475.6	21	1.5	1.5	5.1	20	10	10	11	Starch 1.5, Fat 0, Meat-Med Fat 0
House Specialty - 9 Inch Slice	96	226	85	9.5	4.2	24.1	511.9	21	1.2	1.6	10.1	6	10	13	9	Starch .5, Fat 1.5, Meat-High Fat 1.5



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PIZZA CON'T	Values include Bread, Meat/Poultry, Vegetables, Sauce, and Cheese															
Cheese - 14 Inch Slice	113	291	70	7.8	4.3	20.2	534.5	36.3	1.5	2	11.8	7	2	21	12	Starch 2.5, Fat .5, Meat-Med Fat .5
All Meat - 14 Inch Slice	173	500	220	24.4	10.2	76.2	884.9	36.5	1.5	2.3	26.1	7	2	20	19	Starch 2.5, Fat 1, Meat-Med Fat 2
White - 14 Inch Slice	166	339	125	13.9	4.4	33.5	720.1	38.7	2.5	2.9	11.2	23	29	18	16	Starch 2.5, Fat 1, Meat-Med Fat .5
Veggie - 14 Inch Slice	157	297	71	7.9	3.9	17.7	596.8	39.1	2.3	3	11.6	9	24	20	15	Starch 2.5, Fat .5, Meat-Med Fat .5
Grilled Chicken & Spinach - 14 Inch Slice	175	416	180	20	5.7	28.7	708.5	37.5	2.1	2.3	16.1	38	18	21	16	Starch 2.5, Fat 1, Meat-Med Fat 1
Greek - 14 Inch Slice	167	262	74	8.2	3.1	15.6	748.4	38.8	2.8	2.8	8.3	42	22	13	20	Starch 2.5, Fat .5, Meat-Med Fat 0
House Specialty - 14 Inch Slice	170	390	140	15.5	6.7	41.2	815.6	38.9	2.2	3	17.4	9	22	20	17	Starch 1, Fat 2.5, Meat-High Fat 3.
Cheese - 16 Inch Slice	149	379	95	10.5	5.9	27.8	702	45.7	1.9	2.7	15.7	10	3	29	16	Starch 3, Fat .5, Meat-Med Fat .5
All Meat - 16 Inch Slice	227	654	290	32.3	13.7	101.9	1148.5	46	1.9	3	34.7	10	3	28	24	Starch 3, Fat 1, Meat-Med Fat 2.5
White - 16 Inch Slice	236	463	184	20.5	6.3	45.5	1016.6	49.8	3.6	3.9	15.2	39	51	26	22	Starch 3.5, Fat 1, Meat-High Fat .5
Veggie - 16 Inch Slice	211	393	100	11.1	5.6	25.3	815.9	49.7	3.1	3.9	15.8	13	33	28	20	Starch 3.5, Fat .5, Meat-Med Fat .5
Grilled Chicken & Spinach 16 Inch Slice	227	551	247	27.5	8.1	39	948.5	47.1	2.7	2.9	21.3	52	23	30	21	Starch 3, Fat 1, Meat-Med Fat 1
Greek - 16 Inch Slice	215	336	98	10.8	4.3	21.8	978.9	48.8	3.6	3.6	10.8	53	28	18	26	Starch 3, Fat .5, Meat-Med Fat 0
House Specialty - 16 Inch Slice	233	528	198	22	9.6	58.2	1142.4	49.8	3	4.1	23.9	13	33	29	22	Starch 1, Fat 3, Meat-High Fat 4