

**SM Cheese Pizza
MS**

Nutrition Facts

1 serving per container
Serving size 5 1/5 oz (147g)

Amount per serving
Calories 340

% Daily Value *

Total Fat 11g	15%
Saturated Fat 7g	33%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 550mg	24%
Total Carbohydrate 43g	16%
Dietary Fiber 4g	13%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 2.6mg	15%
Potassium 250mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**SM Cheese Pizza
HS**

Nutrition Facts

1 serving per container
Serving size 5 3/5 oz (159g)

Amount per serving
Calories 370

% Daily Value *

Total Fat 14g	18%
Saturated Fat 8g	41%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 630mg	27%
Total Carbohydrate 43g	16%
Dietary Fiber 4g	13%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 340mg	25%
Iron 2.6mg	15%
Potassium 260mg	6%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**SM Pepperoni Pizza
MS**

Nutrition Facts

1 serving per container
Serving size 5 9/20 oz (155g)

Amount per serving
Calories 370

% Daily Value *

Total Fat 14g	18%
Saturated Fat 8g	38%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 660mg	29%
Total Carbohydrate 43g	16%
Dietary Fiber 4g	13%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 2.6mg	15%
Potassium 250mg	6%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**SM Pepperoni Pizza
HS**

Nutrition Facts

1 serving per container
Serving size 5 7/10 oz (162g)

Amount per serving
Calories 400

% Daily Value *

Total Fat 16g	21%
Saturated Fat 9g	43%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 770mg	33%
Total Carbohydrate 43g	16%
Dietary Fiber 4g	13%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 2.6mg	15%
Potassium 250mg	6%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**SM Pepperoni Pizza
HS(alternate recipe)**

Nutrition Facts

1 serving per container
Serving size 5 17/20 oz (166g)

Amount per serving
Calories 400

% Daily Value *

Total Fat 16g	21%
Saturated Fat 9g	46%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 740mg	32%
Total Carbohydrate 44g	16%
Dietary Fiber 4g	13%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 340mg	25%
Iron 2.6mg	15%
Potassium 260mg	6%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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

Recipe

1-Crust
1/2 oz Sauce
1.6 oz Cheese

Values

3 - Grains
1.5 - M/MA

Recipe

1-Crust
1/2 oz Sauce
2 oz Cheese

Values

3 - Grains
2 - M/MA

Recipe

1-Crust
1/2 oz Sauce
1.6 oz Cheese
4 sl pepperoni

Values

3 - Grains
1.75 - M/MA

Recipe

1-Crust
1/2 oz Sauce
1.6 oz Cheese
8 sl pepperoni

Values

3 - Grains
2 - M/MA

Recipe

1-Crust
1/2 oz Sauce
2 oz Cheese
4 sl pepperoni

Values

3 - Grains
2 - M/MA

Ingredients: **(Crust)**-Whole Wheat Flour, Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Yeast, Sugar, Salt, non-GMO Soybean Oil, Mono & Diglycerides, Ascorbic Acid, L-Cysteine, Enzymes, Cane Sugar, Honey **(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, Citric Acid, Spice Extractive), Seasoning (Partially Hydrogenated Soybean Oil, Natural Smoke Flavoring, Natural Spice Extractives), Lactic Acid Starter Culture, Oleoresin of Paprika, Sodium Nitrite, BHA, BHT.

**SM Italian Sausage
Pizza**

Nutrition Facts

1 serving per container
Serving size 6 1/5 oz (176g)

Amount per serving
Calories 430

% Daily Value *

Total Fat 19g	25%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 860mg	37%
Total Carbohydrate 44g	16%
Dietary Fiber 4g	15%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 300mg	25%
Iron 3.3mg	20%
Potassium 250mg	6%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**SM Italian Combo
Pizza**

Nutrition Facts

1 serving per container
Serving size 5 9/100 oz (168g)

Amount per serving
Calories 410

% Daily Value *

Total Fat 18g	22%
Saturated Fat 9g	43%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 790mg	35%
Total Carbohydrate 44g	16%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 290mg	20%
Iron 2.9mg	15%
Potassium 250mg	6%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**SM Hotwing
Pizza**

Nutrition Facts

1 serving per container
Serving size 6 3/20 oz (174g)

Amount per serving
Calories 390

% Daily Value *

Total Fat 13g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 810mg	35%
Total Carbohydrate 43g	16%
Dietary Fiber 4g	13%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 2.5mg	15%
Potassium 270mg	6%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**SM Hawaiian
Pizza**

Nutrition Facts

1 serving per container
Serving size 7 1/5 oz (204g)

Amount per serving
Calories 380

% Daily Value *

Total Fat 12g	16%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 850mg	37%
Total Carbohydrate 47g	17%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 3g Added Sugars	6%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 280mg	20%
Iron 2.7mg	15%
Potassium 360mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**SM Veggie
Pizza**

Nutrition Facts

1 serving per container
Serving size 7 3/5 oz (215g)

Amount per serving
Calories 390

% Daily Value *

Total Fat 14g	18%
Saturated Fat 8g	41%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 690mg	30%
Total Carbohydrate 47g	17%
Dietary Fiber 5g	17%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 340mg	25%
Iron 2.9mg	15%
Potassium 360mg	8%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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

Recipe

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

Values

3 - Grains
2.5 - M/MA

Recipe

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

Values

3 - Grains
2 - M/MA

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

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

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