



# BALANCED CHOICES

*for a healthy lifestyle*

## Nutritional Analysis of Pizza Menu Items

Pizza	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
Vegetarian <sup>1</sup>	1/8th of a 16" Pizza Pie	240	9	4	0	13	32	15	630	3
Cheese	1/8th of a 16" Pizza Pie	230	9	4	0	20	30	20	570	2
Pepperoni	1/8th of a 16" Pizza Pie	380	20	8	0	18	31	45	1050	3
Canadian Bacon and Pineapple	1/8th of a 16" Pizza Pie	250	9	4	0	14	33	20	690	3
Sausage	1/8th of a 16" Pizza Pie	330	19	7	0	16	30	35	870	2

  

PIZZETTES	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
Pepperoni and Cheese Pizzette	Individual Pie	760	42	15	1	36	66	85	1970	3
Sausage and Cheese Pizzette	Individual Pie	670	38	15	0	32	65	70	1610	3

  

CALZONES *	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
Pepperoni and Vegetables <sup>1</sup>	Individual	1040	61	20	1.5	40	70	130	2960	5
Sausage and Vegetables <sup>1</sup>	Individual	860	54	19	0	32	70	95	2250	4

  

EPPIS *	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
Pepperoni and Vegetables <sup>1</sup>	Individual	1030	61	20	1.5	40	68	130	2850	4
Sausage and Vegetables <sup>1</sup>	Individual	850	54	19	0	32	67	95	2140	4

  

CONDIMENTS	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
Red Sauce	1/4 cup	20	0	0	0	1	5	0	250	1
Parmesan Cheese	2 T	110	8	5	0	9	1	25	400	0

Analysis based on approved Compass recipe. Your cafe may not be following the exact measurements used here.

<sup>1</sup> Vegetable mix used in analysis was: Green Onions, Tomato, Bell Pepper, Sliced Mushrooms, Black Olives

\* Your café may brush an egg wash on your Calzone or Eppi. This was not a part of the analysis provided

