



Nutrition Guide

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STARTERS

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheesy Ranch Stix	1 piece	140	60	7	2	0	10	90	14	1	1	5
Garlic Bread	1 piece	170	70	8	2	0	5	300	22	2	1	4
Garlic Cheese Bread	1 piece	230	110	12	4.5	0	20	410	23	2	1	8
Hot Wings	1 piece	220	130	15	3.5	0	110	550	1	0	0	20
Ranch Potato Wedges	1 piece	70	26	3	0.5	0	0	150	9	0	0	1
Ranch Stix	1 piece	100	40	4.5	0.5	0	0	25	13	1	1	2

SIDES

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Biscuit	1 Biscuit	180	72	8	2	4	0	560	22	0	2	4
Chicken Fries	8 pieces	270	134	15	2.5	0	40	580	17	1	0	16
Coleslaw	8 oz.	210	162	18	4.5	0	30	270	13	2	10	1
Corn	1/2 cup	100	16	1.5	0	0	0	0	17	5	7	3
Green Beans	1/2 cup	20	0	0	0	0	0	380	4	2	2	1
Mashed Potatoes & Gravy	1/2 cup	160	59	7	2	0	5	770	22	0	2	3
Ranch Chips	12 pieces	50	25	2.5	0	0	0	5	7	1	0	1

SALADS

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Chef Salad	1 salad	240	140	15	6	0	85	730	10	2	4	15
Chicken Fiesta Salad	1 meal	340	120	13	6	0	85	900	12	3	3	27
Garden Salad	1 salad	120	60	6	2.5	0	15	230	10	2	3	6
Taco Salad	1 salad	630	370	41	15	0	95	1580	37	4	4	22

RANCH WRAPS®

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Chicken Wrap Meal	1 meal	1050	408	45	11	0	40	1740	137	2	24	29
Chicken Bacon Wrap Meal	1 meal	1460	728	81	21	0	105	2780	134	3	22	45
Chicken Caesar Wrap Meal	1 meal	1310	607	67	15	0	60	2000	134	3	21	38

SPECIALTY PIZZAS

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon Cheeseburger Large Orig Slice		220	80	9	4	0	25	370	23	2	3	11
Bacon Cheeseburger Large Skillet Slice		250	110	13	5	0	25	370	24	2	3	11
Bacon Cheeseburger Large Thin Slice		160	80	8	4.5	0	25	380	13	1	1	9
Bacon Cheeseburger Medium GF Slice		200	90	10	5	0	30	420	17	1	2	9
Bacon Cheeseburger Medium Orig Slice		200	70	8	4	0	20	350	20	1	2	10
Bacon Cheeseburger Medium Skillet Slice		230	100	11	4.5	0	20	350	22	1	2	10
Bacon Cheeseburger Medium Thin Slice		150	70	7	4	0	20	380	11	1	1	8
Bacon Cheeseburger Mini Orig Slice		130	52	6	2.5	0	15	270	14	1	2	7
Bacon Cheeseburger Small Orig Slice		180	60	7	3	0	20	290	21	1	2	9
Bacon Cheeseburger Small Skillet Slice		210	80	9	3.5	0	20	290	22	1	2	9
Bacon Cheeseburger Small Thin		130	60	6	3	0	20	320	12	0	1	7
BBQ Chicken Large Orig Slice		220	60	7	3.5	0	25	280	26	1	4	11
BBQ Chicken Large Skillet Slice		250	90	11	4	0	25	280	25	1	4	11
BBQ Chicken Large Thin Slice		160	60	7	3.5	0	25	310	14	1	2	9
BBQ Chicken Medium GF Slice		190	70	8	4	0	25	410	20	1	4	8
BBQ Chicken Medium Orig Slice		190	60	6	3	0	20	260	22	1	3	10
BBQ Chicken Medium Skillet Slice		220	80	9	3.5	0	20	260	23	1	3	10
BBQ Chicken Medium Thin Slice		140	50	5	3.5	0	20	290	13	1	2	8
BBQ Chicken Mini Original Slice		120	35	4	2	0	10	160	15	1	2	6
BBQ Chicken Small Orig Slice		190	50	5	2.5	0	20	230	25	1	3	9
BBQ Chicken Small Skillet Slice		210	70	8	3	0	20	230	24	1	3	9
BBQ Chicken Small Thin Slice		130	45	5	2.5	0	20	250	13	0	2	7
BLT Large Orig Slice		280	140	15	4.5	0	20	320	25	2	3	10
BLT Large Skillet Slice		310	170	19	5	0	20	320	24	2	3	10
BLT Large Thin Slice		220	130	15	4.5	0	20	340	13	1	2	8
BLT Medium GF Slice		220	120	13	5	0	25	360	17	1	2	7
BLT Medium Orig Slice		250	130	14	4.5	0	20	290	21	1	2	9
BLT Medium Skillet Slice		270	150	17	5	0	20	290	21	1	2	9
BLT Medium Thin Slice		200	120	13	4.5	0	20	320	11	1	1	7
BLT Mini Orig Slice		210	120	13	4.5	0	20	310	14	1	2	8
BLT Small Orig Slice		250	120	13	3.5	0	15	240	24	2	3	8
BLT Small Skillet Slice		260	140	16	4	0	15	240	22	2	3	8
BLT Small Thin Slice		190	120	13	3.5	0	15	270	12	0	1	6
Bronco (all meat) Large Orig Slice		240	90	10	4.5	0	25	370	25	2	3	12
Bronco (all meat) Large Skillet Slice		260	120	13	5	0	25	370	24	2	3	12
Bronco (all meat) Large Thin Slice		170	90	9	4.5	0	25	400	12	1	1	10
Bronco (all meat) Medium GF Slice		190	90	10	4.5	0	30	450	17	1	2	8
Bronco (all meat) Medium Orig Slice		210	90	9	4.5	0	25	360	21	1	2	11
Bronco (all meat) Medium Skillet Slice		240	110	12	5	0	25	360	21	1	2	11
Bronco (all meat) Medium Thin Slice		160	80	8	4.5	0	25	380	11	1	1	9

Bronco (all meat) Mini Orig Slice	110	34	4	1	0	10	190	13	1	1	4
Bronco (all meat) Small Orig Slice	210	70	8	3.5	0	20	290	24	1	2	10
Bronco (all meat) Small Skillet Slice	220	90	10	4	0	20	290	22	1	2	10
Bronco (all meat) Small Thin Slice	140	70	7	3.5	0	20	310	12	0	1	8
Buffalo Chicken Large Orig Slice	240	90	10	4	0	25	430	23	1	2	10
Buffalo Chicken Large Skillet Slice	260	120	14	4.5	0	25	430	22	1	2	10
Buffalo Chicken Large Thin Slice	170	90	10	4	0	25	460	11	0	0	9
Buffalo Chicken Medium GF Slice	200	90	10	4.5	0	30	460	16	1	1	8
Buffalo Chicken Medium Orig Slice	200	80	9	3.5	0	20	390	20	1	2	9
Buffalo Chicken Medium Skillet Slice	230	110	12	4	0	20	390	20	1	2	9
Buffalo Chicken Medium Thin Slice	150	70	8	3.5	0	20	410	10	0	0	8
Buffalo Chicken Mini Orig Slice	130	55	6	2.5	0	15	230	13	1	1	6
Buffalo Chicken Small Orig Slice	200	70	8	3	0	20	330	23	1	2	9
Buffalo Chicken Small Skillet Slice	210	90	10	3.5	0	20	330	21	1	2	9
Buffalo Chicken Small Thin Slice	140	70	8	3	0	20	360	10	0	0	7
California Chicken Large Orig Slice	250	100	11	4	0	20	220	24	1	2	10
California Chicken Large Skillet Slice	280	130	15	4.5	0	20	220	23	1	2	10
California Chicken Large Thin Slice	190	100	11	4.5	0	20	250	11	1	1	8
California Chicken Medium GF Slice	190	100	11	4	0	25	300	16	1	1	7
California Chicken Medium Orig Slice	220	90	10	4	0	20	210	20	1	2	9
California Chicken Medium Skillet Slice	250	120	13	4.5	0	20	210	20	1	2	10
California Chicken Medium Thin Slice	170	90	10	4	0	20	230	10	1	1	8
California Chicken Mini Orig Slice	120	45	5	2	0	15	120	13	1	1	6
California Chicken Small Orig Slice	210	80	9	3	0	15	170	23	1	2	9
California Chicken Small Skillet Slice	230	100	11	3.5	0	15	170	21	1	2	9
California Chicken Small Thin Slice	150	80	8	3	0	15	190	11	0	1	7
Chicken Bacon Ranch Large Orig Slice	270	120	13	5	0	30	360	23	1	2	12
Chicken Bacon Ranch Large Skillet Slice	300	150	17	6	0	30	360	22	1	2	12
Chicken Bacon Ranch Large Thin Slice	210	120	13	5	0	30	380	11	0	1	10
Chicken Bacon Ranch Medium GF Slice	220	110	13	5	0	35	420	16	1	1	9
Chicken Bacon Ranch Medium Orig Slice	240	110	12	4.5	0	25	330	20	1	2	11
Chicken Bacon Ranch Medium Skillet Slice	260	130	15	5	0	25	330	20	1	2	11
Chicken Bacon Ranch Medium Thin Slice	190	100	11	5	0	25	360	10	0	0	9
Chicken Bacon Ranch Mini Orig Slice	170	88	10	3.5	0	20	280	13	1	1	8
Chicken Bacon Ranch Small Orig Slice	220	90	10	3.5	0	20	260	23	1	2	10
Chicken Bacon Ranch Small Skillet Slice	240	110	12	4	0	20	260	21	1	2	10
Chicken Bacon Ranch Small Thin Slice	160	90	9	4	0	20	280	10	0	0	8
Chicken Broccoli Alfredo Large Skillet Slice	250	110	12	5	0	25	220	23	1	2	11
Chicken Broccoli Alfredo Large Thin Slice	160	70	8	4.5	0	25	250	11	1	0	9
Chicken Broccoli Alfredo Large Thin Slice	220	80	8	4.5	0	25	220	24	1	2	11
Chicken Broccoli Alfredo Medium GF Slice	190	90	10	5	0	35	330	16	1	1	9
Chicken Broccoli Alfredo Medium Orig Slice	190	70	8	4	0	25	200	20	1	1	10
Chicken Broccoli Alfredo Medium Skillet Slice	220	90	10	4.5	0	25	200	20	1	2	10
Chicken Broccoli Alfredo Medium Thin Slice	140	60	7	4	0	25	230	10	1	0	8
Chicken Broccoli Alfredo Mini Original Slice	120	43	4.5	2.5	0	15	135	13	1	1	6
Chicken Broccoli Alfredo Small Original Slice	190	60	6	3	0	20	170	23	1	2	9
Chicken Broccoli Alfredo Small Skillet Slice	210	80	9	3.5	0	20	170	21	1	2	9
Chicken Broccoli Alfredo Small Thin Slice	130	60	6	3.5	0	20	190	11	0	0	7
Macaroni & Cheese Large Orig Slice	240	80	9	4.5	0	20	320	30	1	3	11
Macaroni & Cheese Large Skillet Slice	270	110	12	5	0	20	320	28	1	3	11
Macaroni & Cheese Large Thin Slice	180	80	8	4.5	0	20	350	17	0	2	9
Macaroni & Cheese Medium Orig Slice	210	70	8	4	0	20	290	25	1	3	10
Macaroni & Cheese Medium Skillet Slice	240	100	11	4.5	0	20	290	25	1	3	10
Macaroni & Cheese Medium Thin Slice	160	60	7	4	0	20	310	15	0	2	8
Macaroni & Cheese Mini Orig Slice	140	46	5	2.5	0	10	200	17	1	2	6
Macaroni & Cheese Small Orig Slice	220	60	7	3.5	0	15	260	28	1	3	9
Macaroni & Cheese Small Skillet Slice	230	80	9	4	0	15	260	26	1	3	9
Macaroni & Cheese Small Thin Slice	150	60	7	3.5	0	15	290	16	0	2	7
Prairie Large Orig Slice	210	70	7	3.5	0	15	260	26	2	3	9
Prairie Large Skillet Slice	240	100	11	4	0	15	260	24	2	3	9
Prairie Large Thin Slice	150	60	7	3.5	0	15	290	13	1	1	7
Prairie Medium GF Slice	160	60	7	3.5	0	20	330	17	1	2	6
Prairie Medium Orig Slice	180	60	7	3.5	0	15	240	21	1	2	8
Prairie Medium Skillet Slice	210	90	10	4	0	15	240	22	1	2	9
Prairie Medium Thin Slice	130	50	6	3.5	0	15	260	11	1	1	7
Prairie Mini Orig Slice	110	36	4	2	0	10	135	14	1	2	5
Prairie Small Orig Slice	190	50	6	2.5	0	15	200	24	1	3	8
Prairie Small Skillet Slice	200	70	8	3	0	15	200	23	1	2	8
Prairie Small Thin Slice	120	50	6	3	0	15	230	12	0	1	6
Roundup Large Orig Slice	230	80	9	4	0	25	320	26	2	3	11
Roundup Large Skillet Slice	250	110	13	4.5	0	25	320	24	2	3	11
Roundup Large Thin Slice	160	80	8	4	0	25	340	13	1	2	9
Roundup Medium GF Slice	180	80	9	4	0	25	390	17	1	2	7
Roundup Medium Orig Slice	200	80	8	4	0	20	300	21	1	2	10
Roundup Medium Skillet Slice	230	100	11	4.5	0	20	300	22	1	2	10
Roundup Medium Thin Slice	150	70	7	4	0	20	320	11	1	1	8
Roundup Mini Orig Slice	130	49	5	2.5	0	15	200	14	1	2	6
Roundup Small Orig Slice	200	60	7	3	0	20	260	24	2	3	9
Roundup Small Skillet Slice	210	80	9	3.5	0	20	260	23	1	2	9
Roundup Small Thin Slice	140	60	7	3	0	20	280	12	0	1	7

Stampede Large Orig Slice	240	90	10	4.5	0	25	400	26	2	3	11
Stampede Large Skillet Slice	260	120	13	5	0	25	400	25	2	3	11
Stampede Large Thin Slice	170	80	9	4.5	0	25	430	14	1	2	9
Stampede Medium GF Slice	190	80	9	4.5	0	25	450	18	1	2	8
Stampede Medium Orig Slice	210	80	9	4	0	25	380	22	1	2	10
Stampede Medium Skillet Slice	240	110	12	4.5	0	25	380	22	2	3	10
Stampede Medium Thin Slice	160	70	8	4.5	0	25	400	12	1	1	9
Stampede Mini Orig Slice	140	51	6	2.5	0	15	240	14	1	2	6
Stampede Small Orig Slice	210	70	8	3.5	0	20	320	25	2	3	9
Stampede Small Skillet Slice	220	90	10	3.5	0	20	320	23	2	3	9
Stampede Small Thin Slice	150	70	7	3.5	0	20	350	12	0	1	7
Steak & Onion Large Orig Slice	230	90	10	4	0	25	270	24	1	2	11
Steak & Onion Large Skillet Slice	260	120	14	4.5	0	25	270	23	1	2	11
Steak & Onion Large Thin Slice	170	90	10	4.5	0	25	300	11	1	1	9
Steak & Onion Medium Orig Slice	210	90	10	4	0	20	260	20	1	2	10
Steak & Onion Medium Skillet Slice	240	110	12	4.5	0	20	260	20	1	2	10
Steak & Onion Medium Thin Slice	160	80	8	4	0	20	280	10	1	1	8
Steak & Onion Mini Orig Slice	130	53	6	2.5	0	15	170	13	1	1	7
Steak & Onion Small Orig Slice	210	80	9	3.5	0	20	250	23	1	2	10
Steak & Onion Small Skillet Slice	220	90	11	3.5	0	20	220	20	1	2	9
Steak & Onion Small Thin Slice	150	70	8	3.5	0	20	250	11	0	1	7
Sweet Swine Large Orig Slice	210	60	6	3.5	0	20	250	26	1	4	10
Sweet Swine Large Skillet Slice	230	90	10	4	0	20	250	25	1	4	10
Sweet Swine Large Thin Slice	140	50	6	3.5	0	20	280	14	1	3	8
Sweet Swine Medium GF Slice	160	60	6	3.5	0	20	300	18	1	3	6
Sweet Swine Medium Orig Slice	180	50	6	3	0	20	230	22	1	4	9
Sweet Swine Medium Skillet Slice	210	80	9	3.5	0	20	230	22	1	4	9
Sweet Swine Medium Thin Slice	130	45	5	3.5	0	20	250	12	1	2	8
Sweet Swine Mini Orig Slice	110	33	3.5	2	0	10	150	14	1	2	6
Sweet Swine Small Orig Slice	180	45	5	2.5	0	15	200	25	1	3	9
Sweet Swine Small Skillet Slice	200	70	7	3	0	15	200	23	1	3	9
Sweet Swine Small Thin Slice	120	45	5	2.5	0	15	220	13	0	2	7
Texan (Taco) Large Orig Slice	260	90	10	3.5	0	20	330	32	2	3	11
Texan (Taco) Large Skillet Slice	280	120	13	4	0	20	330	30	2	3	11
Texan (Taco) Large Thin Slice	200	80	9	3.5	0	20	360	19	2	1	9
Texan (Taco) Medium GF Slice	140	70	8	4	0	20	280	8	1	1	7
Texan (Taco) Medium Orig Slice	230	80	9	3.5	0	20	310	27	2	2	10
Texan (Taco) Medium Skillet Slice	250	100	12	4	0	20	310	27	2	2	10
Texan (Taco) Medium Thin Slice	180	70	8	3.5	0	20	330	17	1	1	8
Texan (Taco) Mini Orig Slice	150	55	6	2.5	0	15	230	17	1	2	7
Texan (Taco) Small Orig Slice	220	70	7	2.5	0	15	260	29	2	2	9
Texan (Taco) Small Skillet Slice	230	90	10	3	0	15	260	27	2	2	9
Texan (Taco) Small Thin Slice	160	60	7	3	0	15	290	16	1	1	7
Trailblazer Large Orig Slice	210	72	8	4	0	20	270	23	1	3	10
Trailblazer Large Skillet Slice	240	100	12	4.5	0	20	270	24	2	3	10
Trailblazer Large Thin Slice	150	70	8	4	0	20	300	13	1	1	8
Trailblazer Medium GF Slice	180	76	8	4	0	20	360	17	1	2	7
Trailblazer Medium Orig Slice	190	69	8	3.5	0	20	250	20	1	2	9
Trailblazer Medium Skillet Slice	230	97	11	4.5	0	25	300	21	1	2	10
Trailblazer Medium Thin Slice	140	60	7	4	0	20	280	11	1	1	8
Trailblazer Mini Orig Slice	120	45	5	2.5	0	15	170	14	1	2	6
Trailblazer Small Orig Slice	190	60	6	3	0	15	210	24	1	2	9
Trailblazer Small Skillet Slice	150	59	7	2.5	0	15	160	17	1	2	6
Trailblazer Small Thin Slice	130	60	6	3	0	15	240	12	0	1	7
Tuscan Roma Large Orig Slice	180	50	6	3	0	15	130	24	1	2	8
Tuscan Roma Large Skillet Slice	210	90	10	3.5	0	15	130	22	1	2	8
Tuscan Roma Large Thin Slice	120	50	6	3	0	15	150	11	1	0	6
Tuscan Roma Medium GF Slice	160	70	7	4	0	25	250	16	1	1	6
Tuscan Roma Medium Orig Slice	160	50	5	3	0	15	115	20	1	2	7
Tuscan Roma Medium Skillet Slice	190	70	8	3	0	15	115	20	1	2	7
Tuscan Roma Medium Thin Slice	110	40	4.5	3	0	15	140	10	0	0	5
Tuscan Roma Mini Orig Slice	100	31	3.5	1.5	0	10	75	13	1	1	4
Tuscan Roma Small Orig Slice	160	45	5	2	0	10	95	23	1	2	7
Tuscan Roma Small Skillet Slice	180	60	7	2.5	0	10	95	21	1	2	7
Tuscan Roma Small Thin Slice	100	40	4.5	2.5	0	10	120	10	0	0	5

SINGLE TOPPING PIZZAS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Beef Large Orig Slice	210	60	7	3.5	0	20	250	25	1	3	10
Beef Large Skillet Slice	230	100	11	4	0	20	250	24	2	3	10
Beef Large Thin Slice	140	60	6	3.5	0	20	290	12	1	1	8
Beef Medium GF Slice	160	60	7	3.5	0	25	340	17	1	2	7
Beef Medium Orig Slice	180	60	7	3.5	0	20	250	21	1	2	9
Beef Medium Skillet Slice	210	80	9	4	0	20	250	21	1	2	10
Beef Medium Thin Slice	130	50	6	3.5	0	20	270	11	1	1	8
Beef Mini Original Slice	110	36	4	2	0	10	160	13	1	1	6
Beef Small Orig Slice	180	50	6	2.5	0	15	210	24	1	2	9
Beef Small Skillet Slice	190	70	8	3	0	15	210	22	1	2	9
Beef Small Thin Slice	120	45	5	2.5	0	15	240	12	0	1	7
Canadian Bacon Large Orig Slice	200	60	6	3.5	0	20	250	25	1	3	10

Canadian Bacon Large Skillet Slice	230	90	10	4	0	20	250	23	1	3	10
Canadian Bacon Large Thin Slice	140	50	6	3.5	0	20	270	12	1	1	8
Canadian Bacon Medium GF Slice	150	60	6	3.5	0	20	290	16	1	1	6
Canadian Bacon Medium GF Slice	180	50	6	3	0	20	230	20	1	2	9
Canadian Bacon Medium Skillet Slice	200	80	9	3.5	0	20	230	21	1	2	9
Canadian Bacon Medium Thin Slice	130	45	5	3.5	0	20	250	11	1	1	8
Canadian Bacon Mini Orig Slice	110	32	3.5	2	0	10	130	13	1	1	5
Canadian Bacon Small Orig Slice	180	45	5	2.5	0	15	200	24	1	2	9
Canadian Bacon Small Skillet Slice	190	70	7	3	0	15	200	22	1	2	8
Canadian Bacon Small Thin Slice	120	45	5	2.5	0	15	220	11	0	1	7
Cheese Large Orig Slice	230	80	9	5	0	25	240	25	1	3	11
Cheese Large Skillet Slice	260	120	13	6	0	25	240	24	1	3	11
Cheese Large Thin Slice	170	80	9	5	0	25	260	12	1	1	9
Cheese Med Skillet Slice	230	100	12	5	0	25	220	21	1	2	10
Cheese Medium GF Slice	190	80	9	5	0	30	310	17	1	1	8
Cheese Medium Orig Slice	200	80	9	4.5	0	25	220	21	1	2	10
Cheese Medium Thin Slice	160	70	8	5	0	25	240	11	1	1	9
Cheese Mini Orig Slice	130	49	5	3	0	15	135	13	1	1	6
Cheese Small Orig Slice	200	70	8	4	0	20	190	24	1	2	9
Cheese Small Skillet Slice	220	90	10	4	0	20	190	22	1	2	9
Cheese Small Thin Slice	140	60	7	4	0	20	210	11	0	1	7
Chicken Large Orig Slice	200	59	7	3.5	0	20	220	25	1	3	11
Chicken Large Skillet Slice	230	91	10	4	0	20	220	23	1	3	11
Chicken Large Thin Slice	140	55	6	3.5	0	20	250	12	1	1	9
Chicken Medium GF Slice	160	60	6	3.5	0	25	300	17	1	1	7
Chicken Medium Orig Slice	180	54	6	3	0	20	210	21	1	2	10
Chicken Medium Skillet Slice	210	79	9	3.5	0	20	210	21	1	2	10
Chicken Medium Thin Slice	130	46	5	3	0	20	230	11	1	1	8
Chicken Mini Orig Slice	110	33	3.5	2	0	15	140	13	1	1	6
Chicken Small Orig Slice	180	46	5	2.5	0	15	170	24	1	2	9
Chicken Small Skillet Slice	190	66	7	3	0	15	170	22	1	2	9
Chicken Small Thin Slice	120	43	5	2.5	0	15	200	11	0	1	7
Garlic Cheese Large Orig Slice	240	110	13	4.5	0	15	160	23	1	2	9
Garlic Cheese Large Skillet Slice	270	140	16	5	0	15	160	22	1	2	9
Garlic Cheese Large Thin Slice	180	110	12	4.5	0	15	190	10	0	0	7
Garlic Cheese Medium GF Slice	170	80	9	4	0	20	240	15	0	1	6
Garlic Cheese Medium Orig Slice	210	100	12	4	0	15	150	19	1	1	8
Garlic Cheese Medium Skillet Slice	240	130	14	4.5	0	15	150	19	1	1	8
Garlic Cheese Medium Thin Slice	160	90	11	4	0	15	170	9	0	0	6
Garlic Cheese Mini Orig Slice	130	56	6	2.5	0	10	85	12	1	1	5
Garlic Cheese Small Orig Slice	210	90	10	3.5	0	15	120	22	1	2	7
Garlic Cheese Small Skillet Slice	220	100	12	3.5	0	15	120	20	1	1	7
Garlic Cheese Small Thin Slice	140	80	9	3.5	0	15	150	10	0	0	5
Italian Sausage Large Orig Slice	230	81	9	4	0	25	280	25	1	3	10
Italian Sausage Large Skillet Slice	250	113	13	4.5	0	25	280	24	2	3	10
Italian Sausage Large Thin Slice	160	78	9	4.5	0	25	300	12	1	1	9
Italian Sausage Medium GF Slice	180	80	9	4.5	0	25	360	17	1	1	7
Italian Sausage Medium Orig Slice	200	77	9	4	0	25	260	20	1	2	9
Italian Sausage Medium Skillet Slice	230	102	12	4.5	0	25	260	21	1	2	10
Italian Sausage Medium Thin Slice	150	69	8	4	0	25	290	11	1	1	8
Italian Sausage Mini Orig Slice	130	49	5	2.5	0	15	170	13	1	1	6
Italian Sausage Small Orig Slice	200	66	7	3	0	20	220	24	1	2	9
Italian Sausage Small Skillet Slice	210	85	10	3.5	0	20	220	22	1	2	9
Italian Sausage Small Thin Slice	140	62	7	3.5	0	20	250	12	0	1	7
Pepperoni Large Orig Slice	230	90	10	4.5	0	25	310	24	1	3	10
Pepperoni Large Skillet Slice	270	130	15	6	0	30	370	23	1	3	11
Pepperoni Large Thin Slice	180	100	11	5	0	30	400	12	1	1	9
Pepperoni Medium GF Slice	160	70	8	4	0	25	330	16	1	1	6
Pepperoni Medium Orig Slice	210	90	10	4.5	0	25	330	19	1	2	9
Pepperoni Medium Skillet Slice	240	110	12	5	0	25	330	21	1	2	10
Pepperoni Medium Thin Slice	160	80	9	4.5	0	25	350	10	1	1	8
Pepperoni Mini Orig Slice	130	54	6	3	0	15	210	13	1	1	6
Pepperoni Small Orig Slice	200	80	9	4	0	20	320	21	1	2	9
Pepperoni Small Skillet Slice	230	100	11	4.5	0	20	320	22	1	2	9
Pepperoni Small Thin Slice	140	80	9	4	0	20	340	11	0	1	7

CREATE YOUR OWN PIZZAS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Large Orig Slice	110	10	1	0	0	0	0	22	1	1	3
Large Skillet Slice	110	10	1	0	0	0	0	21	1	1	4
Large Thin Slice	50	7	1	0	0	0	25	10	0	0	2
Medium GF Slice	80	16	1.5	0	0	5	105	14	0	0	1
Medium Orig Slice	100	9	1	0	0	0	0	18	1	1	3
Medium Skillet Slice	100	9	1	0	0	0	0	19	1	1	3
Medium Thin Slice	45	0	0	0	0	0	25	9	0	0	1
Mini Orig Slice	60	6	0.5	0	0	0	0	12	1	1	2
Small Orig Slice	110	10	1	0	0	0	0	22	1	1	3
Small Skillet Slice	100	9	1	0	0	0	0	20	1	1	3
Small Thin Slice	50	7	1	0	0	0	25	9	0	0	2

DESSERT PIZZAS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Dessert Pizza Large Slice	170	48	5	1	0	0	45	28	1	10	3
Apple Dessert Pizza Medium Slice	170	45	5	1	0	0	45	29	1	11	3
Apple Dessert Pizza Small Slice	150	45	5	1	0	0	50	25	1	8	3
Blueberry Dessert Pizza Medium Slice	160	45	5	1	0	0	55	26	1	8	3
Blueberry Dessert Pizza Small Slice	140	40	4.5	1	0	0	50	23	1	7	3
Blueberry Dessert Pizza Large Slice	160	48	5	1	0	0	55	26	1	8	3
Cactus Bread® Large Slice	180	57	7	1.5	0	0	55	29	1	10	3
Cactus Bread® Medium Slice	180	55	6	1.5	0	0	55	30	1	10	3
Cactus Bread® Small Slice	170	46	5	1	0	0	50	28	1	11	3
Cherry Dessert Pizza Large Slice	160	48	5	1	0	0	40	26	1	8	3
Cherry Dessert Pizza Medium Slice	160	45	5	1	0	0	40	27	1	8	3
Cherry Dessert Pizza Small Slice	140	37	4	1	0	0	35	24	1	7	3
Peach Dessert Pizza Large Slice	170	49	6	1	0	0	40	27	1	8	3
Peach Dessert Pizza Medium Slice	160	45	5	1	0	0	45	27	1	8	3
Peach Dessert Pizza Small Slice	140	37	4	1	0	0	35	24	1	7	3

BREAKFAST SPECIALTY PIZZAS

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon & Sausage Large Orig Slice	250	100	12	5	0	35	290	23	1	2	11
Bacon & Sausage Large Skillet Slice	280	140	16	6	0	55	300	22	1	2	11
Bacon & Sausage Large Thin Slice	190	100	12	5	0	55	320	11	0	0	9
Bacon & Sausage Medium Orig Slice	220	100	11	4.5	0	50	280	20	1	1	10
Bacon & Sausage Medium Skillet Slice	250	120	14	5	0	50	280	20	1	2	11
Bacon & Sausage Medium Thin Slice	170	90	10	5	0	50	300	10	0	0	9
Bacon & Sausage Small Orig Slice	220	80	9	3.5	0	30	230	23	1	2	9
Bacon & Sausage Small Skillet Slice	230	100	11	4	0	30	230	21	1	2	9
Bacon & Sausage Small Thin Slice	150	80	9	4	0	30	250	10	0	0	7
Garlic Sausage Large Orig Slice	260	120	13	5	0	50	220	24	1	2	10
Garlic Sausage Large Skillet Slice	280	150	17	5	0	50	220	22	1	2	10
Garlic Sausage Large Thin Slice	200	120	13	5	0	50	250	11	1	1	8
Garlic Sausage Medium Orig Slice	230	110	12	4.5	0	45	210	20	1	2	9
Garlic Sausage Medium Skillet Slice	260	130	15	5	0	45	210	20	1	2	9
Garlic Sausage Medium Thin Slice	180	100	11	4.5	0	45	230	10	0	1	8
Garlic Sausage Small Orig Slice	220	90	10	3.5	0	25	160	23	1	2	8
Garlic Sausage Small Skillet Slice	230	110	12	4	0	25	160	21	1	2	8
Garlic Sausage Small Thin Slice	150	90	10	3.5	0	25	190	10	0	1	6
Sausage & Gravy Large Orig Slice	240	90	11	4.5	0	50	240	24	1	2	11
Sausage & Gravy Large Skillet Slice	260	130	14	5	0	50	240	22	1	2	11
Sausage & Gravy Large Thin Slice	170	90	10	4.5	0	50	270	11	0	0	9
Sausage & Gravy Medium Orig Slice	210	90	10	4	0	50	220	20	1	1	9
Sausage & Gravy Medium Skillet Slice	240	110	12	4.5	0	50	220	20	1	2	10
Sausage & Gravy Medium Thin Slice	160	80	9	4	0	50	240	10	0	0	8
Sausage & Gravy Small Orig Slice	200	70	8	3	0	30	160	23	1	2	8
Sausage & Gravy Small Skillet Slice	220	90	11	3.5	0	30	190	21	1	2	8
Sausage & Gravy Small Thin Slice	140	70	8	3.5	0	30	210	10	0	0	7
Sausage, Peppers & Onions Large Orig Slice	240	90	11	4.5	0	50	240	24	1	2	11
Sausage, Peppers & Onions Large Skillet Slice	270	130	14	5	0	50	240	23	1	2	11
Sausage, Peppers & Onions Large Thin Slice	180	90	10	4.5	0	50	270	12	1	1	9
Sausage, Peppers & Onions Medium Orig Slice	210	90	10	4	0	50	220	20	1	2	10
Sausage, Peppers & Onions Medium Skillet Slice	240	110	12	4.5	0	50	220	21	1	2	10
Sausage, Peppers & Onions Medium Thin Slice	160	80	9	4	0	50	240	10	0	1	8
Sausage, Peppers & Onions Small Orig Slice	210	70	8	3.5	0	30	190	23	1	2	9
Sausage, Peppers & Onions Small Skillet Slice	220	90	11	3.5	0	30	190	21	1	2	8
Sausage, Peppers & Onions Small thin Slice	150	80	9	3.5	0	30	240	11	0	1	7

BEVERAGES

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
1% Chocolate Milk	23 oz	370	59	7	4	0	40	610	53	0	47	21
1% Milk	23 oz	290	59	7	4	0	25	360	34	0	32	21
2% Milk	23 oz	340	118	13	8	0	55	340	34	0	32	21
Barq's Root Beer	20 oz	270	0	0	0	0	0	115	75	0	75	0
Caffeine Free Coke	20 oz	230	0	0	0	0	0	75	65	0	65	0
Caffeine Free Diet Coke	20 oz	0	0	0	0	0	0	90	0	0	0	0
Cherry Coke	20 oz	250	0	0	0	0	0	60	70	0	70	0
Chocolate Skim Milk	23 oz	340	0	0	0	0	15	530	61	0	58	24
Coke	20 oz	230	0	0	0	0	0	75	65	0	65	0
Decaf Coffee	12 oz	0	0	0	0	0	0	0	0	0	0	0
Diet Coke	20 oz	0	0	0	0	0	0	65	0	0	0	0
Ethiopian Robust Coffee	12 oz	0	0	0	0	0	0	0	0	0	0	0
Fanta Orange	20 oz	270	0	0	0	0	0	100	75	0	73	0
Fuze Unsweetened Iced Tea	10 oz	0	0	0	0	0	0	0	0	0	0	0
Hazelnut Coffee	12 oz	0	0	0	0	0	0	0	0	0	0	0
Kid's 1% Chocolate Milk	9 oz	140	23	2.5	1.5	0	15	230	20	0	18	8
Kid's 1% Milk	9 oz	110	23	2.5	1.5	0	10	135	13	0	12	8

Kid's 2% Milk	9 oz	130	45	5	3	0	20	130	13	0	12	8
Kid's Barq's Root Beer	10 oz	130	0	0	0	0	0	55	35	0	35	0
Kid's Caffeine Free Coke	10 oz	120	0	0	0	0	0	40	33	0	33	0
Kid's Caffeine Free Diet Coke	10 oz	0	0	0	0	0	0	45	0	0	0	0
Kid's Cherry Coke	10 oz	130	0	0	0	0	0	30	35	0	35	0
Kid's Chocolate Skim Milk	9 oz	130	0	0	0	0	5	200	23	0	22	9
Kid's Coke	10 oz	120	0	0	0	0	0	40	33	0	33	0
Kid's Diet Coke	10 oz	0	0	0	0	0	0	35	0	0	0	0
Kid's Fanta Orange	10 oz	130	0	0	0	0	0	50	38	0	37	0
Kid's Lemonade	10 oz	20	0	0	0	0	0	20	5	0	3	0
Kid's Mello Yello	10 oz	140	0	0	0	0	0	40	39	0	39	0
Kid's Mountain Berry Blast Powerade	10 oz	70	0	0	0	0	0	125	18	0	18	0
Kid's Pibb Xtra	10 oz	120	0	0	0	0	0	35	33	0	33	0
Kid's Skim Milk	9 oz	90	0	0	0	0	5	135	13	0	12	9
Kid's Sprite	10 oz	120	0	0	0	0	0	55	32	0	32	0
Kid's Sprite Zero	10 oz	0	0	0	0	0	0	40	0	0	0	0
Kid's Whole Milk	11 oz	190	90	10	6	0	45	160	15	0	15	10
Mello Yello	20 oz	280	0	0	0	0	0	75	78	0	78	0
Mountain Berry Blast Powerade	20 oz	130	0	0	0	0	0	250	35	0	35	0
Pibb Xtra	20 oz	230	0	0	0	0	0	65	65	0	65	0
Skim Milk	23 oz	240	0	0	0	0	15	360	34	0	32	24
Sprite	20 oz	230	1	0	0	0	0	50	57	0	51	0
Sprite Zero	20 oz	0	0	0	0	0	0	75	0	0	0	0
Whole Milk	23 oz	390	189	21	13	0	90	340	32	0	32	21

CREATE YOUR OWN SALAD

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Iceberg & Spinach Blend	4 oz	15	0	0	0	0	0	20	3	1	2	1
Iceberg Lettuce	3 oz	10	0	0	0	0	0	10	3	1	2	1
Romaine Lettuce	3 oz	20	5	0.5	0	0	0	0	3	1	2	1
Spinach	4 oz	25	3	0	0	0	0	80	4	2	0	3
Spring Mix	3 oz	20	0	0	0	0	0	50	3	1	0	2

SALAD BAR

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Applesauce	4 oz	70	2	0	0	0	0	0	17	1	15	0
ButterScotch Pudding	5 oz	140	35	4	0	0	0	240	25	0	15	0
Chocolate Pudding	5 oz	120	27	3	0	0	0	200	24	1	16	1
Club Crackers	2 crackers	45	16	2	0	0	0	60	6	0	1	1
Coleslaw	4 oz	210	163	18	4.5	0	30	270	13	2	10	1
Coleslaw	8 oz	210	162	18	4.5	0	30	270	13	2	10	1
Cookies 'N Creme	.5 oz	260	170	19	16	0	10	210	21	0	16	1
Cucumber & Onion Salad	3 oz	70	0	0	0	0	0	210	18	0	16	0
Green Grapes	4 oz	70	1	0	0	0	0	0	18	1	15	1
Jello	1 oz	80	0	0	0	0	0	105	20	0	19	1
Low Fat Cottage Cheese	4 oz	80	18	2	1	0	10	350	3	0	2	12
Macaroni Salad	3 oz	190	98	11	4.5	0	20	470	21	1	8	2
Mandarin Oranges	5 oz	90	0	0	0	0	0	10	23	1	22	1
Non Fat Strawberry Yogurt	8 oz	160	0	0	0	0	5	120	35	0	27	6
Pasta Italiano Salad	4 oz	190	27	3	0	0	0	590	39	1	25	3
Pineapple	4 oz	70	0	0	0	0	0	10	16	1	15	1
Pink Lady Apples	4 oz	45	0	0	0	0	0	100	12	2	12	0
Potato Salad	4 oz	170	72	8	3	0	15	380	23	2	5	2
Red Grapes	4 oz	70	1	0	0	0	0	0	18	1	15	1
Saltine Crackers	2 crackers	30	6	0.5	0	0	0	110	6	0	0	1
Sliced Peaches	4 oz	70	0	0	0	0	0	10	10	0	13	0
Sliced Pears	5 oz	80	0	0	0	0	0	15	19	1	15	0
Strawberry Surprise	3 oz	160	90	10	9	0	0	70	18	0	13	1
Sunflower Seeds	1 oz	170	135	15	1.5	0	0	0	5	2	1	5
Sweet Pepper Slaw	3 oz	90	9	1	0	0	0	480	21	1	19	1
Taco Pasta Salad	5 oz	330	219	24	7	0	45	620	23	2	4	5
Tapioca Pudding	5 oz	140	36	4	1	0	0	190	25	0	17	2
Three Bean Salad	4 oz	110	0	0	0	0	0	800	28	2	24	2
Tropical Fruit	5 oz	100	0	0	0	0	0	0	23	2	21	0
Vanilla Pudding	5 oz	130	26	3	0	0	0	200	25	0	15	0
Watermelon	4 oz	30	1	0	0	0	0	0	7	0	6	1

HOT BAR

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
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Chicken Bar

DESSERT BAR

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Vanilla Ice Cream	3 oz	130	40	4.5	3	0	15	90	21	0	17	3

CHEESE TOPPING LARGE

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheddar Cheese	1 slice	35	24	2.5	1.5	0	10	55	0	0	0	2
Mozzarella Cheese	1 slice	70	46	5	3.5	0	15	130	1	0	0	5

CHEESE TOPPING MED

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheddar Cheese	1 slice	35	26	3	1.5	0	10	55	0	0	0	2
Mozzarella Cheese	1 slice	70	44	5	3	0	15	120	1	0	0	5

CHEESE TOPPING MINI

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheddar Cheese	1 slice	25	17	2	1	0	5	35	0	0	0	1
Mozzarella Cheese	1 slice	40	26	3	2	0	10	70	0	0	0	3

CHEESE TOPPING SMALL

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheddar Cheese	1 slice	30	23	2.5	1.5	0	10	50	0	0	0	2
Mozzarella Cheese	1 slice	50	32	3.5	2.5	0	10	90	0	0	0	4

CRISPY CHICKEN

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Breast	1 breast	230	120	13	3	0	115	840	4	1	1	33
Chicken Fries	8 fries	270	134	15	2.5	0	40	580	17	1	0	16
Leg	1 leg	100	45	5	1.5	0	50	290	2	0	0	10
Thigh	1 thigh	200	120	13	3.5	0	85	570	5	1	1	15
Wing	1 wing	80	45	5	1	0	30	240	2	0	0	7

DRESSING

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Chef Salad	1 salad	240	140	15	6	0	85	730	10	2	4	15
Chicken Fiesta Salad	1 meal	340	120	13	6	0	85	900	12	3	3	27
Garden Salad	1 salad	120	60	6	2.5	0	15	230	10	2	3	6
Taco Salad	1 salad	630	370	41	15	0	95	1580	37	4	4	22

EXTRAS

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Hard Cooked Egg	4 oz	160	98	11	3.5	0	415	140	1	0	1	13
Imitation Bacon	.5 oz	35	11	1	0	0	0	65	2	1	0	4

FISH

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Pollock Fillets	3 oz	160	72	8	2	0	35	440	15	0	2	7

FRUIT

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Applesauce	4 oz	70	2	0	0	0	0	0	17	1	15	0
Green Grapes	4 oz	70	1	0	0	0	0	0	18	1	15	1
Mandarin Oranges	5 oz	90	0	0	0	0	0	10	23	1	22	1
Pineapple	4 oz	70	0	0	0	0	0	10	16	1	15	1
Pink Lady Apples	4 oz	45	0	0	0	0	0	100	12	2	12	0
Red Grapes	4 oz	70	1	0	0	0	0	0	18	1	15	1
Sliced Peaches	4 oz	70	0	0	0	0	0	10	10	0	13	0
Sliced Pears	5 oz	80	0	0	0	0	0	15	19	1	15	0
Tropical Fruit	5 oz	100	0	0	0	0	0	0	23	2	21	0
Watermelon	4 oz	30	1	0	0	0	0	0	7	0	6	1

MEAT

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Canadian Bacon	4 oz	100	25	3	1	0	50	1090	1	0	1	17
Pepperoni	1 oz	140	118	13	5	0	30	530	0	0	0	5
Pulled Chicken	3 oz	40	15	1.5	0	0	20	40	0	0	0	6

MEAT TOPPING LARGE

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon	1 slice	15	13	1.5	0.5	0	0	55	0	0	0	1
Beef	1 slice	5	3	0	0	0	0	45	0	0	0	1
Canadian Bacon	1 slice	5	1	0	0	0	0	40	0	0	0	1
Chicken	1 slice	5	1	0	0	0	0	25	0	0	0	1
Italian Sausage	1 slice	10	8	1	0	0	0	35	0	0	0	0
Pepperoni	1 slice	10	8	1	0	0	0	35	0	0	0	0

MEAT TOPPING MED

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon	1 slice	15	13	1.5	0.5	0	0	55	0	0	0	1
Beef	1 slice	5	3	0	0	0	0	45	0	0	0	1
Canadian Bacon	1 slice	5	1	0	0	0	0	35	0	0	0	1
Chicken	1 slice	5	1	0	0	0	0	25	0	0	0	1
Italian Sausage	1 slice	10	8	1	0	0	0	35	0	0	0	0
Pepperoni	1 slice	10	7	1	0	0	0	30	0	0	0	0

MEAT TOPPING MINI

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon	1 slice	15	13	1.5	0.5	0	0	55	0	0	0	1
Beef	1 slice	5	3	0	0	0	0	40	0	0	0	1
Canadian Bacon	1 slice	5	1	0	0	0	0	30	0	0	0	0
Chicken	1 slice	5	1	0	0	0	0	20	0	0	0	1
Italian Sausage	1 slice	10	7	1	0	0	0	30	0	0	0	0
Pepperoni	1 slice	10	36	4	1.5	0	10	160	0	0	0	2

MEAT TOPPING SMALL

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon	1 slice	15	13	1.5	0.5	0	0	55	0	0	0	1
Beef	1 slice	5	3	0	0	0	0	40	0	0	0	1
Canadian Bacon	1 slice	5	1	0	0	0	0	30	0	0	0	0
Chicken	1 slice	5	1	0	0	0	0	20	0	0	0	1
Italian Sausage	1 slice	10	7	1	0	0	0	30	0	0	0	0
Pepperoni	1 slice	15	12	1.5	0.5	0	5	55	0	0	0	1

PREPARED SALAD

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Coleslaw	4 oz	210	163	18	4.5	0	30	270	13	2	10	1
Coleslaw	8 oz	210	162	18	4.5	0	30	270	13	2	10	1
Cucumber & Onion Salad	3 oz	70	0	0	0	0	0	210	18	0	16	0
Macaroni Salad	3 oz	190	98	11	4.5	0	20	470	21	1	8	2
Pasta Italiano Salad	4 oz	190	27	3	0	0	0	590	39	1	25	3
Potato Salad	4 oz	170	72	8	3	0	15	380	23	2	5	2
Sweet Pepper Slaw	3 oz	90	9	1	0	0	0	480	21	1	19	1
Taco Pasta Salad	5 oz	330	219	24	7	0	45	620	23	2	4	5
Three Bean Salad	4 oz	110	0	0	0	0	0	800	28	2	24	2

PUDDING

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
ButterScotch Pudding	5 oz	140	35	4	0	0	0	240	25	0	15	0
Chocolate Pudding	5 oz	120	27	3	0	0	0	200	24	1	16	1
Tapioca Pudding	5 oz	140	36	4	1	0	0	190	25	0	17	2
Vanilla Pudding	5 oz	130	26	3	0	0	0	200	25	0	15	0

SAUCE LARGE

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Alfredo	1 slice	15	13	1.5	1	0	5	40	1	0	0	0
Classic Tomato	1 slice	10	0	0	0	0	0	50	2	0	1	0
Garlic Sauce	1 slice	40	40	4.5	1	0	0	25	0	0	0	0

SAUCE MED

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Alfredo	1 slice	15	12	1.5	1	0	5	35	1	0	0	0
Classic Tomato	1 slice	5	0	0	0	0	0	40	1	0	1	0
Garlic Sauce	1 slice	35	34	4	0.5	0	0	20	0	0	0	0

SAUCE MINI

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
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Alfredo	1 slice	10	6	0.5	0	0	0	20	0	0	0	0
Classic Tomato	1 slice	5	0	0	0	0	0	30	1	0	1	0
Garlic Sauce	1 slice	25	24	3	0.5	0	0	15	0	0	0	0

SAUCE SMALL

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Alfredo	1 slice	15	10	1	0.5	0	5	30	1	0	0	0
Classic Tomato	1 slice	5	0	0	0	0	0	40	1	0	1	0
Garlic Sauce	1 slice	30	32	4	0.5	0	0	20	0	0	0	0

SAUCY CHICKEN

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Breast	1 piece	300	120	13	3.5	0	115	1300	22	2	12	33
BBQ Leg	1 piece	120	50	5	1.5	0	50	440	8	0	4	11
BBQ Thigh	1 piece	250	120	13	3.5	0	85	870	17	1	8	15
BBQ Wing	1 piece	110	45	5	1	0	30	390	8	0	4	7
Buffalo Breast	1 piece	230	120	13	3.5	0	115	2040	4	1	1	33
Buffalo Leg	1 piece	100	45	5	1.5	0	50	690	2	0	0	10
Buffalo Thigh	1 piece	200	120	13	3.5	0	85	1370	5	1	1	15
Buffalo Wing	1 piece	80	45	5	1	0	30	640	2	0	0	7
Hot Wings	1 wing	70	45	5	1	0	35	190	0	0	0	7
Sesame Breast	1 piece	360	180	20	4	0	115	1300	21	1	18	33
Sesame Leg	1 piece	140	70	7	1.5	0	50	440	8	0	6	10
Sesame Thigh	1 piece	280	160	17	4	0	85	870	17	1	12	15
Sesame Wing	1 piece	120	70	7	1.5	0	30	390	8	0	6	7

SIDES

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Baked Beans	1 oz	30	3	0	0	0	0	125	6	1	3	1
Biscuits	2 Biscuits	190	81	9	4.5	0	0	580	24	1	3	4
Carrots	1 oz	10	0	0	0	0	0	15	3	1	1	0
Corn	1/2 cup	100	16	1.5	0	0	0	0	17	5	7	3
Cowboy Corn	1 oz	35	16	2	1	0	5	200	3	1	1	1
Gravy	1 oz	25	15	1.5	0	0	0	200	2	0	1	1
Green Bean Casserole	1 oz	10	5	0.5	0	0	0	100	1	0	1	1
Green Beans	1 oz	5	0	0	0	0	0	90	1	0	0	0
Mac & Cheese	1 oz	30	10	1	0.5	0	0	85	3	0	1	1
Mashed Potatoes	1 oz	25	8	1	0	0	0	105	4	0	0	0
Mashed Potatoes	Mash	100	30	3.5	1	0	0	400	16	1	1	2
Mixed Vegetables	1 oz	15	1	0	0	0	0	15	3	1	1	1
Onion Petals	1 oz	20	7	1	0	0	0	45	3	0	0	0
Peas	1 oz	20	1	0	0	0	0	40	4	1	1	1
Ranch Chips	12 pieces	50	25	2.5	0	0	0	5	7	1	0	1
Ranch Potato Wedges	1 piece	70	26	3	0.5	0	0	150	9	0	0	1
Sausage Gravy	1 oz	45	33	3.5	1	0	5	110	1	0	0	1
Stuffing	1 oz	35	13	1.5	0	0	0	135	5	0	1	1
Waffle Fries	1 fry	50	24	2.5	0	0	0	180	7	1	0	1

VEGETABLES

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Black Olives	1oz	25	20	2	0	0	0	115	1	0	0	0
Broccoli	4 oz	35	3	0	0	0	0	35	7	3	2	3
Carrots	4 oz	35	1	0	0	0	0	75	8	3	5	1
Cauliflower	4 oz	25	3	0	0	0	0	30	5	2	2	2
Celery	4 oz	0	0	0	0	0	0	0	0	0	0	0
Cherry Tomatoes	4 oz	20	2	0	0	0	0	0	4	1	3	1
Corn	4 oz	100	16	1.5	0	0	0	0	17	4	7	3
Cucumbers	4 oz	15	0	0	0	0	0	0	3	1	2	1
Dill Pickle Spear	1 spear	0	0	0	0	0	0	360	0	0	0	0
Green Bell Pepper	4 oz	20	1	0	0	0	0	0	5	1	2	1
Green Olives	1 oz	25	20	2	1	0	0	230	1	0	0	0
Jalapenos	1 oz	5	0	0	0	0	0	280	1	1	0	0
Kidney Beans	4 oz	80	5	0.5	0	0	0	290	14	4	2	5
Mushrooms	4 oz	20	3	0	0	0	0	0	3	1	2	3
Peas	4 oz	80	3	0	0	0	0	140	14	5	4	5
Pickled Beets	4 oz	60	1	0	0	0	0	150	16	1	11	1
Pickled Herring	2 oz	90	36	4	6	0	20	520	8	0	8	5
Radishes	1 oz	0	0	0	0	0	0	10	9	1	7	0
Red Bell Pepper	4 oz	25	2	0	0	0	0	0	6	2	3	1
Red Onion	4 oz	40	1	0	0	0	0	0	9	0	4	1

VEGGIE TOPPING LARGE

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Banana Peppers	1 slice	0	0	0	0	0	0	70	0	0	0	0
Black Olives	1 slice	5	4	0	0	0	0	25	0	0	0	0
Broccoli	1 slice	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 slice	5	5	0.5	0	0	0	60	0	0	0	0
Green Peppers	1 slice	0	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers	1 slice	0	0	0	0	0	0	35	0	0	0	0
Mushrooms	1 slice	0	0	0	0	0	0	0	0	0	0	0
Onions	1 slice	0	0	0	0	0	0	0	0	0	0	0
Pickles	1 slice	0	0	0	0	0	0	55	0	0	0	0
Pineapple	1 slice	5	0	0	0	0	0	0	1	0	1	0
Sauerkraut	1 slice	0	0	0	0	0	0	35	0	0	0	0
Spinach	1 slice	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	1 slice	0	0	0	0	0	0	0	0	0	0	0

VEGGIE TOPPING MED

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Banana Peppers	1 slice	0	0	0	0	0	0	70	0	0	0	0
Black Olives	1 slice	5	5	0.5	0	0	0	30	0	0	0	0
Broccoli	1 slice	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 slice	5	5	0.5	0	0	0	55	0	0	0	0
Green Peppers	1 slice	0	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers	1 slice	0	0	0	0	0	0	35	0	0	0	0
Mushrooms	1 slice	0	0	0	0	0	0	0	0	0	0	0
Onions	1 slice	0	0	0	0	0	0	0	0	0	0	0
Pickles	1 slice	0	0	0	0	0	0	510	0	0	0	0
Pineapple	1 slice	5	0	0	0	0	0	0	1	0	1	0
Sauerkraut	1 slice	0	0	0	0	0	0	35	0	0	0	0
Spinach	1 slice	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	1 slice	0	0	0	0	0	0	0	0	0	0	0

VEGGIE TOPPING MINI

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Banana Peppers	1 slice	0	0	0	0	0	0	75	0	0	0	0
Black Olives	1 slice	5	2	0	0	0	0	10	0	0	0	0
Broccoli	1 slice	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 slice	5	2	0	0	0	0	25	0	0	0	0
Green Peppers	1 slice	0	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers	1 slice	0	0	0	0	0	0	15	0	0	0	0
Mushrooms	1 slice	0	0	0	0	0	0	0	0	0	0	0
Onions	1 slice	0	0	0	0	0	0	0	0	0	0	0
Pickles	1 slice	0	0	0	0	0	0	75	0	0	0	0
Pineapple	1 slice	0	0	0	0	0	0	0	0	0	0	0
Sauerkraut	1 slice	0	0	0	0	0	0	15	0	0	0	0
Spinach	1 slice	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	1 slice	0	0	0	0	0	0	0	0	0	0	0

VEGGIE TOPPING SMALL

		Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Banana Peppers	1 slice	0	0	0	0	0	0	60	0	0	0	0
Black Olives	1 slice	5	4	0	0	0	0	25	0	0	0	0
Broccoli	1 slice	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 slice	5	4	0	0	0	0	45	0	0	0	0
Green Peppers	1 slice	0	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers	1 slice	0	0	0	0	0	0	30	0	0	0	0
Mushrooms	1 slice	0	0	0	0	0	0	0	0	0	0	0
Onions	1 slice	0	0	0	0	0	0	0	0	0	0	0
Pickles	1 slice	0	0	0	0	0	0	220	0	0	0	0
Pineapple	1 slice	0	0	0	0	0	0	0	1	0	1	0
Sauerkraut	1 slice	0	0	0	0	0	0	25	0	0	0	0
Spinach	1 slice	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	1 slice	0	0	0	0	0	0	0	0	0	0	0

The nutrition and ingredient information provided is based on Pizza Ranch's product formulations using the latest nutritional data available from the USDA as well as current information provided by our product vending partners. Values are rounded per the FDA's regulations. We calculated the nutritional values for the listed menu items based on standard ingredients, and serving sizes for those menu items. Substitution of ingredients, or changes to standard topping combinations may alter nutritional values. We relied on our suppliers' statements of ingredients in deciding which products did or did not contain allergens. From time to time we may substitute products, due to inventory shortages. We cannot be sure that the substitute products will be free of the allergen you wish to avoid. As we prepare your menu selections, the item(s) may encounter an allergen you wish to avoid. Pizza Ranch cannot guarantee that any menu item will be prepared completely free of the allergen in question. Menu items may vary by location.

