

Wall/Gate Freschetta Pizza										Updated Fall 2021
Personal Pizzas	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
Cheese	8"	406	14	53	2	17		✓		Wheat, Barley, Milk, Soy
Pepperoni	8"	556	28	54	2	22				Wheat, Barley, Milk, Soy, Pork
Supreme (Onions, Bell peppers, Pepperoni, Beef, Sausage)	8"	690	38	59	2.5	28				Wheat, Barley, Milk, Soy, Pork
Veggie Lovers (Olives, Bell Peppers, Mushrooms, and Onions)	8"	460	17	58	3	18		✓		Wheat, Barley, Milk, Soy
Meat Lovers (Pepperoni, Beef, Sausage)	8"	547	27	54	2	22				Wheat, Barley, Milk, Soy, Pork
<b>Freschetta Additional Toppings:</b>										
Italian Sausage	1oz	85	7	1	0	4.5			✓	Pork
Pepperoni	1oz	150	14	1	0	5			✓	Pork
Mushrooms	0.5oz	8	0	1	0	1	✓	✓	✓	
Black Olives	0.5oz	26.5	2.5	1	0	0	✓	✓	✓	
Onions	0.5oz	4	0	1	0	0	✓	✓	✓	
Green Bell Pepper	0.5oz.	5.7	0.1	1	0.5	0.2	✓	✓	✓	
Hamburger Crumbles	1oz	35	3	2	0	0				Soy, Beef
Freschetta with Cheese	8"	406	14	53	2	17		✓		Wheat, Barley, Milk, Soy, Pork
<b>Calzones:</b>										
Meat Lovers Calzone (Pepperoni, Beef, Sausage)	8"	547	27	54	2	22				Wheat, Barley, Milk, Soy, Pork
Pepperoni Calzone (Pepperoni, Cheese, Sauce)	8"	808	40	64	4	48				Wheat, Barley, Milk, Soy, Pork
<b>Freschetta Side Items:</b>										
	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy or Contains</b>
Cheese Sticks	4 ct	808	40	64	4	48				Wheat, Milk, Soy, Egg
Garlic Bread	1 slice	161	9	17	1	3				Wheat, Milk
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										