1923 Sandwiches and Pizza									Updated	Fall 2020
Location/Food										
Pizzas	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Canadian Bacon	1 Pizza	540	22	53	3	36				Wheat, Milk, Pork
Chicken Pesto	1 Pizza	802	46	54	4	46				Wheat, Milk
Margarita	1 Pizza	743	46	55	3	33		✓		Wheat, Milk
Pepperoni	1 Pizza	582	30	53	3	29				Wheat, Milk, Pork
Roasted Veggie & Feta	1 Pizza	490	19	58	5	25		✓		Wheat, Milk
Triple Cheese	1 Pizza	598	30	52	3	31		✓		Wheat, Milk
Build Your Own Sandwich	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
<u>Sandwiches</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Golden Turkey (Turkey, Provolone, Vegetables on the side, Pickle Spear)	1 sandwich	452	27	4	1	39				Wheat, Milk, Soy
Black Forest Ham (Ham, Cheddar, Vegetables on the side, Pickle Spear)	1 sandwich	457	27	6	1	37				Wheat, Milk, Soy, Pork
Buffalo Chicken (Buffalo Chicken, Pepperjack, Vegetables on the side, Pickle Spear)	1 sandwich	437	23	6	1	40				Wheat, Soy
Veggie (Provolone, Cheedar, Spinach, Red Onion, Tomato, Bell Pepper, Pickle Spear)	1 sandwich	532	37	12	3	31		✓		Wheat, Milk, Soy
Bread Option	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	•
Wheat Berry	2 slices	269	5	42	4	14		√		Wheat, Soy
White Bread (Wonder White)	2 Slices	120	1.5	24	1	4				Wheat, Soy
Gluten Free Bread Whole Grain	2 slices	160	5	25	3	4	\checkmark	✓	✓	
Flatbread (For Pizza)	1 piece	260	6	44	2	8		✓		Wheat, Soy, Milk, Sesame
Protein Option	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Oven Roasted Turkey	3oz	87	1	1.5	0	18			✓	
Ham	3oz	123	5	1.5	0	18			✓	Pork
Buffalo Chicken	3oz	93.5	1.5	0	0	20			✓	
<u>Toppings</u>	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Pickle	1oz	5	0	0	0	0	✓	✓	✓	
Tomato	1oz	10	0	2	0	0	✓	✓	✓	
Red Onion	1oz	10	0	2	0	0	✓	✓	✓	
Black Olives	1oz	50		2	0	0	✓	✓	✓	
Spinach	1oz	10	0	2	0	0	✓	✓	✓	
Green Leaf	1oz	10	0	2	0	0	✓	✓	✓	
Jalapeno	1oz	8	0	2	1	0				
Pickle Spear	1 pickle	20	0	5	0	0	✓	✓	✓	
Cheese	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Cheddar	1oz	110	9	1	0	7		√	✓	Milk
Pepper Jack	1oz	80	6	0	0	0		✓	✓	Milk
Provolone	1oz	100	8	0	0	7		✓	✓	Milk
Sauces										
Mayo	.50 oz	100	11	1	0	0		√	√	Egg, Soy
Mustard	1oz	21	1	2	0	1		✓	✓	
Yes =√										
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Yellow = Needs More Information	rients.									
Yellow = Needs More Information Indicates a "Smart Choice" lower in fat and packed with nut Allergy/Contains Column lists foods that may contain one of										