



**Catering
Nutrition Information**

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Catering Menu: Breakfast Casserole, Per Serving	160	100	11	5	0	225	540	4	1	2	12	Recipe yields ~51 servings; analysis for one serving (4 oz weight).
Catering Menu: Breakfast Casserole, Whole Recipe	8060	4870	541	246	8	11395	27400	208	28	120	621	
Catering Menu: Broasted Chicken, Large, Whole Recipe	3520	1940	216	42	1	1480	9190	66	8	4	329	
Catering Menu: Broasted Chicken (1 piece)	110	60	7	1.5	0	45	290	2	0	0	10	Catering recipe; large yields 32 pieces; analysis for 1 serving. Restaurant Note: Small yields 16 pieces.
Catering Menu: Broasted Chicken, Small, Whole Recipe	1760	970	108	21	0	740	4590	33	4	2	164	
Catering Menu: Broasted Chicken, All White Meat, Large, Whole Recipe	3790	2000	220	34	0	1070	10500	90	5	8	347	
Catering Menu: Broasted Chicken, All White Meat (1 piece)	120	60	7	1	0	35	330	3	0	0	11	Catering recipe; large yields 32 pieces; analysis for 1 serving. Restaurant Note: Small yields 16 pieces.
Catering Menu: Broasted Chicken, All White Meat, Small, Whole Recipe	1900	1000	110	17	0	540	5250	45	3	4	174	
Catering Menu: Broasted Chicken Tenders, Large, Whole Recipe	3080	930	104	12	0	935	11520	127	9	5	410	
Catering Menu: Broasted Chicken Tender, (1 Tender)	100	30	3.5	0.5	0	30	360	4	0	1	13	Catering recipe; large yields 32 tenders; analysis for 1 tender. Restaurant Note: Small yields 16 tenders.
Catering Menu: Broasted Chicken Tenders, Small, Whole Recipe	1540	470	52	6	0	465	5760	64	4	2	205	
Catering Menu: Broasted Chicken Wing Tray, Hot, Large, Whole Recipe	13490	8970	999	514	0	2445	23960	480	13	58	681	
Catering Menu: Broasted Chicken Wing Tray, Hot, (1 Wing)	340	220	25	13	0	60	600	12	0	1	17	Catering recipe; large platter yields 120 wings; analysis for 1 serving. Restaurant Note: Small platter yields 60 wings.
Catering Menu: Broasted Chicken Wing Tray, Hot, Small, Whole Recipe	3030	1700	188	33	1	1145	21930	72	19	3	254	
Catering Menu: Broccoli and Bacon Salad, Per Serving	210	140	16	3	0	20	290	14	1	7	4	Recipe yields ~25 servings; analysis for one serving.
Catering Menu: Broccoli and Bacon Salad, Whole Recipe	5290	3540	394	76	1	465	7230	343	35	170	109	
Catering Menu: California Vegetables, Per Serving	50	30	3.5	0.5	0	0	45	3	1	1	1	Bulk recipe; yields 1.5 gallons (~62 servings); analysis for 1 serving (2 oz weight).
Catering Menu: California Vegetables, Whole Recipe	3110	1940	219	36	3	0	2910	157	78	78	40	Analysis for whole recipe.
Catering Menu: Cheese and Cracker Tray, Large, Whole Recipe	13490	8970	999	514	0	2445	23960	480	13	58	681	
Catering Menu: Cheese and Cracker Tray, Per Serving	340	220	25	13	0	60	600	12	0	1	17	Catering recipe; large platter yields 40 servings; analysis for 1 serving. Restaurant Note: Small platter yields 20 serving, identical per-serving values.
Catering Menu: Cheese and Cracker Tray, Small, Whole Recipe	6740	4490	499	257	0	1220	11980	240	7	29	340	
Catering Menu: Chef Salad, Large	1190	260	29	4	0	0	6280	218	100	94	52	Analysis does not include guest's choice of dressing. 20 Calories per Serving, 60 Servings
Catering Menu: Chef Salad, Small	560	130	14	2	0	0	3120	102	46	44	24	Analysis does not include guest's choice of dressing. 20 Calories per Serving, 30 Servings
Catering Menu: Chicken Parmesan, Per Serving	290	140	15	8	0	95	630	4	1	2	34	
Catering Menu: Cobbler, Blueberry, Whole Recipe	2110	570	64	17	0.5	155	2430	358	9	226	22	
Catering Menu: Cobbler, Cherry, Whole Recipe	2120	570	64	17	0.5	155	2040	360	9	221	22	
Catering Menu: Cobbler, Peach, Whole Recipe	2320	570	64	17	0.5	155	1890	419	9	279	22	
Catering Menu: Coleslaw, Per Serving	170	70	8	1	0	10	200	23	2	19	1	16 servings per order; analysis for 1 serving.
Catering Menu: Coleslaw, Whole Recipe	2740	1200	133	19	0	175	3220	366	39	308	19	



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Catering Menu: Drop Biscuits	220	100	11	5	0	0	650	28	-	2	3	
Catering Menu: Fruit Tray, Large, Whole Recipe	13490	8970	999	514	0	2445	23960	480	13	58	681	
Catering Menu: Fruit Tray, Per Serving	340	220	25	13	0	60	600	12	0	1	17	Catering recipe; large platter yields 40 servings; analysis for 1 serving. Restaurant Note: Small platter yields 20 serving, identical per-serving values.
Catering Menu: Fruit Tray, Small, Whole Recipe	6740	4490	499	257	0	1220	11980	240	7	29	340	
Catering Menu: Gourmet Giant Cookie	440	160	18	9	0	15	350	69	1	-	5	

Catering Menu: Large Breakfast Pizza, Per Serving	330	210	23	6	0	35	620	21	1	1	10	Recipe yields 16 slices; analysis for 1 slice.
Catering Menu: Large Cheese Pizza, Per Serving	220	100	11	4	0	20	480	23	1	2	7	Recipe yields 16 slices; analysis for 1 slice.
Catering Menu: Large Specialty Pizza, Per Serving	280	130	15	6	0	35	800	24	2	3	12	Recipe yields 16 slices; analysis for 1 slice.
Catering Menu: Macaroni Salad, Per Serving	250	190	21	4.5	0	20	350	13	1	6	3	Recipe yields ~25 servings; analysis for one serving.
Catering Menu: Macaroni Salad, Whole Recipe	6370	4720	525	111	3	460	8750	325	16	141	85	
Catering Menu: Mashed Potatoes and Gravy, Per Serving	160	50	5	1.5	0	6	770	24	2	1	3	16 servings per order; analysis for 1 serving.
Catering Menu: Mashed Potatoes and Gravy, Whole Recipe	2500	730	82	25	0.5	100	12390	385	30	17	41	
Catering Menu: Mexican Roll Up Tray, Large, Whole Recipe	31500	16870	1874	1088	18	4885	68180	2604	62	409	964	
Catering Menu: Mexican Roll Up Tray, Per Roll Up	90	50	5	3	0	14	190	7	0	1	3	Bulk recipe; large platter yields 360 Roll Ups; analysis for 1 Roll Up.
Catering Menu: Mexican Roll Up Tray, Small, Whole Recipe	15750	8430	937	544	9	2445	34090	1302	31	205	482	
Catering Menu: Mini Meatballs Parmesan, Large, Whole Recipe	7660	3940	438	160	13	5035	22790	387	68	125	522	
Catering Menu: Mini Meatballs Parmesan, Per Serving	190	100	11	4	0	125	570	10	2	3	13	Recipe yields 40 servings; analysis for 1 serving (4 meatballs).
Catering Menu: Mini Meatballs Parmesan, Small, Whole Recipe	3830	1970	219	80	6	2515	11400	194	34	63	261	
Catering Menu: Pasta, Baked Lasagne Florentine (Large Chaffing)	8060	3740	416	234	8	1340	20870	759	96	158	329	Recipe yields 32 servings Full Recipe 8060 cal (250 cal/serving, 32 servings)
Catering Menu: Pasta, Baked Lasagne Florentine (Small Chaffing)	3760	1750	194	109	3.5	620	9940	358	47	78	151	Recipe yields 16 servings Full Recipe 3760 cal (240 cal/serving, 16 servings)
Catering Menu: Pasta, Baked Lasagne Val & Zena (Large Chaffing)	7680	2920	324	144	7	880	24150	886	136	266	366	Recipe yields 32 servings Full Recipe 7680 cal (240 cal/serving, 32 servings)
Catering Menu: Pasta, Baked Lasagne Val & Zena (Small Chaffing)	3570	1330	148	64	3	390	11580	422	67	132	169	Recipe yields 16 servings Full Recipe 3570 cal (220 cal/serving, 16 servings)
Catering Menu: Pasta, Baked Lasagne with HMS (Large Chaffing)	7530	3000	334	144	7	920	24270	845	136	231	342	Recipe yields 32 servings Full Recipe 7530 cal (240 cal/serving, 32 servings)
Catering Menu: Pasta, Baked Lasagne with HMS (Small Chaffing)	3520	1400	155	64	3	410	11650	401	67	115	157	Recipe yields 16 servings Full Recipe 3520 cal (220 cal/serving, 16 servings)
Catering Menu: Pasta, Baked Lasagne with Marinara (Large Chaffing)	7280	2750	306	125	7	730	21950	905	145	278	296	Recipe yields 32 servings Full Recipe 7280 cal (230 cal/serving, 32 servings)
Catering Menu: Pasta, Baked Lasagne with Marinara (Small Chaffing)	3370	1250	139	54	3	315	10480	431	72	139	135	Recipe yields 16 servings Full Recipe 3370 cal (210 cal/serving, 16 servings)



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Catering Menu: Pasta, Baked Manicotti (Small Chaffing)	1720	660	73	35	1	255	3660	185	25	41	89	Recipe yields 5 servings Full Recipe 1720 cal (340 cal/serving, 5 servings)
Catering Menu: Pasta, Baked Mostaccioli Val & Zena (Large Chaffing)	8160	2940	327	144	7	880	26510	979	142	267	384	Recipe yields 32 servings Full Recipe 8140 cal (250 cal/serving, 32 servings)
Catering Menu: Pasta, Baked Mostaccioli Val & Zena (Small Chaffing)	3910	1350	150	64	3	390	12760	487	71	133	182	Recipe yields 16 servings Full Recipe 3910 cal (240 cal/serving, 16 servings)
Catering Menu: Pasta, Baked Mostaccioli with HMS (Large Chaffing)	8010	3030	337	145	7	920	26630	938	141	233	361	Recipe yields 32 servings Full Recipe 8010 cal (250 cal/serving, 32 servings)
Catering Menu: Pasta, Baked Mostaccioli with HMS (Small Chaffing)	3840	1390	155	64	3	410	12820	467	71	116	170	Recipe yields 16 servings Full Recipe 3840 cal (240 cal/serving, 16 servings)
Catering Menu: Pasta, Baked Mostaccioli with Marinara (Large Chaffing)	7760	2780	309	126	7	730	24310	998	151	280	315	Recipe yields 32 servings Full Recipe 7760 cal (240 cal/serving, 32 servings)
Catering Menu: Pasta, Baked Mostaccioli with Marinara (Small Chaffing)	3710	1270	141	55	3	315	11660	497	76	140	147	Recipe yields 16 servings Full Recipe 3710 cal (230 cal/serving, 16 servings)
Catering Menu: Pasta, Baked Pasta Primavera (Large Chaffing)	8280	3510	393	158	6	695	24640	850	70	124	297	Recipe yields 32 servings Full Recipe 8280 cal (260 cal/serving, 32 servings)
Catering Menu: Pasta, Baked Pasta Primavera (Small Chaffing)	4140	1760	197	79	3	345	12320	425	35	62	149	Recipe yields 16 servings Full Recipe 4140 cal (260 cal/serving, 16 servings)
Catering Menu: Pasta, Baked Penne Chicken Alfredo (Large Chaffing)	11830	6030	678	319	41	2010	28320	811	51	140	627	Recipe yields 32 servings Full Recipe 11830 cal (370 cal/serving, 32 servings)
Catering Menu: Pasta, Baked Penne Chicken Alfredo (Small Chaffing)	5860	2980	335	157	20	990	14050	405	26	70	311	Recipe yields 16 servings Full Recipe 5860 cal (370 cal/serving, 16 servings)
Catering Menu: Pasta, Mostaccioli with Alfredo (Large Chaffing)	12970	5300	600	253	48	1090	19250	1496	75	186	405	Recipe yields 40 servings Full Recipe 12970 cal (320 cal/serving, 40 servings)
Catering Menu: Pasta, Mostaccioli with Alfredo (Small Chaffing)	4350	1860	210	89	17	385	6600	483	24	65	134	Recipe yields 15 servings Full Recipe 4350 cal (290 cal/serving, 15 servings)
Catering Menu: Pasta, Mostaccioli with Beer Cheese (Large Chaffing)	11010	3740	420	144	4	515	21280	1403	80	130	359	Recipe yields 40 servings Full Recipe 11010 cal (280 cal/serving, 40 servings)
Catering Menu: Pasta, Mostaccioli with Beer Cheese (Small Chaffing)	3660	1310	147	51	1.5	180	7320	450	26	45	118	Recipe yields 15 servings Full Recipe 3660 cal (240 cal/serving, 15 servings)
Catering Menu: Pasta, Mostaccioli with HMS (Large Chaffing)	9090	1800	200	47	0	405	27270	1486	188	242	380	Recipe yields 40 servings Full Recipe 9090 cal (230 cal/serving, 40 servings)
Catering Menu: Pasta, Mostaccioli with HMS (Small Chaffing)	2980	620	69	16	0	145	9430	479	64	85	125	Recipe yields 15 servings Full Recipe 2980 cal (200 cal/serving, 15 servings)
Catering Menu: Pasta, Mostaccioli with Marinara (Large Chaffing)	8570	1270	141	6	0	0	22350	1613	209	343	282	Recipe yields 40 servings Full Recipe 8570 cal (210 cal/serving, 40 servings)
Catering Menu: Pasta, Mostaccioli with Marinara (Small Chaffing)	2790	440	49	2	0	0	7690	524	71	120	91	Recipe yields 15 servings Full Recipe 2790 cal (190 cal/serving, 15 servings)



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Catering Menu: Pasta, Mostaccioli with Mini Meatballs (Large Chaffing)	13570	4870	541	166	20	900	33150	1753	229	343	542	Recipe yields 40 servings Full Recipe 13570 cal (340 cal/serving, 40 servings)
Catering Menu: Pasta, Mostaccioli with Mini Meatballs (Small Chaffing)	4670	1790	199	62	8	340	11740	577	79	120	189	Recipe yields 15 servings Full Recipe 4670 cal (310 cal/serving, 15 servings)
Catering Menu: Pasta, Spaghetti Marinara (Large Chaffing)	9280	1310	146	7	0	0	22940	1751	217	346	309	Recipe yields 40 servings Full Recipe 9280 cal (230 cal/serving, 40 servings)
Catering Menu: Pasta, Spaghetti Marinara (Small Chaffing)	3150	460	51	2.5	0	0	7990	594	75	122	104	Recipe yields 15 servings Full Recipe 3150 cal (210 cal/serving, 15 servings)
Catering Menu: Pasta, Spaghetti with Alfredo (Large Chaffing)	13680	5330	604	254	48	1090	19840	1635	83	189	431	Recipe yields 40 servings Full Recipe 13680 cal (340 cal/serving, 40 servings)
Catering Menu: Pasta, Spaghetti with Alfredo (Small Chaffing)	4700	1880	213	90	17	385	6900	552	28	66	147	Recipe yields 15 servings Full Recipe 4700 cal (310 cal/serving, 15 servings)
Catering Menu: Pasta, Spaghetti with Beer Cheese (Large Chaffing)	11720	3780	424	145	4	515	21870	1542	88	132	386	Recipe yields 40 servings Full Recipe 11720 cal (290 cal/serving, 40 servings)
Catering Menu: Pasta, Spaghetti with Beer Cheese (Small Chaffing)	4010	1330	149	51	1.5	180	7610	520	30	46	131	Recipe yields 15 servings Full Recipe 4010 cal (270 cal/serving, 15 servings)
Catering Menu: Pasta, Spaghetti with HMS (Large Chaffing)	9810	1840	204	48	0	405	27860	1624	196	245	406	Recipe yields 40 servings Full Recipe 9810 cal (250 cal/serving, 40 servings)
Catering Menu: Pasta, Spaghetti with HMS (Small Chaffing)	3340	640	71	17	0	145	9730	549	68	86	139	Recipe yields 15 servings Full Recipe 3340 cal (220 cal/serving, 15 servings)
Catering Menu: Pasta, Spaghetti with Mini Meatballs (Large Chaffing)	14280	4910	546	167	20	900	33740	1891	237	346	569	Recipe yields 40 servings Full Recipe 14280 cal (360 cal/serving, 40 servings)
Catering Menu: Pasta, Spaghetti with Mini Meatballs (Small Chaffing)	5030	1810	201	62	8	340	12040	646	83	122	202	Recipe yields 15 servings Full Recipe 5030 cal (340 cal/serving, 15 servings)
Catering Menu: Potato (Hash Brown) Casserole, Per Serving	800	310	34	20	0	105	1550	93	9	10	23	Bulk recipe; yields 30 servings; analysis for 1 serving.
Catering Menu: Potato (Hash Brown) Casserole, Whole Recipe	24080	9250	1032	587	11	3120	46620	2797	280	295	700	
Catering Menu: Potato Wedges, Per Serving	160	60	7	1	0	0	550	22	2	0	2	16 servings per order; analysis for 1 serving.
Catering Menu: Potato Wedges, Whole Recipe	2490	950	106	8	0	6	8760	346	32	4	38	
Catering Menu: Salad Dressing for Large Insalata Salad, Creamy Italian (6 pint)	10380	9620	1069	185	2.5	720	23510	123	8	86	63	
Catering Menu: Salad Dressing for Small Insalata Salad, Creamy Italian (3 pint)	5190	4810	534	93	1.5	360	11750	61	4	43	31	
Catering Menu: Six Bean Salad, Per Serving	220	70	8	1.5	0	0	410	35	4	17	5	Recipe yields ~25 servings; analysis for one serving.
Catering Menu: Six Bean Salad, Whole Recipe	5410	1760	205	34	0	0	10350	874	97	427	125	
Catering Menu: Spinach Artichoke Dip and Chips, Per Serving	150	60	6	3.5	0	20	300	20	2	1	4	Recipe yields 20 servings; analysis for 1 serving.
Catering Menu: Spinach Artichoke Dip and Chips, Whole Recipe	3040	1150	128	71	0	405	6040	400	36	23	80	Recipe yields 20 servings; analysis for 1 serving.
Catering Menu: Spinach Noodle Salad, Per Serving	160	110	12	3	0	10	240	9	0	1	4	Recipe yields ~25 servings; analysis for one serving.
Catering Menu: Spinach Noodle Salad, Whole Recipe	4060	2710	306	76	1	260	5970	237	12	21	96	
Catering Menu: The Insalata Salad, Large	1970	630	70	29	0	120	4560	263	78	95	125	Analysis does not include guest's choice of dressing. 35 Calories per Serving, 60 Servings
Catering Menu: The Insalata Salad, Small	1000	330	36	14	0	60	2430	133	35	43	62	Analysis does not include guest's choice of dressing. 35 Calories per Serving, 30 Servings



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Catering Menu: Trio of Salad Dressings for Large Tossed Salad (6 pints)	11140	8970	996	158	1	560	22240	585	35	445	21	
Catering Menu: Trio of Salad Dressings for Small Tossed Salad (3 pints)	5570	4480	498	79	0	280	11120	292	17	222	10	
Catering Menu: Vegetable Tray with Dip, Large, Per Serving	130	100	11	3	0	15	370	6	2	2	2	Recipe yields 40 servings; analysis for 1 serving.
Catering Menu: Vegetable Tray with Dip, Large, Whole Recipe	5170	3930	437	118	1	505	14760	251	82	98	79	
Catering Menu: Vegetable Tray with Dip, Small, Per Serving	130	100	11	3	0	15	370	6	2	2	2	Recipe yields 20 servings; analysis for 1 serving.
Catering Menu: Vegetable Tray with Dip, Small, Whole Recipe	2580	1970	218	59	0	250	7380	126	41	49	40	
Catering Menu: Pizza, Create Your Own Pizza: Alfredo Sauce, 16"	25	20	2	1	0	5	55	1	0	1	1	Analysis for sauce on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Alfredo Sauce, 16" (Thin Crust)	35	25	3	1	0	5	70	2	0	1	1	Analysis for sauce on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Anchovies, 16"	10	5	0	0	0	5	300	0	0	0	1	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Anchovies, 16" (Thin Crust)	10	5	0	0	0	5	410	0	0	0	2	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Bacon, 16"	25	15	1.5	1	0	10	120	0	0	0	2	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Bacon, 16" (Thin Crust)	30	20	2.5	1	0	15	160	0	0	0	3	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: BBQ Sauce, 16"	35	0	0	0	0	-	140	8	0	7	0	Analysis for sauce on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: BBQ Sauce, 16" (Thin Crust)	45	0	0	0	0	-	180	11	0	9	0	Analysis for sauce on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Black Olives, 16"	10	5	1	0	0	0	50	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Black Olives, 16" (Thin Crust)	10	10	1	0	0	0	70	1	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Canadian Bacon, 16"	15	5	0.5	0	0	10	135	0	0	0	2	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Canadian Bacon, 16" (Thin Crust)	20	5	0.5	0	0	10	180	0	0	0	2	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Cheddar/Mozzarella Mix (incl. base Mozzarella), 16"	80	60	7	4	0	20	180	1	0	0	5	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Cheddar/Mozzarella Mix (incl. base Mozzarella), 16"	110	80	9	5	0	30	230	1	0	0	6	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Chicken, 16"	15	5	0	0	0	5	110	0	0	0	2	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Chicken, 16" (Thin Crust)	20	5	0.5	0	0	10	150	0	0	0	3	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Cilantro, 16"	0	0	0	0	0	0	0	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Cilantro, 16" (Thin Crust)	0	0	0	0	0	0	0	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Cream Cheese, 16"	25	20	2.5	1.5	0	10	25	1	0	0	1	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Cream Cheese, 16" (Thin Crust)	35	25	3	2	0	10	35	1	0	0	1	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Extra Mozzarella Cheese (incl. base Mozzarella), 16"	80	60	6	4	0	25	240	1	0	0	5	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Extra Mozzarella Cheese (incl. base Mozzarella), 16"	110	80	9	5	0	30	320	1	0	0	6	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Green Olives, 16"	10	10	1	0	0	0	110	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Green Olives, 16" (Thin Crust)	15	15	1.5	0	0	0	150	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Green Peppers, 16"	0	0	0	0	0	0	0	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Green Peppers, 16" (Thin Crust)	0	0	0	0	0	0	0	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Ham, 16"	10	5	0	0	0	5	90	0	0	0	1	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Ham, 16" (Thin Crust)	10	5	0	0	0	5	115	0	0	0	2	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Hamburger, 16"	35	20	2	1	0	10	250	1	1	0	3	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Hamburger, 16" (Thin Crust)	45	25	3	1.5	0	15	340	1	1	0	4	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Jalapeños, 16"	0	0	0	0	0	0	75	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Jalapeños, 16" (Thin Crust)	0	0	0	0	0	0	100	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Meatballs, 16"	30	15	1.5	0.5	0	25	65	1	0	0	2	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Meatballs, 16" (Thin Crust)	35	20	2	1	0	30	85	1	0	0	3	Analysis for topping on 1 slice.



**Catering
Nutrition Information**

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Catering Menu: Pizza, Create Your Own Pizza: Mozzarella Cheese, 16" (Thin Crust)	90	60	7	4.5	0	25	270	1	0	0	5	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Mushrooms, 16"	0	0	0	0	0	0	0	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Mushrooms, 16" (Thin Crust)	0	0	0	0	0	0	0	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Onions, 16"	0	0	0	0	0	0	0	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Onions, 16" (Thin Crust)	5	0	0	0	0	0	0	1	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Oregano, 16"	0	0	0	0	0	0	0	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Oregano, 16" (Thin Crust)	0	0	0	0	0	0	0	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Original Crust, 16"	130	45	5	0	0	0	160	20	1	1	3	Analysis for 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Parmesan Cheese, 16"	10	5	0.5	0	0	0	50	0	0	0	1	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Parmesan Cheese, 16" (Thin Crust)	15	10	1	0.5	0	5	65	0	0	0	1	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Pepperoni, 16"	25	20	2	1	0	5	80	0	0	0	1	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Pepperoni, 16" (Thin Crust)	30	25	3	1.5	0	10	105	0	0	0	1	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Pesto Sauce, 16"	25	20	2.5	0	0	0	45	0	0	0	1	Analysis for sauce on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Pesto Sauce, 16" (Thin Crust)	30	30	3	0.5	0	0	60	0	0	0	1	Analysis for sauce on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Pineapple, 16"	5	0	0	0	0	0	0	1	0	1	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Pineapple, 16" (Thin Crust)	5	0	0	0	0	0	0	2	0	2	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Pizza Sauce, 16"	15	5	0.5	0	0	0	125	3	0	1	0	Analysis for sauce on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Pizza Sauce, 16" (Thin Crust)	20	5	0.5	0	0	0	160	3	1	2	1	Analysis for sauce on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Pizza Sauce, 6"	5	0	0	0	0	0	55	1	0	1	0	Analysis for sauce on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Red Onion Rings, 10"	5	0	0	0	0	0	0	1	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Red Onion Rings, 12"	5	0	0	0	0	0	0	1	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Red Onion Rings, 13"	5	0	0	0	0	0	0	1	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Red Onion Rings, 14"	0	0	0	0	0	0	0	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Red Onion Rings, 14" (Thin Crust)	5	0	0	0	0	0	0	1	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Red Onion Rings, 16"	5	0	0	0	0	0	0	1	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Red Onion Rings, 16" (Thin Crust)	5	0	0	0	0	0	0	1	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Red Peppers, 16"	0	0	0	0	0	0	0	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Red Peppers, 16" (Thin Crust)	0	0	0	0	0	0	5	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Ricotta Cheese, 16"	10	5	0.5	0	-	0	5	0	0	0	1	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Ricotta Cheese, 16" (Thin Crust)	15	5	0.5	0	-	5	10	0	0	0	1	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Romano Cheese, 16"	15	10	1	0.5	-	5	60	0	0	0	1	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Romano Cheese, 16" (Thin Crust)	15	10	1	1	-	5	80	0	0	0	1	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Sausage, Ground 16"	40	25	3	1	0	10	150	1	1	0	3	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Sausage, Ground 16" (Thin Crust)	50	35	4	1.5	0	10	190	1	1	0	4	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Sausage, Pinched 16"	35	25	3	1	0	5	100	0	0	0	2	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Sausage, Pinched 16" (Thin Crust)	45	35	4	1.5	0	10	135	1	0	0	2	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Shrimp, 16"	10	0	0	0	0	15	25	0	0	0	2	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Shrimp, 16" (Thin Crust)	15	0	0	0	0	20	35	0	0	0	2	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Thin Crust, 16"	80	25	2.5	0	0	0	105	13	0	1	2	Analysis for 1 slice.



**Catering
Nutrition Information**

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Catering Menu: Pizza, Create Your Own Pizza: Tomato, 16"	0	0	0	0	0	0	0	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Create Your Own Pizza: Tomato, 16" (Thin Crust)	0	0	0	0	0	0	0	0	0	0	0	Analysis for topping on 1 slice.
Catering Menu: Pizza, Bar-B-Que Chicken, 16"	270	110	12	4.5	0	25	580	29	1	8	10	Analysis for 1 slice.
Catering Menu: Pizza, Bar-B-Que Chicken, 16" (Thin Crust)	260	110	12	6	0	35	670	26	1	10	12	Analysis for 1 slice.
Catering Menu: Pizza, Blazin Bacon, 16"	280	140	16	6	0	40	790	24	2	3	11	Analysis for 1 slice.
Catering Menu: Pizza, Blazin Bacon, 16" (Thin Crust)	280	150	17	8	0	55	950	19	2	3	12	Analysis for 1 slice.
Catering Menu: Pizza, Chicken Alfredo, 16"	260	120	14	5	0	35	590	22	1	2	11	Analysis for 1 slice.
Catering Menu: Pizza, Chicken Alfredo, 16" (Thin Crust)	250	130	15	7	0	45	690	17	1	2	13	Analysis for 1 slice.
Catering Menu: Pizza, Chicken Bacon Ranch, 16"	290	160	18	6	0	40	630	21	1	1	12	Analysis for 1 slice.
Catering Menu: Pizza, Chicken Bacon Ranch, 16" (Thin Crust)	290	170	20	8	0	50	740	15	0	1	14	Analysis for 1 slice.
Catering Menu: Pizza, Deluxe Pepperoni with Cream Cheese, 16"	290	160	18	7	0	40	670	23	1	3	9	Analysis for 1 slice.
Catering Menu: Pizza, Deluxe Pepperoni with Cream Cheese, 16" (Thin Crust)	290	170	20	10	0	50	780	18	1	3	11	Analysis for 1 slice.
Catering Menu: Pizza, Dessert, Apple 16"	300	90	10	1.5	0	0	230	49	1	22	3	Analysis for 1 slice.
Catering Menu: Pizza, Dessert, Cherry 16"	300	90	10	1.5	0	0	210	48	1	21	3	Analysis for 1 slice.
Catering Menu: Pizza, Dessert, Cinnamon Crisp 16"	180	70	8	1	0	0	180	25	1	6	3	Analysis for 1 slice.
Catering Menu: Pizza, Due Sorelle (Two Sisters), 16"	280	140	16	6	0	35	610	24	1	3	9	Analysis for 1 slice.
Catering Menu: Pizza, Due Sorelle (Two Sisters), 16" (Thin Crust)	270	160	17	8	0	45	710	18	1	3	10	Analysis for 1 slice.
Catering Menu: Pizza, Garden Vegetarian, 16"	230	110	12	4	0	20	580	24	1	3	7	Analysis for 1 slice.
Catering Menu: Pizza, Garden Vegetarian, 16" (Thin Crust)	220	110	12	5	0	25	680	19	1	3	8	Analysis for 1 slice.
Catering Menu: Pizza, Hawaiian, 16"	240	100	12	4	0	30	680	24	1	4	10	Analysis for 1 slice.
Catering Menu: Pizza, Hawaiian, 16" (Thin Crust)	230	100	12	5	0	40	800	19	1	4	11	Analysis for 1 slice.
Catering Menu: Pizza, La Vecchia Signora (The Old Lady), 16"	290	140	16	6	0	35	830	25	2	3	12	Analysis for 1 slice.
Catering Menu: Pizza, La Vecchia Signora (The Old Lady), 16" (Thin Crust)	290	150	17	7	0	45	1000	20	2	3	14	Analysis for 1 slice.
Catering Menu: Pizza, Lo Zio Luigi (Uncle Louie's), 16"	260	120	14	5	0	30	610	24	2	3	10	Analysis for 1 slice.
Catering Menu: Pizza, Lo Zio Luigi (Uncle Louie's), 16" (Thin Crust)	250	130	15	6	0	35	720	19	2	3	11	Analysis for 1 slice.
Catering Menu: Pizza, Lo Zio Nino (Uncle Nino's), 16"	260	120	13	5	0	30	730	25	2	3	10	Analysis for 1 slice.
Catering Menu: Pizza, Lo Zio Nino (Uncle Nino's), 16" (Thin Crust)	250	120	14	6	0	40	870	20	2	3	12	Analysis for 1 slice.
Catering Menu: Pizza, Old World with Pinched Italian Sausage, 16"	240	110	13	4.5	0	25	560	24	2	3	8	Analysis for 1 slice.
Catering Menu: Pizza, Old World with Pinched Italian Sausage, 16" (Thin Crust)	230	120	13	5	0	30	650	19	2	3	9	Analysis for 1 slice.
Catering Menu: Pizza, Quattro Formaggi Italia (Italian Four Cheese), 16"	250	120	13	5	0	25	530	23	1	2	9	Analysis for 1 slice.
Catering Menu: Pizza, Quattro Formaggi Italia (Italian Four Cheese), 16" (Thin Crust)	230	120	14	6	0	35	600	18	1	3	10	Analysis for 1 slice.
Catering Menu: Pizza, Spinach & Artichoke, 16"	220	100	11	4.5	0	20	410	21	1	1	7	Analysis for 1 slice.
Catering Menu: Pizza, Spinach & Artichoke, 16" (Thin Crust)	190	100	11	5	0	30	450	15	1	1	8	Analysis for 1 slice.
Catering Menu: Pizza, Taco , 16"	290	130	15	5	0	30	710	27	2	3	11	Analysis for 1 slice.
Catering Menu: Pizza, Taco, 16" (Thin Crust)	290	140	16	7	0	40	850	23	2	4	12	Analysis for 1 slice.
Catering Menu: Pizza, Testarossa, 16"	250	140	16	3.5	0	10	430	22	1	2	6	Analysis for 1 slice.
Catering Menu: Pizza, Testarossa, 16" (Thin Crust)	240	150	17	4.5	0	15	470	16	1	2	7	Analysis for 1 slice.
Catering Menu: Pizza, The Blue Buffalo, 16"	290	150	17	7	0	40	790	21	1	1	12	Analysis for 1 slice.
Catering Menu: Pizza, The Blue Buffalo, 16" (Thin Crust)	290	170	19	9	0	50	960	15	1	1	15	Analysis for 1 slice.



**Catering
Nutrition Information**

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Catering Menu: Pizza, The Original Bacon Cheeseburger, 16"	290	140	16	6	0	40	940	25	2	4	12	Analysis for 1 slice.
Catering Menu: Pizza, The Original Bacon Cheeseburger, 16" (Thin Crust)	290	150	17	7	0	50	1160	21	2	4	15	Analysis for 1 slice.
Catering Menu: Pizza, Val's All Meat Special, 16"	310	150	17	6	0	50	990	24	2	3	14	Analysis for 1 slice.
Catering Menu: Pizza, Val's All Meat Special, 16" (Thin Crust)	310	170	19	8	0	65	1220	19	2	3	17	Analysis for 1 slice.
Catering Menu: Pizza, Val's Original Special, 16"	280	130	15	6	0	35	800	24	2	2	12	Analysis for 1 slice.
Catering Menu: Pizza, Val's Original Special, 16" (Thin Crust)	280	140	16	7	0	45	960	19	2	3	14	Analysis for 1 slice.

Values listed as "-" indicate that data is not available from suppliers, product labels or the USDA database for that nutrient.

Beverages:												
	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Coffee (12 fl oz)	5	0	0	0	0	0	5	0	0	0	0	
Iced Tea, Unsweetened, Per Serving	5	0	0	0	0	0	10	1	0	0	0	
Juice - Apple	110	0	0	0	0	0	15	26	0	26	0	
Juice - Cranberry	110	0	0	0	0	0	10	27	0	21	0	
Juice - Orange	120	0	0	0	0	0	0	28	0	27	2	
Lemonade, Per Serving	10	0	0	0	0	0	10	3	0	3	0	
Lemonade, Whole Recipe	320	0	0	0	0	0	230	84	0	80	0	Recipe yields 2 gallons.
20 oz Bottle*												
	Calories (kcal)	Fat (g)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Protein (g)						
Mist TWST	240	0	55	65	65	0						
Diet Mist TWST	0	0	60	0	0	0						
Mtn Dew	290	0	105	77	77	0						
Diet Mtn Dew	10	0	85	<1	<1	0						
Mug Root Beer	260	0	105	71	71	0						
Pepsi	250	0	55	69	69	0						
Pepsi Wild Cherry	260	0	55	70	70	0						
Diet Pepsi	0	0	60	0	0	0						

*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber.

	Calories (kcal)	Fat (g)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Protein (g)							
12 oz Can*													
Mtn Dew	170	0	60	46	46	0							
Diet Mtn Dew	0	0	50	0	0	0							
Pepsi	150	0	30	41	41	0							
Diet Pepsi	0	0	35	0	0	0							
Sierra Mist	140	0	35	37	37	0							
*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber.													
	Calories (kcal)	Fat (g)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Protein (g)							
2 Liter Bottle* (Information shown for 12 oz serving; about 6 servings per container)													
Mist TWST	150	0	35	39	39	0							
Diet Mist TWST	0	0	35	0	0	0							
Mtn Dew	170	0	60	46	46	0							
Diet Mtn Dew	0	0	50	0	0	0							
Mug Root Beer	160	0	65	43	43	0							
Pepsi	150	0	30	41	41	0							
Pepsi Wild Cherry	160	0	30	42	42	0							
Diet Pepsi	0	0	35	0	0	0							
*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber.													