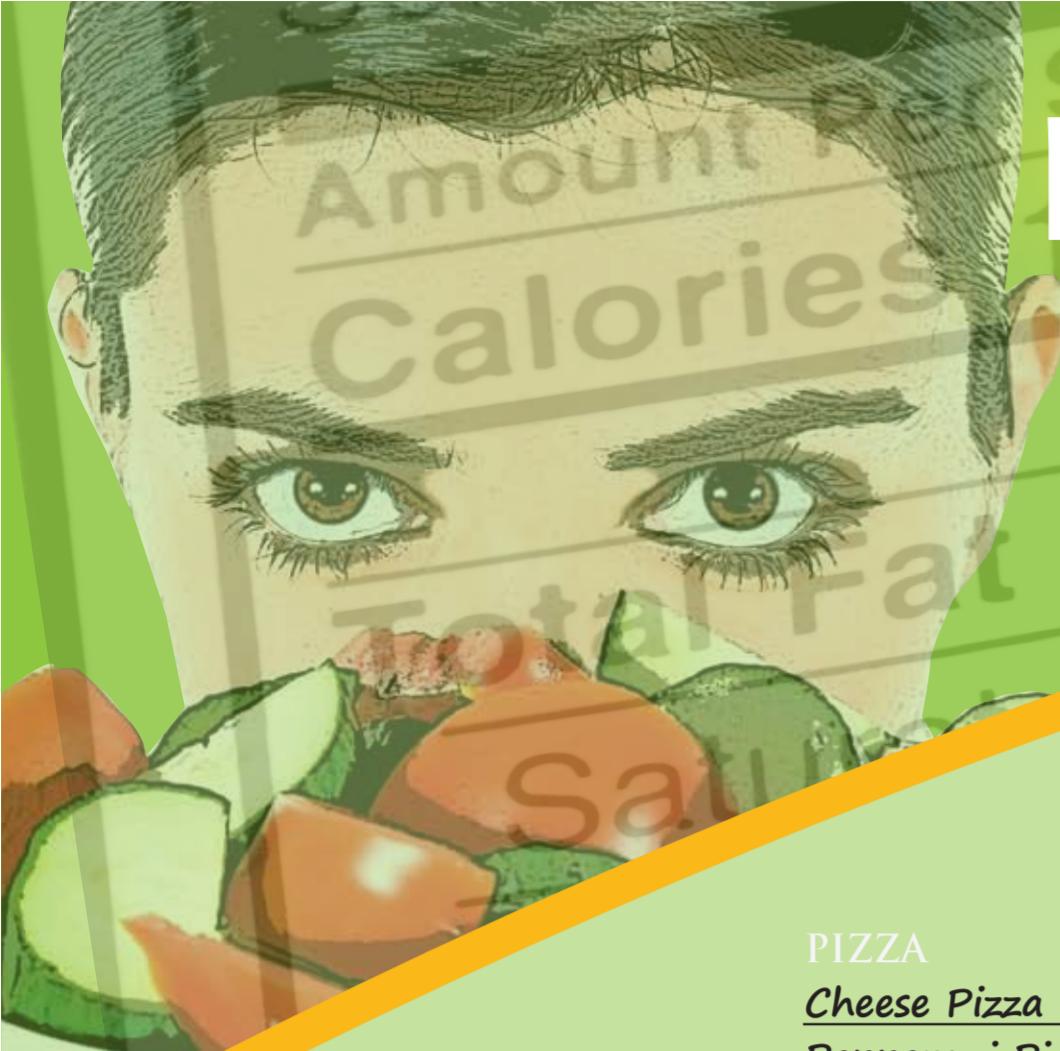


nutrition CENTRAL



T=Trace Amounts

PIZZA & DESSERTS

	Calories (Kcal)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Cholesterol (mg)	Dietary Fiber (g)
PIZZA								
Cheese Pizza	424	45	16	19	6	707	22	3
Pepperoni Pizza	630	76	33	20	8	1540	44	5
Sausage Pizza	730	78	39	28	11	1883	59	5
Vegetable Pizza	640	86	31	18	7	1497	31	7
FLATBREAD PIZZAS								
Chicken Bacon Pesto	737	72	46	28	10	1525	75	3
Grilled Vegetable Flatbread	625	84	31	18	7	1491	31	7
Chicken Parmesan	761	82	44	27	10	1705	66	6
Greek Flatbread with Bacon	674	74	30	28	8	1764	47	4
Four Cheese Flatbread	572	76	29	16	9	1287	42	5
Broccoli, Basil, & Red Pepper Flatbread	594	83	31	15	7	1368	31	7
BBQ Chicken Pizza	604	82	33	16	7	1357	59	6
Spinach, Mushroom & Pepper Flatbread	640	80	32	22	7	1467	31	6
Buffalo Chicken Flatbread	650	71	43	21	10	2260	71	3
Veggie & Pepperoni Flatbread	705	81	34	27	10	1629	45	6
FLATBREAD PIZZAS (WITH ORLANDO FLATBREAD)								
Chicken Bacon Pesto on Wheat	606	41	40	31	11	989	72	4
Chicken Bacon Pesto on White	606	42	39	30	11	980	72	3
Grilled Vegetable on Wheat	531	52	26	25	9	1114	31	6
Grilled Vegetable on White	531	53	25	24	9	1104	31	5
Chicken Parmesan on Wheat	580	47	39	26	10	1336	67	5
Chicken Parmesan on White	580	48	38	25	10	1326	67	4
Greek Flatbread with Bacon on Wheat	609	44	27	37	11	1509	51	4
Greek Flatbread with Bacon on White	609	45	26	36	11	1499	51	3
Four Cheese on Wheat	479	43	24	24	10	962	41	4
Four Cheese on White	479	44	23	23	10	952	41	3
Broccoli & Red Pepper on Wheat	502	49	27	23	9	1058	31	6
Broccoli & Red Pepper on White	502	50	26	22	8	1048	31	5
BBQ Chicken on Wheat	503	51	28	20	8	898	55	4
BBQ Chicken on White	503	52	27	19	8	887	55	3
Buffalo Chicken on Wheat	542	40	38	26	11	1650	71	3
Buffalo Chicken on White	542	41	37	27	11	1556	71	2
Veggie & Pepperoni on Wheat	561	47	29	29	10	1176	45	5
Veggie & Pepperoni on White	561	48	28	30	10	1076	45	4
DESSERTS								
Strawberry Shortcake Parfait	170	27	2	6	4	186	6	0
Yogurt & Fruit Parfait	369	70	13	4	1	290	9	5
Chocolate Peanut Butter Mousse Parfait	218	29	4	10	4	219	3	1
Banana Pudding Parfait	247	45	2	9	4	267	0	0
Chocolate Brownie Parfait	277	45	4	9	4	264	1	1

<https://portal.tri-c.edu/campusdining>

The nutrition provided is based on single serving size ARAMARK standardized recipes. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions and product assembly. Temporary or featured products may or may not be included. We encourage anyone with food sensitivities, allergies, or special dietary needs to check with the location manager. For more nutritional information or individual consultations please visit your campus dining site.

