



MOD Pizza

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Pizza – MOD size						
Dominic	700	7	1800	98	5	27
Maddy	710	9	1960	94	4	32
Jasper	790	8	2390	96	5	41
Lucy Sunshine	820	11	2360	174	6	39
Crust						
Mini (6-inch)	210	0	560	38	0	7
MOD (11-inch)	490	1	1310	88	3	16
Gluten-Friendly	710	1	850	156	3	6
Sauce (1 tbsp)						
White Sauce	15	0	105	1	0	0
Spicy Red Sauce	10	0	58	1	0	0
Pesto	45	0.5	95	1	0	1
Mushroom Pesto	25	-	80	1	0	0
Red Sauce	5	-	80	2	0	0
Garlic Rub	15	-	0	3	0	1
Cheese (1/4 c)						
Dairy-Free Cheese	80	2.5	220	8	0	1
Feta	70	3.5	330	2	0	5
Mozzarella	90	4	200	1	0	7
Meat (1/4 c)						
Anchovies (6 ea.)	30	0.5	790	0	0	4
Grilled Chicken	70	0.5	260	1	0	12
Pepperoni (5 slices)	50	1.5	180	0	0	2
Spicy Chicken Sausage	90	1.5	610	1	1	11
Plant Based Italian Sausage	90	0	220	2	0	6
Salad (w/ Dressing) - MOD						
Garden	170	1.5	210	14	3	2
Greek	410	6	790	30	9	11
Salad Dressing (1 tbsp)						
Oil & Vinegar	60	1	0	0	0	0
Lemon Vinaigrette	45	0.5	120	1	0	0
Greek Herb & Tahini	50	1	45	2	0	0

Winter 2024