



CiCis Pizza



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Medium 12" Pizza – 1 slice (Under 3g saturated fat)						
Alfredo	170	2	269	26	0	6
BBQ Chicken	185	2	274	27	0	7
BBQ Pork	119	2	206	14	0	5
Buffalo Chicken	180	2	430	26	0	7
Chicken Bacon Club	200	2	309	25	0	8
Classic Chicken	181	2	258	25	0	6
Hawaiian	188	2.5	335	26	1	8
Mac & Cheese	187	1.5	248	31	1	6
Ole	155	1	172	26	1	5
Spinach Alfredo	168	2	254	26	1	6
Supreme	195	3	341	26	1	8
Veggie	183	2.5	284	26	1	7
Zesty Ham & Cheddar	194	2.5	322	26	0	7
Zesty Pepperoni	192	2.5	311	25	0	7
Zesty Veggie	191	2.5	271	26	0	7
Create Your Own-Crust						
Traditional Round: Medium 12"	129	0	120	25	0	4
Create Your Own-Sauces (under 1g saturated fat and 150 mg sodium)						
Red Sauce	8	0	75	1	0	0
Zesty Sauce	41	0.5	124	0	0	0
Creamy Buffalo	37	0.5	406	1	0	0
Honey BBQ	19	0	79	5	0	0
Mac & Cheese	16	0	129	2	0	0
Create Your Own-Cheese						
Pizza Cheese	90	4.5	250	0	0	7
Cheddar Cheese	112	5	193	2	0	6



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Create Your Own-Meat Toppings						
Chicken	36	0.5	161	0	0	5
Ham	29	0	363	1	0	3
Create Your Own-Vegetables						
Black Olives	35	0.5	0	0	0	0
Bruschetta Tomato	25	0	24	1	0	0
Green Peppers	0	0	0	0	0	0
Jalapeno Peppers	2	0	104	0	0	0
Mushrooms	0	0	0	0	0	0
Pineapple	16	0	2	3	0	0
Red Onions	8	0	0	1	0	0
Wings-Bone In – Per 1 wing (under 2g saturated fat)						
Naked Wings	84	1.5	164	0	0	6
Hot Buffalo Wings	88	1.5	350	1	0	6
BBQ Wing	87	1.5	186	2	0	6
Wings-Boneless						
Naked Boneless	51	0.5	180	3	0	4
Mild Buffalo Boneless	72	1	302	3	0	4
Hot Boneless	52	0.5	365	3	0	4
Lemon Pepper Boneless	77	1	226	3	0	4
BBQ Boneless	55	0.5	203	4	0	4
Sides						
Buffalo Chicken Poppers – 1 popper	100	1	164	12	0	3
Garlic Cheesy Bread	207	2.5	265	24	1	6
Chicken Noodle Soup	136	0.5	1611	16	0	8
Pasta-5 oz	255	0	2	47	2	8

Summer 2024