



Pizza Hut BC Healthy Choices School Lunch Program - Nutritional Information

1. Personal Pepperoni Pizza

Nutrition Facts	
Serving Size 141.0g	
Amount Per Serving	
Calories 400	Calories from Fat 110
	% Daily Value*
Total Fat 12g	19%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 630mg	26%
Total Carbohydrate 56g	19%
Dietary Fiber 3g	15%
Sugars 2g	
Protein 18g	
Vitamin A	8%
Vitamin C	2%
Calcium	15%
Iron	25%

*Percent Daily Values are based on a 2,000 calorie diet

3. Personal Cheese Pizza

Nutrition Facts	
Serving Size 160.7g	
Amount Per Serving	
Calories 460	Calories from Fat 130
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 630mg	26%
Total Carbohydrate 57g	19%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 24g	
Vitamin A	8%
Vitamin C	2%
Calcium	30%
Iron	25%

*Percent Daily Values are based on a 2,000 calorie diet

2. Personal Hawaiian Pizza

Nutrition Facts	
Serving Size 176.0g	
Amount Per Serving	
Calories 410	Calories from Fat 80
	% Daily Value*
Total Fat 10g	16%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 640mg	27%
Total Carbohydrate 62g	21%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 19g	
Vitamin A	8%
Vitamin C	2%
Calcium	15%
Iron	25%

*Percent Daily Values are based on a 2,000 calorie diet

4. Personal Veggie Lovers Pizza

Nutrition Facts	
Serving Size 205.0g	
Amount Per Serving	
Calories 390	Calories from Fat 80
	% Daily Value*
Total Fat 10g	16%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 510mg	21%
Total Carbohydrate 60g	20%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 18g	
Vitamin A	8%
Vitamin C	38%
Calcium	15%
Iron	25%

*Percent Daily Values are based on a 2,000 calorie diet

- Also available on our NEW Multigrain dough
- Ingredient information available upon request

Updated September 2011