(12058)14" Whole Grain (16 oz.) – West Coast Veggie - 8 Cut

Number of Servings: 8 (160.85 g per serving)

Weight: 1286.78 g

| Amount Measure | Ingredient | Comments |
|----------------|---------------------------|--|
| 16.00 oz | Dough, Whole Grain: | 2**Breads (16 grams of whole grains per serving) |
| 0.10 oz | Corn Meal | |
| 2.00 oz | Mushrooms: | |
| 14.50 oz | Cheese, Lite Mozzarella: | 1.81 Meat/Meat Alternate |
| 1.50 oz | Cheese, Feta: | 0.19 Meat/Meat Alternate |
| 1.50 oz | Spinach, Baby: | |
| 1.25 oz | Peppers, Red Roasted: | |
| 1.50 oz | Tomatoes, Diced in Juice: | |
| 1.00 oz | Olives - Black: | |
| 0.04 oz | Garlic & Herb Shake-On: | |
| 6.00 oz | Sauce, Pizza: | 1/4 = Fruit/Veggie Alternate |

| Nutri Serving Size Servings Pe | e 1 (161g) r Contain | | cts | | |
|--|-------------------------------|---|---|--|--|
| Amount Per Se | rving | | | | |
| Calories 27 | 0 Calo | ories fron | n Fat 80 | | |
| | | % Da | ily Value* | | |
| Total Fat 8g | 12% | | | | |
| Saturated Fat 4g | | | | | |
| Trans Fat 0g | | | | | |
| Cholesterol 20mg 7% | | | | | |
| Sodium 640mg 27 | | | | | |
| Total Carbohydrate 30g 10% | | | | | |
| Dietary Fiber 3q 12° | | | | | |
| Sugars 3g | | | | | |
| Protein 20g | | | | | |
| Vitamin A 20 | % • Y | Vitamin (| 20% | | |
| Calcium 45% | 6 • | Iron 15% | | | |
| *Percent Daily V diet. Your daily v depending on yo | alues may be | e higher or l | | | |
| Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grat Fat 9 • 0 | Less than Less than ate | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300mg 2,400mg 375g 30g | | |

Allergens: Contains Milk, Soy, Wheat.

Ingredients: 51-49 SL whole grain (current) Water, Ultra Grain Whole Wheat Flour, Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Soybean Oil, Citric Acid, Vital Wheat Gluten, Sugar, Salt, Premix [Sodium] Stearoyl Lactylate, Whey, Enzyme (with wheat starch), Ascorbic Acid, Cysteine Hydrochloride, with Silicone Dioxide added as processing aids], Yeast, Sorbitan Monostearate, Ascorbic Acid, Cheese, Lite Mozzarella Lite Mozzarella Cheese (Pasteurized Skim Milk, Cheese Cultures, Salt, Enzymes), Nonfat Milk, Modified Food Starch, Vegetable Oil (Applied to Surface), Potassium Chloride, Flavor, Sodium Citrate, Sodium Propionate (Added as a Preservative), Vitamin A Palmitate, Pizza Sauce (Robust Inspired Tomato Sauce) Water, Tomato Paste, Sugar, Salt, Contains Less Than 2% of Spices, Dehydrated Garlic, Soybean Oil, and Citric Acid, Mushrooms Fresh Sliced Mushrooms, Feta Cheese Pasteurized Milk, Salt, Cheese Culture, Enzymes, Potato Starch (Added To Prevent Caking)., Spinach Baby Spinach, Diced, Tomatoes in Juice Tomatoes, Tomato Juice, Salt, Calcium Chloride, and Citric Acid, Roasted Red Peppers Red Peppers, Water, Salt, Sugar, Citric Acid, Calcium Chloride, Olives, Black Ripe Olives, Water, Salt And Ferrous Gluconate To Stabilize Color., Corn Meal Yellow Corn, Garlic & Herb Shake-On Garlic, Onion, Spices, (Black Pepper, Fennel, Parsley, Basil, Bay Leaves, Marjoram, Oregano, Savory, Thyme, Red Pepper, Coriander, Cumin, Mustard, Rosemary, and Celery Seed), Carrot*, Orange Peel*, Natural Flavor, Flavor, (Natural Flavoring, Soy Lecithin), And No Greater Than 2% Soybean Oil Added As A Processing Aid. *Dehydrated.

Notes:

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