

	Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Protein (g)	Vegetarian	No Dairy
PIZZA PUFFS							
Original (Sausage) Pizza Puff	400	18	8	45	16		
Pepperoni Pizza Puff	450	24	11	44	14		
Beef Pizza Puff	400	18	9	45	19		
Deluxe Pizza Puff	420	18	7	48	18		
Four Cheese Pizza Puff	470	22	9	46	17	x	
Spinach Pizza Puff	480	23	9	50	18	x	
Taco Puff	380	16	8	43	16		x
Ham & Cheddar Cheese Puff	370	17	7	41	16		
Ham, Cheddar Cheese & Jalapeno Puff	370	17	7	41	16		
Gyro Puff	470	18	12	44	14		
Pulled Pork BBQ Puff	410	12	5	59	14		x
Reuben Puff	200	20	10	43	12		
Buffalo Chicken Puff	410	19	10	44	16		
Sausage, Egg & Cheese Breakfast Puff	410	22	10	32	20		
Ham, Egg & Cheese Breakfast Puff	380	20	10	33	20		
Bacon, Egg & Cheese Breakfast Puff	410	22	10	32	20		
TAMALES (4oz.)							
Beef Tamale	190	7	3	28	3		x
Chicken Tamale	190	7	3	28	3		x
BURRITOS							
Beef & Bean Burrito	280	13	5	30	13		x
BIG PIZZA (serving is 1/8 of pizza)							
Breakfast Pizza	410	18	6	46	18		
Sausage Pizza	400	16	5	49	17		
Supreme Pizza	420	19	6	47	18		
Deluxe Pizza	380	15	5	48	16		
Four Cheese Pizza	390	13	5	52	16	x	
Pepperoni Pizza	410	17	6	49	18		