

Mia Pizza Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)
<b>Cheesesticks</b>												
Cheesestick, Individual	1 order	900	53	23	0	95	1730	71	2.03	5	0.36	42
Cheesestick, Large	1/4 order	630	32	14	0	55	1220	61	1.8	4	0.33	28
<b>7" Pizzas</b>												
Meat Frenzie	1 pizza	850	43	18	0	120	2290	75	3.49	7	0.79	48
Hawaiian	1 pizza	610	21	9	0	70	1530	77	3.76	10	0.36	37
Margherita	1 pizza	470	15	6	0	20	730	66	2.69	4	0.36	18
White Bacon	1 pizza	550	20	11	0	50	1500	69	1.94	4	0.36	23
Vegetable Delight	1 pizza	610	22	9	0	60	1470	77	4.1	8	0.36	34
Spicy Devil	1 pizza	710	32	13	0	90	1760	75	3.57	7	1.17	39
BBQ Chicken	1 pizza	700	21	10	0	100	1910	89	2.18	24	16.03	44
Chicken Pesto	1 pizza	590	23	6	0	65	1770	68	2.18	3	0.36	31
Fiesta	1 pizza	580	21	8	0	45	1340	74	4.03	5	0.36	23
Cheese	1 pizza	620	23	11	0	70	1430	74	3.36	7	0.36	37
Sausage	1 pizza	810	42	17	0	105	2080	74	3.36	8	1.38	41
Pepperoni	1 pizza	650	27	12	0	75	1630	73	3.36	7	0.36	37
Beef	1 pizza	610	19	9	0	70	1780	75	5.39	8	1.38	36
<b>10" Pizzas</b>												
Meat Frenzie	1 pizza	1500	79	31	0	215	4130	124	6.69	12	1.93	81
Hawaiian	1 pizza	850	22	9	0	75	2210	123	6.74	16	0.58	47
Margherita	1 pizza	730	24	7	0	25	1110	104	3.87	5	0.58	26
White Bacon	1 pizza	1070	47	25	0	120	3140	111	3.11	7	0.58	48
Vegetable Delight	1 pizza	910	29	11	0	75	2280	124	7.08	13	0.58	48
Spicy Devil	1 pizza	1180	55	22	0	145	3060	119	5.61	11	1.89	62
BBQ Chicken	1 pizza	990	27	12	0	125	2620	136	3.59	33	21.47	59
Chicken Pesto	1 pizza	920	35	11	0	100	2740	109	3.59	5	0.58	47
Fiesta	1 pizza	1180	49	17	0	95	2790	135	7.43	11	0.58	45
Cheese	1 pizza	840	26	11	0	75	2020	115	5.94	11	0.58	46
Sausage	1 pizza	1250	65	26	0	155	3310	117	5.94	13	2.36	60
Pepperoni	1 pizza	990	40	17	0	105	2580	115	5.94	11	0.58	52
Beef	1 pizza	1040	35	16	0	130	3120	122	9.49	14	2.35	64
<b>16" Pizzas</b>												
Meat Frenzie	1/4 pizza	920	51	20	0	135	2570	72	4.14	8	1.2	50

Mia Pizza Nutritional Information

Hawaiian	1/4 pizza	510	15	6	0	50	1350	71	4.13	10	0.33	29
Margherita	1/4 pizza	420	14	4.5	0	15	640	59	2.17	3	0.33	15
White Bacon	1/4 pizza	640	29	15	0	75	1900	63	1.75	4	0.33	29
Vegetable Delight	1/4 pizza	530	18	7	0	45	1360	71	4.39	8	0.33	28
Spicy Devil	1/4 pizza	690	33	13	0	90	1830	68	3.22	7	1.17	37
BBQ Chicken	1/4 pizza	560	14	7	0	70	1500	78	2.05	20	13.38	33
Chicken Pesto	1/4 pizza	540	21	7	0	60	1630	62	2.05	3	0.33	28
Fiesta	1/4 pizza	700	30	11	0	60	1680	79	4.56	7	0.33	27
Cheese	1/4 pizza	490	16	7	0	45	1200	66	3.64	7	0.33	27
Sausage	1/4 pizza	750	41	16	0	95	2030	67	3.64	8	1.47	36
Pepperoni	1/4 pizza	580	24	10	0	65	1520	66	3.64	7	0.33	31
Beef	1/4 pizza	620	22	10	0	80	1900	70	5.92	9	1.47	38
<b>Gluten Free Pizzas</b>												
Meat Frenzie	1/2 pizza	1130	46	16	0	110	2600	137	1.79	18	0.67	39
Hawaiian	1/2 pizza	800	17	5	0	40	1640	136	1.81	20	0	23
Margherita	1/2 pizza	740	18	4	0	15	1090	127	0.38	14	0	12
White Bacon	1/2 pizza	910	29	13	0	60	2100	131	0	15	0	23
Vegetable Delight	1/2 pizza	830	20	6	0	40	1680	137	1.98	19	0	23
Spicy Devil	1/2 pizza	960	33	11	0	75	2070	135	1.25	18	0.65	30
BBQ Chicken	1/2 pizza	870	19	7	0	65	1850	143	0.24	29	10.44	29
Chicken Pesto	1/2 pizza	840	23	6	0	50	1900	130	0.24	15	0	23
Fiesta	1/2 pizza	960	30	9	0	45	1930	143	2.16	18	0	21
Cheese	1/2 pizza	800	19	6	0	40	1540	133	1.42	18	0	22
Sausage	1/2 pizza	1000	38	13	0	80	2190	134	1.42	18	0.89	29
Pepperoni	1/2 pizza	870	26	9	0	55	1820	133	1.42	18	0	25
Beef	1/2 pizza	890	23	8	0	65	2090	136	3.19	19	0.89	31
<b>Flatbread Pizzas</b>												
Meat Frenzie	1 flatbread	660	36	13	0	95	1820	53	3.01	6	1.42	36
Hawaiian	1 flatbread	510	17	6	0	70	1640	57	3.29	10	1	35
Margherita	1 flatbread	380	17	6	0	20	500	45	1.59	2	1	14
White Bacon	1 flatbread	610	33	17	0	85	1790	50	1	4	1	26
Vegetable Delight	1 flatbread	450	18	6	0	40	1120	55	3.46	7	1	23
Spicy Devil	1 flatbread	520	25	9	0	60	1260	55	4.02	6	1.61	27
BBQ Chicken	1 flatbread	560	17	7	0	80	1590	72	1.12	29	21.89	33

Mia Pizza Nutritional Information

Chicken Pesto	1 flatbread	460	20	6	0	65	1440	46	1.24	2	1	26
Fiesta	1 flatbread	490	22	8	0	45	1090	53	2.76	4	1	19
Cheese	1 flatbread	500	22	9	0	60	1170	53	2.89	7	1	29
Sausage	1 flatbread	650	38	14	0	85	1730	52	2.89	7	2.01	30
Pepperoni	1 flatbread	490	23	9	0	55	1290	51	2.89	6	1	25
Beef	1 flatbread	530	21	9	0	70	1620	55	4.91	8	2.01	32