

## Pizza Ingredients

### 12 Inch Pizza

**Cheese:** Shell: Enriched Flour, water, whole wheat flour, canola oil, yeast, salt, sugar, seasoning, spices, calcium propionate. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid. Sauce: Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil.

Contains: Wheat, milk, soy. May contain sesame, mustard and/or egg.

**Ham & Pineapple:** Shell: Enriched flour, water, whole wheat flour, canola oil, yeast, salt, sugar, seasoning, spices, and calcium propionate. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid. Sauce: Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil. Pizza Cut Pineapple, Diced Cooked Ham.

Contains: Wheat, milk, soy. May contain sesame, mustard and/or egg.

**Pepperoni:** Shell: Enriched flour, water, whole wheat flour, canola oil, yeast, salt, sugar, seasoning, spices, and calcium propionate. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid, may contain colour. Sauce: Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil. Pepperoni.

Contains: Wheat, mustard, milk, soy. May contain sesame and/or egg.

**Meat Lovers:** Shell: Wheat flour, water, dried durum wheat sourdough, yeast, canola oil, salt, sugar, olive oil, spices, durum semolina, ascorbic acid, enzymes. Sauce: Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil. Pizza Mozzarella, Edam, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid, may contain colour. Pepperoni: Pork and/or beef, water, salt, mustard, spices, dextrose, sodium erythorbate, smoke flavor, garlic powder, bacterial culture, sodium nitrite. Italian Sausage: Pork, spices, water, salt, corn syrup solids, flavours, sugar. Chorizo Sausage: Pork, water, salt, spices, corn syrup solids, dextrose, garlic powder, flavours. Ham: Pork, water, salt, modified corn starch, dextrose, carrageenan, potato starch, sodium phosphate, sugar, smoke flavour, ascorbic acid, spice extractives, vegetable oil, sodium nitrite, polysorbate, sodium bicarbonate, glycerine, smoke. Bacon: Pork, water, salt, sugar, smoke flavouring, sodium phosphates, sodium erythorbate, sodium nitrite. Roasted Garlic.

Contains: Wheat, mustard, milk, soy. May contain sesame and/or egg.

**Southwest BBQ -** Shell: Wheat flour, water, dried durum wheat sourdough, yeast, canola oil, salt, sugar, olive oil, spices, durum semolina, ascorbic acid, enzymes. Chicken Breast. Pizza Mozzarella, Edam, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid, may contain colour. **Sauce:** Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil. **BBQ sauce:** glucose-fructose, tomato paste, vinegar, water, glucose syrup, honey, fancy molasses, salt, mustard bran, natural hickory smoke flavour, spices, natural flavours, onion powder, garlic powder, sodium benzoate, caramel colour and sugar. Black Beans. Roasted Corn. Roasted Red Peppers. Cayenne pepper sauce: aged cayenne red peppers, distilled vinegar, water, salt and garlic powder. Green Onions. Crushed red peppers.

Contains: Wheat, milk, soy, mustard. May contain egg and/or sesame.

## Personal 18pk Pizza

**Cheese:** Shell: Enriched flour, water, whole wheat flour, canola oil, yeast, sugar, salt, seasoning, spices. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid. Sauce: Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil.

Contains Wheat, Milk, and Soy. May contain sesame, mustard and/or egg.

**Ham & Pineapple:** Shell: Enriched flour, water, whole wheat flour, canola oil, yeast, sugar, salt, seasoning, spices. Sauce: Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil. Ham. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid. Pineapple.

Contains Wheat, Milk, and Soy. May contain sesame, mustard and/or egg.

**Pepperoni:** Shell: Enriched Flour, Water, Whole Wheat Flour, Canola Oil, Yeast, Sugar, Salt, Seasoning, Spices. **Sauce:** Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid. Pepperoni.

Contains Wheat, Milk, and Soy. May contain sesame, mustard and/or egg.

**Variety pack** – 6 of each flavor listed above

## Pizza Cooking Directions

Standard oven: (we suggest to unthaw first) Preheat oven to 400°F (200° C) with rack in the middle position. Place pizza on a well-greased baking sheet or directly on oven rack for crispier shell. Bake pizza for 9 – 12 minutes until cheese melts. Oven Temperatures Vary - so please use as guide only

Convection oven: Preheat oven to 375°F (190° C) with rack in the middle position. Place pizza on a well-greased baking sheet or directly on oven rack for crispier shell. Bake pizza for 6 – 8 minutes until cheese melts. Oven Temperatures Vary - so please use as guide only

# Pizza Nutrition & Cooking

## Pepperoni

### Nutrition Facts

#### Valeur nutritive

Serving Size 1/6 pizza (118 g)  
Portion 1/6 pizza (118 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 300	
<b>Fat / Lipides</b> 12 g	18 %
Saturated / saturés 6 g + Trans / trans 0.2 g	31 %
<b>Cholesterol / Cholestérol</b> 25 mg	
<b>Sodium / Sodium</b> 680 mg	28 %
<b>Carbohydrate / Glucides</b> 31 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 17 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	25 %
Iron / Fer	25 %

## Ham & Pineapple

### Nutrition Facts

#### Valeur nutritive

Serving Size 1/6 pizza (129 g)  
Portion 1/6 pizza (129 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 280	
<b>Fat / Lipides</b> 10 g	15 %
Saturated / saturés 5 g + Trans / trans 0.2 g	26 %
<b>Cholesterol / Cholestérol</b> 20 mg	
<b>Sodium / Sodium</b> 650 mg	27 %
<b>Carbohydrate / Glucides</b> 32 g	11 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 7 g	
<b>Protein / Protéines</b> 16 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	25 %
Iron / Fer	25 %

## Cheese

### Nutrition Facts

#### Valeur nutritive

Serving Size 1/6 pizza (117 g)  
Portion 1/6 pizza (117 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 300	
<b>Fat / Lipides</b> 12 g	18 %
Saturated / saturés 7 g + Trans / trans 0.2 g	36 %
<b>Cholesterol / Cholestérol</b> 25 mg	
<b>Sodium / Sodium</b> 590 mg	25 %
<b>Carbohydrate / Glucides</b> 30 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 17 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	30 %
Iron / Fer	25 %

## Meat Lovers

### Nutrition Facts

#### Valeur nutritive

Serving Size 1/6 pizza (134 g)  
Portion 1/6 pizza (134 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 340	
<b>Fat / Lipides</b> 17 g	26 %
Saturated / saturés 8 g + Trans / trans 0.2 g	41 %
<b>Cholesterol / Cholestérol</b> 35 mg	
<b>Sodium / Sodium</b> 800 mg	33 %
<b>Carbohydrate / Glucides</b> 30 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 18 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	25 %
Iron / Fer	25 %

### Cooking Instructions

#### For best results, thaw before cooking



standard  
oven

Preheat Oven to 400°F with rack in the middle position.  
Place thawed pizza on a well greased baking sheet or  
directly on oven rack for crispier shell.  
Bake pizza for 7-9 minutes until cheese melts.



convection  
oven

Preheat Oven to 375°F with rack in the middle position.  
Place thawed pizza on a well greased baking sheet or  
directly on oven rack for crispier shell.  
Bake pizza for 6-8 minutes until cheese melts.