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Ole & Lena’s Pizzeria
Bacon Cheeseburger

1

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives) SAUCE: tomato puree (vine ripened fresh tomatoes and salt). water, SEASONING: (salt, spices, garlic powder, sugar, soybean oil (as a processing aid), corn oil. COOKED SEASONED GROUND BEEF CRUMBLES: beef, salt, flavorings. FULLY COOKED BACON PIECES CURED WITH: water, salt, sodium erythorbate, sodium nitrate, may contain less than 2% of: sugar, brown sugar, potassium chloride, sodium phosphates, flavorings, natural smoke flavoring. PICKLE CHIPS: (Cucumbers, Water, Vinegar, Salt, Contains less than 2% Calcium Chloride, Potassium Sorbate (a preservative), Natural Flavors, Polysorbate 80, Yellow 5), Onions.

Contains: Wheat, Milk, soy

Nutrition Facts

4 servings per container

Serving size2 slices
(160.19g)

Amount per serving
Calories320

		% Daily Value*
Total Fat	15g	20%
Saturated Fat	7g	33%
Trans Fat	0g	
Cholesterol	35mg	12%
Sodium	900mg	39%
Total Carbohydrate	27g	10%
Dietary Fiber	1g	4%
Total Sugars	4g	
Includes 0g Added Sugars		0%

Protein19g37%

Vitamin D	6.4mcg	30%
Calcium	350mg	25%
Iron	1.2mg	6%
Potassium	120mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Bacon, Mac & Cheese

2

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine. CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annatto (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). CAVATAPPI PRE-COOKED NOODLE: Water, Enriched Durum Semolina (Durum Semolina wheat flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid). MILD CHEDDAR CHEESE SAUCE: Water, Cheese Whey, Palm Oil, Modified Food Starch, Maltodextrin, Contains 2% or less of the following: Sodium Phosphates, Salt, Cheddar Cheese (pasteurized milk, cultures, salt, enzymes), Lactic Acid, Vinegar, Sodium Stearoyl, Lactylate, Skim Milk, Citric Acid, Sodium Acid Pyrophosphate, Mono- and Diglycerides, Sodium Citrate, Sodium Hexametaphosphate, Butterfat, Phosphoric Acid, Autolyzed Yeast Extract, Natural Flavors, Cream, Annatto Extract (color), Paprika Extract (color), Beta Apo carotenal (color), FULLY COOKED BACON PIECES CURED WITH: water, salt, sodium erythorbate, sodium nitrate, may contain less than 2% of: sugar, brown sugar, potassium chloride, sodium phosphates, flavorings, natural smoke flavoring.

Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size

2 slices
(145.29g)

Amount per serving

Calories

320

% Daily Value*

Total Fat

14g

18%

Saturated Fat

6g

30%

Trans Fat

1g

Cholesterol

30mg

10%

Sodium

940mg

41%

Total Carbohydrate

33g

12%

Dietary Fiber

0g

2%

Total Sugars

2g

Includes 0g Added Sugars

0%

Protein

16g

33%

Vitamin D

6.4mcg

30%

Calcium

370mg

30%

Iron

0.9mg

6%

Potassium

100mg

2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Basil Pesto Supreme

3

INGREDIENTS: CRUST: wheat flour, water, soybean oil, yeast, salt, sugar, calcium propionate, l-cysteine. MOZZARELLA CHEESE: pasteurized milk, salt, cheese cultures, enzymes. BASIL PESTO SAUCE: basil, canola oil, water, parmesan cheese (pasteurized part-skim cow’s milk, cheese culture, salt, enzymes), granulated garlic, salt. SAUSAGE: pork, flavorings, water, salt, sugar, paprika, garlic powder, oleoresin of paprika. lqf mushrooms. lqf onions. GREEN OLIVES: green olives, water, salt, lactic acid. Basil.

Contains wheat, milk, soy, net wt. 19.7 oz (1 lb 3.7 oz)

Nutrition Facts

4 servings per container

Serving size 2 slices (140g)

Amount per serving
Calories 360

		% Daily Value*
Total Fat	20g	26%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	35mg	12%
Sodium	800mg	35%
Total Carbohydrate	28g	10%
Dietary Fiber	2g	7%
Total Sugars	3g	
Includes g Added Sugars		

Protein 17g 34%

Vitamin D	0mcg	0%
Calcium	387mg	30%
Iron	2mg	10%
Potassium	152mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena's Pizzeria

Breakfast

4

INGREDIENTS: CRUST: : Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). CHEDDAR CHEESE SAUCE: Water, Cheese Whey, Palm Oil, Modified Food Starch, Maltodextrin, Contains 2% or less of the following: Sodium Phosphates, Salt, Cheddar Cheese (pasteurized milk, cultures, salt, enzymes), Lactic Acid, Vinegar, Sodium Stearoyl, Lactylate, Skim Milk, Citric Acid, Sodium Acid Pyrophosphate, Mono- and Diglycerides, Sodium Citrate, Sodium Hexametaphosphate, Butterfat, Phosphoric Acid, Autolyzed Yeast Extract, Natural Flavors, Cream, Annatto Extract (color), Paprika Extract (color), Beta Apo carotenal (color) EGGS: SCRAMBLED: whole eggs, skim milk, soybean oil, modified food starch, salt, xanthan gum, liquid pepper extract, citric acid, natural and artificial butter flavor (butter, [cream], lipolyzed butter oil, medium chain triglycerides, natural and artificial flavors, soybean oil, annatto extract). DICED EGGS: egg whites, egg yolks, modified food starch, salt, xanthan gum, citric acid, natural and artificial flavors (contains buttermilk powder and non-fat dry milk), and annato (natural color). PORK PIZZA TOPPING: pork, water, textured vegetable protein (soy flour, soy protein concentrate, isolated soy protein and caramel color, salt, SEASONING (sugar, spices, monosodium glutamate), sodium phosphates. FULLY COOKED BACON PIECES CURED WITH: water, salt, sodium erythorbate, sodium nitrate, may contain less than 2% of: sugar, brown sugar, potassium chloride, sodium phosphates, flavorings, natural smoke flavoring.

Nutrition Facts

4 servings per container

Serving size

**2 slices
(154.46g)**

Amount per serving

Calories

350

% Daily Value*

Total Fat 19g

24%

Saturated Fat 8g

39%

Trans Fat 1g

Cholesterol 110mg

36%

Sodium 1220mg

53%

Total Carbohydrate 26g

9%

Dietary Fiber <1g

3%

Total Sugars 2g

Includes 0g Added Sugars

0%

Protein 20g

40%

Vitamin D 6.7mcg

35%

Calcium 380mg

30%

Iron 1mg

6%

Potassium 110mg

2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria

Buffalo Chicken

5

INGREDIENTS: (UPDATED 6/3/24) CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annatto (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). RANCHELLO SAUCE: ranch dressing (Soybean Oil, Water, Cultured Low-fat Buttermilk, Distilled Vinegar, contains less than 2% of Egg Yolk, Salt, Food Starch-Modified, Monosodium Glutamate, Buttermilk, Garlic, Nonfat Dry Milk, Xanthan Gul, Parsley, Sour Cream (cream, nonfat milk, cultures), Spice, Sorbic Acid (preservative), Citric Acid, Onion, Calcium Disodium EDTS (to protect flavors), Yeast Extract, Natural Flavor (includes milk), Buffalo sauce, (Cayenne Pepper Sauce (aged cayenne red pepper, distilled vinegar, salt, dried garlic), Water, Margarine (soybean and hydrogenated soybean oils, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservative), natural and artificial flavor, beta-carotene (color), vitamin A palmitate), Contains less than 2% of Sugar, Salt, Paprika, Xanthan Gum, Oleoresin Paprika (color), dried Garlic, Sodium Benzoate (preservative), Natural Flavor (milk), Spice, Sodium Alginate, Calcium Disodium EDTA (to protect flavor), modified corn starch. DICED WHITE BUFFALO STYLE CHICKEN: Skinless Boneless Chicken Breast Fillets With Rib meat, Sauce (Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt, Natural Flavor, Garlic Powder), Water, Seasoning (Rice Flour salt, Dehydrated Garlic, Extractives of Paprika, Spice (Celery Seed), Spice Extractives), Isolated Soy protein product (isolated Soy protein, Modified Food Starch, Unmodified corn starch, Carrageenan, With Less than 2% Soy Lecithin), Sodium Phosphates, Natural Flavor. Lightly Breaded with Wheat Flour, Modified Corn Starch, Dextrose, Caramel (color), Pepper Sauce (Red Pepper, Vinegar, Salt). Paprika Extract (Color).

Contains Wheat, Milk, Soy, Egg Net Wt. 18.25OZ

Nutrition Facts

4 servings per container

Serving size

2 slices
(129.34g)

Amount per serving

Calories

320

% Daily Value*

Total Fat

18g

23%

Saturated Fat

7g

33%

Trans Fat

0g

Cholesterol

40mg

13%

Sodlum

970mg

42%

Total Carbohydrate

22g

8%

Dietary Fiber

0g

1%

Total Sugars

1g

Includes 0g Added Sugars

0%

Protein

16g

32%

Vitamin D

6.4mcg

30%

Calcium

340mg

25%

Iron

0.6mg

4%

Potassium

160mg

4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena's Pizzeria

Cheese

6

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese)(cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). SAUCE: tomato puree (vine ripened fresh tomatoes and salt). water, SEASONING: (salt, spices, garlic powder, sugar, soybean oil (as a processing aid). corn oil

Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size

2 slices
(131.84g)

Amount per serving

Calories

280

		% Daily Value*
Total Fat	13g	17%
Saturated Fat	6g	31%
Trans Fat	0g	
Cholesterol	30mg	10%
Sodium	610mg	26%
Total Carbohydrate	25g	9%
Dietary Fiber	<1g	3%
Total Sugars	3g	
Includes 0g Added Sugars		0%
Protein	15g	31%
Vitamin D	7.6mcg	40%
Calcium	390mg	30%
Iron	0.7mg	4%
Potassium	110mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Chicken Alfredo

7

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). ALFREDO SAUCE: Half And Half (Milk, Cream), Heavy Whipping Cream (Cream, Carrageenan), Parmesan Cheese (Cow’s Milk, Cheese Culture, Salt, Enzymes), Powdered Cellulose (Anti-Caking Agent), And Calcium Propionate (Preservative), Hard Grating Cheese (Food Starch, Water, Palm Oil, Cellulose, Salt, Lactic Acid, Whey, Sodium Phosphate, Sodium Citrate, Lactic Acid, Sorbic Acid, Potassium Sorbate, Artificial Color), Powdered Cellulose Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor), Modified Food Starch, Salt, Natural Alfredo Flavor [Parmesan Cheese (Pasteurized Part Skim Milk, Cultures, Salt, And Enzymes), Water, Romano Cheese (Pasteurized Part Skim Milk, Cultures, Salt, Enzymes), Nonfat Dry Milk, Salt, Cheddar Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Disodium Phosphate, And Sodium Citrate], White Pepper DICED WHITE CHICKEN: Boneless Skinless Chicken Breast Meat with Rib Meat, Water , Contains 2% or less of Carrageenan, Food Starch, Modified Food Starch, Peat protein Isolate, Salt, Sodium Phosphates

Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size

2 slices
(129.34g)

Amount per serving

Calories

310

% Daily Value*

Total Fat

17g

21%

Saturated Fat

9g

47%

Trans Fat

0g

Cholesterol

60mg

19%

Sodlum

650mg

28%

Total Carbohydrate

23g

9%

Dietary Fiber

0g

1%

Total Sugars

2g

Includes 0g Added Sugars

0%

Protein

17g

35%

Vitamin D

6.4mcg

30%

Calcium

380mg

30%

Iron

0.6mg

4%

Potassium

190mg

4%

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria

Chicken & Wild Rice

8

INGRDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). ALFREDO SAUCE: Half And Half (Milk, Cream), Heavy Whipping Cream (Cream, Carrageenan), Parmesan Cheese (Cow’s Milk, Cheese Culture, Salt, Enzymes), Powdered Cellulose (Anti-Caking Agent), And Calcium Propionate (Preservative), Hard Grating Cheese (Food Starch, Water, Palm Oil, Cellulose, Salt, Lactic Acid, Whey, Sodium Phosphate, Sodium Citrate, Lactic Acid, Sorbic Acid, Potassium Sorbate, Artificial Color), Powdered Cellulose Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor), Modified Food Starch, Salt, Natural Alfredo Flavor [Parmesan Cheese (Pasteurized Part Skim Milk, Cultures, Salt, And Enzymes), Water, Romano Cheese (Pasteurized Part Skim Milk, Cultures, Salt, Enzymes), Nonfat Dry Milk, Salt, Cheddar Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Disodium Phosphate, And Sodium Citrate], White Pepper. WILD RICE: Water, Wild Rice, Salt. DICED WHITE CHICKEN: Boneless Skinless Chicken Breast Meat with Rib Meat, Water, Contains 2% or less of Carrageenan, Food Starch, Modified Food Starch, Peat protein Isolate, Salt, Sodium Phosphates. mushrooms Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size

2 slices
(180.73g)

Amount per serving

Calories

410

% Daily Value*

Total Fat

19g

25%

Saturated Fat

9g

46%

Trans Fat

0g

Cholesterol

60mg

19%

Sodlum

950mg

42%

Total Carbohydrate

39g

14%

Dietary Fiber

<1g

3%

Total Sugars

2g

Includes 0g Added Sugars

0%

Protein

21g

41%

Vitamin D

6.4mcg

30%

Calcium

400mg

30%

Iron

4.1mg

25%

Potassium

190mg

4%

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria

Chicken, Bacon, Ranch

9

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese)(cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). RANCH DRESSING: Soybean Oil, Water, Cultured Low-fat Buttermilk, Distilled Vinegar, contains less than 2% of Egg Yolk, Salt, Food Starch-Modified, Monosodium Glutamate, Buttermilk, Garlic, Nonfat Dry Milk, Xanthan Gul, Parsley, Sour Cream (cream, nonfat milk, cultures), Spice, Sorbic Acid (preservative), Citric Acid, Onion, Calcium Disodium Eota (to protect flavors), Yeast Extract, Natural Flavor (includes milk). DICED WHITE CHICKEN: Boneless Skinless Chicken Breast Meat with Rib Meat, Water, contains 2% or less of Carrageenan, Food Starch, Modified Food Starch, Peat protein Isolate, Salt, Sodium Phosphates BACON BITS: CURED WITH: Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite

Contains Wheat, Milk, Soy, Egg

Nutrition Facts

4 servings per container

Serving size

2 pieces
(136.43g)

Amount per serving

Calories

390

% Daily Value*

Total Fat

25g

32%

Saturated Fat

8g

40%

Trans Fat

0g

Cholesterol

50mg

16%

Sodlum

860mg

38%

Total Carbohydrate

23g

8%

Dietary Fiber

0g

1%

Total Sugars

1g

Includes 0g Added Sugars

0%

Protein

18g

37%

Vitamin D

6.4mcg

30%

Calcium

340mg

25%

Iron

0.7mg

4%

Potassium

160mg

4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena's Pizzeria

Dill Pickle

10

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives) PICKLE CHIPS: (Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calcium Chloride, Potassium sorbate (a preservative), Natural Flavors, Polysorbate 80, Yellow 5) TZATZIKI SAUCE: Water, Cucumber, Coconut Oil, Nonfat Dry Milk, Soybean Oil and/or Canola Oil, Stabilizer Blend (salt, garlic powder, sugar, potassium Sorbate, Cream of Tartar), Contains Less than 2% of Vinegar, Modified Corn Starch, Guar Gum, Mono and Diglycerides, Locust Bean Gum, Carrageenan, Lactic Acid, Citric Acid, Natural Flavor, Food Starch, Lemon Juice Concentrate, Natural Flavor, Potassium Sorbate (preservative), Xanthan Gum, dill weed. Pizza Topping: (Spice).

Contains: Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size

2 slices

(132.96g)

Amount per serving

Calories

270

% Daily Value*

Total Fat 14g

17%

Saturated Fat 8g

41%

Trans Fat 0g

Cholesterol 25mg

9%

Sodium 730mg

32%

Total Carbohydrate 23g

8%

Dietary Fiber <1g

2%

Total Sugars 2g

Includes 0g Added Sugars

0%

Protein 14g

27%

Vitamin D 6.4mcg

30%

Calcium 380mg

30%

Iron 0.5mg

2%

Potassium 170mg

4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria

Hazel’s Peanut Butter Delight

11

INGREDIENTS: CRUST: : Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). PEANUT BUTTER: peanuts, sugar, dextrose, hydrogenated vegetable oil (rapeseed and/or cottonseed oil, soybean oil, palm oil, salt, PEPPERONI: pork, beef, salt, contains 2% or less of dextrose, lactic acid starter culture, oleoresin of paprika, sodium nitrate, spices, water, bha, bht, citric acid. Sliced Jalapeno Peppers, (Water, Salt, Acetic Acid).

Contains peanut, wheat, milk, soy.

Nutrition Facts

4 servings per container

Serving size

2 slices (125.8g)

Amount per serving

Calories

450

% Daily Value*

Total Fat

28g

36%

Saturated Fat

9g

45%

Trans Fat

0g

Cholesterol

35mg

12%

Sodium

650mg

28%

Total Carbohydrate

27g

10%

Dietary Fiber

2g

7%

Total Sugars

2g

Includes 0g Added Sugars

0%

Protein

21g

42%

Vitamin D

6.4mcg

30%

Calcium

350mg

25%

Iron

1mg

6%

Potassium

340mg

8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena's Pizzeria

Inga's Garden Pepper Pork

12

INGREDIENTS: CRUST: wheat flour, water, soybean oil, yeast, salt, sugar, calcium propionate, l-cysteine. CHEESE BLEND: low moisture part skim mozzarella cheese) (cultured pasteurized part skim milk, salt, enzymes and modified food starch), mild cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, and annato (vegetable color), provolone cheese (pasteurized milk, cheese culture, salt, enzymes and smoked flavoring), powdered cellulose (to prevent caking), potassium sorbate and natamycin (preservatives). PIZZA SAUCE: vine-ripened fresh tomatoes and salt, water, corn oil, seasoning [salt, spices, garlic powder, sugar, soybean oil], [as a processing aid], not more than 2% silicon dioxide added to prevent caking. PULLED PORK: pork, water, salt, sodium phosphates, hydrolyzed corn protein, dried beef stock, autolyzed yeast extract, spice extractives, onion concentrate. MEDIUM GIARDINIERA: soybean oil, peppers, celery, carrots, cauliflower, gherkins, vinegar, spices, salt, calcium chloride, sodium benzoate, sodium bisulfite (as a preservative).

Contains wheat, milk, soy, net wt. 22.75 oz (1 lb 6.75 oz)

Nutrition Facts

4 servings per container

Serving size

1/4 Pizza
(161.24g)

Amount per serving

Calories

290

% Daily Value*

Total Fat

12g

15%

Saturated Fat

8g

39%

Trans Fat

0g

Cholesterol

30mg

10%

Sodium

800mg

35%

Total Carbohydrate

28g

10%

Dietary Fiber

<1g

3%

Total Sugars

3g

Includes 0g Added Sugars

1%

Protein

18g

36%

Vitamin D

5.3mcg

25%

Calcium

360mg

25%

Iron

1.3mg

8%

Potassium

270mg

6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria

Korean BBQ

13

INGREDIENTS: CRUST: enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, ribolavin, enzyme, folic acid), water, soybean oil, contains less than 2% of the following: dried yeast, dextrose, fumaric acid, calcium propionate (preservative), canola oil, cullulose gum, sorbic acid (preservative), salt, moltodextrin, mineral oil, potassium sorbate (preservative), soy lecithin, carrageenan, sodium metabisulfate added as a dough conditioner, corn starch, tricalcium phosphate, microcrystalline cellulose, dicalcium phosphate. MOZZARELLA CHEESE: pasteurized milk, cheese cultures, salt and enzymes. DICED WHITE CHICKEN: boneless skinless chicken breast meat with rib meat, water, contains 2% or less of carrageenan, foodstarch, modified food starch, pea protein isolate, salt, sodium phosphates. KOREAN BBQ SAUCE: sugar, water, gochujang pepper paste (water, sugar, red chili pepper, fermented soybean paste [water, soybean, rice, salt, alcohol], pear puree concentrate, salt, salted sake [sake {water, rice, koji}, salt], onion, garlic, yeast extract, rice vinegar, sesame oil, paprika, corn starch), distilled vinegar, soy sauce (water, wheat, soybean and salt), tomato paste, corn starch, sesame oil, contains less than 2% of spice, garlic, salt, garlic, sesame seed, onion, natural flavor, citric acid. Green onions, cilantro, seasame seeds.

Contains wheat, milk, soy, net wt. 20.6 (1 lb 4.6 oz)

Nutrition Facts

4 servings per container

Serving size

2 slices (157g)

Amount per serving

Calories

350

% Daily Value*

Total Fat

10g

13%

Saturated Fat

4g

20%

Trans Fat

0g

Cholesterol

35mg

12%

Sodlum

570mg

25%

Total Carbohydrate

46g

17%

Dietary Fiber

2g

7%

Total Sugars

11g

Includes g Added Sugars

Protein

19g

38%

Vitamin D

0mcg

0%

Calcium

349mg

25%

Iron

3mg

15%

Potassium

300mg

6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena's Pizzeria

Liquor Pig

14

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine. CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). BOURBON SAUCE: high fructose corn syrup, aged cayenne pepper, molasses, distilled vinegar, salt, sugar, modified food starch, bourbon, contains less than 2% of garlic, chipotle pepper, spice, natural flavor, potassium sorbate and sodium benzoate as preservatives, tomato paste, xanthan gum, paprika, sucralose, capsicum, citric acid, sodium citrate. PORK CARNITA MEAT: pork, marinated with up to 10% water, salt, orange juice concentrate, sodium phosphates, CANADIAN STYLE BACON: pork, water, salt, brown sugar, sodium phosphate, sodium erythorbate, sodium nitrite. FULLY BACON BITS: CURED WITH: Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite

Contains wheat, milk, Soy

Nutrition Facts

4 servings per container

Serving size

**2 slices
(147.06g)**

Amount per serving

Calories

360

% Daily Value*

Total Fat 16g

20%

Saturated Fat 7g

36%

Trans Fat 0g

Cholesterol 55mg

19%

Sodium 870mg

38%

Total Carbohydrate 32g

12%

Dietary Fiber 0g

1%

Total Sugars 11g

Includes 8g Added Sugars

16%

Protein 22g

44%

Vitamin D 6.4mcg

30%

Calcium 340mg

25%

Iron 0.7mg

4%

Potassium 170mg

4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Mediterranean Veggie

15

INGREDIENTS: CRUST: wheat flour, water, soybean oil, yeast, salt, sugar, calcium propionate, l-cysteine. MOZZARELLA CHEESE: pasteurized milk, salt, cheese cultures, enzymes. FETA CHEESE SAUCE: mayonnaise (soybean oil, water, corn syrup, egg yolks, distilled and cider vinegar, salt, mustard seed, calcium disodium edta added to protect flavor), feta cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor), sour cream (cultured cream, enzyme), lemon juice (filtered water, lemon juice concentrate, lemon oil, less than 1/10th of 1% of the following: sodium metabisulfite & sodium benzoate [to protect quality]), garlic powder, white pepper. SWEET PEPPERS: red sweet pepper, water, sea salt and citric acid. PEPPERONCINI: pepperoncini, water, vinegar, salt, citric acid, sodium benzoate (preservative), sodium bisulfite (color protectant), yellow 5. FETA CHEESE: cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor. KALAMATA OLIVES: kalamata olives, water, salt, wine vinegar, extra virgin olive oil, sunflower oil. Red onions. Parsley.

Contains wheat, milk, soy, net wt. 18.65oz (1 lb 2.65 oz)

Nutrition Facts

4 servings per container

Serving size2 slices (133g)

Amount per serving
Calories320

% Daily Value*

Total Fat18g24%

Saturated Fat4g19%

Trans Fat0g

Cholesterol25mg8%

Sodium680mg30%

Total Carbohydrate26g9%

Dietary Fiber1g5%

Total Sugars2g

Includes 0g Added Sugars0%

Protein12g25%

Vitamin D0.1mcg0%

Calcium290mg20%

Iron0.5mg2%

Potassium40mg0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Norske

16

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). GARLIC BUTTER: butter, cream, salt, garlic seasoning (garlic powder, salt, corn starch, monosodium glutamate, sugar, partially hydrogenated soybean oil, dehydrated parsley, tricalcium phosphate added to prevent caking, natural flavor). ITALIAN SAUSAGE: pork, water, spices, salt, corn syrup solids, garlic, sugar, paprika, lemon juice powder (corn syrup solids), lemon juice solids, lemon oil) bha, bht, citric acid, soy lecithin used as a processing aid, Onions.

Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size2 slices
(118.71g)

Amount per serving
Calories360

% Daily Value*

Total Fat 23g30%

Saturated Fat 13g64%

Trans Fat 0g

Cholesterol 65mg21%

Sodium 680mg30%

Total Carbohydrate 23g8%

Dietary Fiber <1g2%

Total Sugars 1g

Includes 0g Added Sugars0%

Protein 15g31%

Vitamin D 6.4mcg30%

Calcium 340mg25%

Iron 0.7mg4%

Potassium 110mg2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Pepperoni

17

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese)(cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). SAUCE: tomato puree (vine ripened fresh tomatoes and salt). water, SEASONING: (salt, spices, garlic powder, sugar, soybean oil (as a processing aid). corn oil, PEPPERONI: pork, beef, salt, contains 2% or less of dextrose, lactic acid starter culture, oleoresin of paprika, sodium nitrate, spices, water, bha, bht, citric acid.

Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size 2 slices (138.93g)

Amount per serving
Calories 330

% Daily Value*

Total Fat 18g 23%

Saturated Fat 8g 39%

Trans Fat 0.5g

Cholesterol 40mg 13%

Sodium 780mg 34%

Total Carbohydrate 25g 9%

Dietary Fiber <1g 3%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 16g 33%

Vitamin D 6.6mcg 35%

Calcium 340mg 25%

Iron 0.9mg 6%

Potassium 140mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria

Pepperoni & Jalapeno Popper

18

INGREDIENTS: CRUST: wheat flour, water, soybean oil, yeast, salt, sugar, calcium propionate, l-cysteine. CHEESE BLEND: low moisture part skim mozzarella cheese) (cultured pasteurized part skim milk, salt, enzymes and modified food starch), mild cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, and annato (vegetable color), provolone cheese (pasteurized milk, cheese culture, salt, enzymes and smoked flavoring), powdered cellulose (to prevent caking), potassium sorbate and natamycin (preservatives). POPPER SAUCE: cream cheese (pasteurized cultured milk and cream, salt, stabilizers [guar gum and carob bean gum]), pizza sauce (vine-ripened fresh tomatoes and salt, water, corn oil, seasoning [salt, spices, garlic powder, sugar, soybean oil], [as a processing aid], not more than 2% silicon dioxide added to prevent caking). PEPPERONI: pork, beef, salt, contains 2% or less of dextrose, flavorings, lactic acid starter culture, oleoresin of paprika, spices, sodium nitrite, water, bha, bht, citric acid. fresh sliced jalapeno peppers. BACON BITS: cured with: water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrite. may contain smoke flavoring.

Contains wheat, milk, soy, net wt. 19.25 oz (1 lb 3.25 oz)

Nutrition Facts

4 servings per container

Serving size

1/4 Pizza
(136.43g)

Amount per serving

Calories

390

% Daily Value*

Total Fat

25g

32%

Saturated Fat

13g

63%

Trans Fat

0g

Cholesterol

65mg

22%

Sodium

740mg

32%

Total Carbohydrate

24g

9%

Dietary Fiber

<1g

2%

Total Sugars

1g

Includes 0g Added Sugars

0%

Protein

18g

36%

Vitamin D

4mcg

20%

Calcium

370mg

30%

Iron

0.9mg

4%

Potassium

180mg

4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Pepperoni & Sausage

19

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese)(cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). SAUCE: tomato puree (vine ripened fresh tomatoes and salt). water, SEASONING: (salt, spices, garlic powder, sugar, soybean oil (as a processing aid). corn oil, PEPPERONI: pork, beef, salt, contains 2% or less of dextrose, lactic acid starter culture, oleoresin of paprika, sodium nitrate, spices, water, bha, bht, citric acid. SAUSAGE: pork, water, spices, salt, corn syrup solids, garlic, sugar, paprika, lemon juice powder (corn syrup solids), lemon juice solids, lemon oil) bha, bht, citric acid, soy lecithin used as a processing aid.

Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container
Serving size **2 slices**
(146.02g)

Amount per serving
Calories **340**

		% Daily Value*
Total Fat	19g	24%
Saturated Fat	8g	41%
Trans Fat	0g	
Cholesterol	45mg	14%
Sodium	800mg	35%
Total Carbohydrate	25g	9%
Dietary Fiber	<1g	3%
Total Sugars	3g	
Includes 0g Added Sugars		0%

Protein 18g **35%**

Vitamin D	6.5mcg	35%
Calcium	340mg	25%
Iron	1.1mg	6%
Potassium	130mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Reuben

20

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). 1000 ISLAND DRESSING: Soybean Oil, Sweet Pickle Relish (pickles, high fructose corn syrup, corn syrup, sugar, tomato paste, distilled vinegar, salt, red bell pepper, mustard seed, xanthan gum, <.1% potassium sorbate and sodium benzoate as preservatives, natural spice flavors, EDTA, polysorbate 80, alum), Water, High Fructose Corn Syrup, Distilled and Cider Vinegar, Egg Yolk, Tomato Paste, Modified Food Starch, Salt, Corn Syrup, Spice, Paprika, Natural Flavors, Calcium Disodium EDTA to protect flavor, SAUERKRAUT: prepared cabbage, water and salt. CORNED BEEF: beef, water, salt, turbinado sugar, natural flavoring, cultured celery powder, cherry powder, sea salt, baking soda.

Contains Wheat, Milk, Soy, Egg

Nutrition Facts

4 servings per container

Serving size

2 slices
(139.98g)

Amount per serving

Calories

350

		% Daily Value*
Total Fat	20g	26%
Saturated Fat	7g	36%
Trans Fat	0g	
Cholesterol	45mg	15%
Sodium	760mg	33%
Total Carbohydrate	25g	9%
Dietary Fiber	<1g	3%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	15g	31%
Vitamin D	6.4mcg	30%
Calcium	350mg	25%
Iron	1mg	6%
Potassium	160mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Sausage

21

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese)(cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). SAUCE: tomato puree (vine ripened fresh tomatoes and salt). water, SEASONING: (salt, spices, garlic powder, sugar, soybean oil (as a processing aid). corn oil, SAUSAGE: pork, water, spices, salt, corn syrup solids, garlic, sugar, paprika, lemon juice powder (corn syrup solids), lemon juice solids, lemon oil) bha, bht, citric acid, soy lecithin used as a processing aid.

Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size 2 slices
(139.98g)

Amount per serving
Calories 310

		% Daily Value*
Total Fat	16g	20%
Saturated Fat	7g	36%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	690mg	30%
Total Carbohydrate	24g	9%
Dietary Fiber	<1g	3%
Total Sugars	3g	
Includes 0g Added Sugars		0%
Protein	17g	35%

Vitamin D	6.4mcg	30%
Calcium	340mg	25%
Iron	1.1mg	6%
Potassium	100mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Spinach and Artichoke

22

INGREDIENTS: Crust: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine). Mozzarella Cheese: (Pasteurized Milk, Salt, Cheese Cultures, Enzymes). Spinach Artichoke Dip: (Water, Spinach, Cream, Parmesan Cheese (Cow’s Milk, cheese culture, salt, enzymes), artichoke pieces (ascorbic acid, citric acid), modified food starch, contains less than 2% salt, dehydrated. Quartered artichoke hearts, (water, salt, citric acid, ascorbic acid).

Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size2 slices
(131.12g)

Amount per serving
Calories290

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 630mg	27%
Total Carbohydrate 26g	10%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	31%

Vitamin D 0.2mcg	0%
Calcium 430mg	35%
Iron 0.5mg	2%
Potassium 260mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria

Steak & Mashed Potato

23

INGREDIENTS: CRUST: Enriched Flour {(wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enzyme}, Water, Soybean Oil, Yeast, Dextrose, Calcium Propionate (preservative), Salt, Dough Conditioner (sodium metabisulfite), and Soy Lecithin. CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). MASHED POTATOES: Potatoes, Skim Milk, Butter (cream, salt), Whole Milk, Natural Sour Cream Flavor, Salt, Disodium Pyrophosphate (added to maintain color), Potassium Sorbate (added to maintain freshness), Spice. GARLIC BUTTER: butter, cream, salt, garlic seasoning (garlic powder, salt, corn starch, monosodium glutamate, sugar, partially hydrogenated soybean oil, dehydrated parsley, tricalcium phosphate added to prevent caking, natural flavor). PHILLY BEEF: seasoned beef (beef, water hydrolyzed soy protein, sodium phosphate, salt, dextrose, autolyzed yeast), SEASONING: (salt, brown sugar, dextrose, hydrolyzed corn gluten, soy protein, wheat gluten torula yeast, corn syrup solids, sodium phosphate, caramel color, tomato powder, dehydrated onion, dehydrated garlic, spices, citric acid, lemon juice solids, natural flavors, sulfite 50 PPM). FULLY COOKED BACON PIECES CURED WITH: water, salt, sodium erythorbate, sodium nitrate, may contain less than 2% of: sugar, brown sugar, potassium chloride, sodium phosphates, flavorings, natural smoke flavoring. IQF corn.

Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size

2 slices
(180.73g)

Amount per serving

Calories

470

% Daily Value*

Total Fat

26g

33%

Saturated Fat

12g

61%

Trans Fat

0g

Cholesterol

65mg

21%

Sodium

980mg

42%

Total Carbohydrate

42g

15%

Dietary Fiber

1g

5%

Total Sugars

2g

Includes 0g Added Sugars

0%

Protein

18g

35%

Vitamin D

6.4mcg

30%

Calcium

360mg

30%

Iron

3.7mg

20%

Potassium

200mg

4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena's Pizzeria

Street Taco

24

INGREDIENTS: CRUST: wheat flour, water, soybean oil, yeast, salt, sugar, calcium propionate, l-cysteine. MOZZARELLA CHEESE: pasteurized milk, salt, cheese cultures, enzymes. GREEN TOMATILLO SAUCE: tomatillos, tomatoes, onions, water, spices, jalapenos, garlic, salt, lemon juice, vinegar, cilantro, spices, spices, garlic, salt, cultured dextrose, natural flavorings, citric acid. PORK CARNITA MEAT: pork marinated up to 10% with water, salt, orange juice concentrate, sodium phosphates. Rubbed with flavoring, caramel color, paprika (for color). May also contain less than 2% of: maltodextrin, garlic powder, sugar. JALAPENO SLICES: sliced jalapeno peppers, water, salt, acetic acid.

Contains wheat, milk, soy, net wt. 18.25 oz (1 lb 2.25 oz)

Nutrition Facts

4 servings per container

Serving size **2 slices (124g)**

Amount per serving

Calories 270**% Daily Value***

Total Fat 11g **14%**

Saturated Fat 4.5g **22%**

Trans Fat 0g

Cholesterol	35mg	11%
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Sodium 640mg **28%**

Total Carbohydrate 27g **10%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes g Added Sugars

Protein 17g

Vitamin D 0.1mcg	0%
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Calcium 300mg	25%
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Iron 1.5mg 8%

Potassium 140mg	2%
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*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Supreme

25

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). SAUCE: tomato puree (vine ripened fresh tomatoes and salt). water, SEASONING: (salt, spices, garlic powder, sugar, soybean oil (as a processing aid), corn oil, PEPPERONI: pork, beef, salt, contains 2% or less of dextrose, lactic acid starter culture, oleoresin of paprika, sodium nitrate, spices, water, bha, bht, citric acid. SAUSAGE: pork, water, spices, salt, corn syrup solids, garlic, sugar, paprika, lemon juice powder (corn syrup solids), lemon juice solids, lemon oil) bha, bht, citric acid, soy lecithin used as a processing aid. Mushrooms, Onions, Red and green peppers, black olives (Ripe olives water, salt, and ferrous gluconate to stabilize color).

Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size2 slices
(153.11g)

Amount per serving
Calories320

	% Daily Value*
Total Fat 17g	21%
Saturated Fat 7g	36%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodlum 750mg	33%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%

Protein 16g33%

Vitamin D 6.5mcg	30%
Calcium 340mg	25%
Iron 1.2mg	6%
Potassium 130mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena's Pizzeria

26

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine. CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). MILD CHEDDAR CHEESE: (pasteurized milk, cheese cultures, salt, enzymes, annatto {vegetable color}), Powdered Cellulose (to prevent caking), Potassium Sorbate and Natamycin (preservatives) TACO SAUCE: tomato puree (water, tomato paste), water, distilled vinegar, sugar, salt, modified corn starch, paprika, spices (chili pepper, spices, salt, dehydrated garlic), citric acid, sodium benzoate (preservative), xanthan gum, onion powder. PRE-COOKED TACO FILLING: beef, water, textured vegetable protein (soy protein concentrate, isolated soy protein), seasoning (salt, dehydrated onion), SPICES, (dehydrated garlic, paprika, monosodium glutamate, spice extractive), cornstarch, sodium phosphates. BLACK OLIVES: ripe olives, water, salt, and ferrous gluconate added to stabilize color, onions.

Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size

**2 slices
(154.15g)**

Amount per serving

Calories

410

% Daily Value*

Total Fat 19g

24%

Saturated Fat 8g

42%

Trans Fat 0g

Cholesterol 45mg

15%

Sodium 5050mg

220%

Total Carbohydrate 40g

15%

Dietary Fiber 4g

15%

Total Sugars 7g

Includes 1g Added Sugars

1%

Protein 18g

37%

Vitamin D 4.4mcg

20%

Calcium 350mg

25%

Iron 5.2mg

30%

Potassium 150mg

4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Tater Tot Hotdish

INGREDIENTS: CRUST: Enriched Flour {(wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enzyme}, Water, Soybean Oil, Yeast, Dextrose, Calcium Propionate (preservative), Salt, Dough Conditioner (sodium metabisulfite), and Soy Lecithin. CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). CREAM OF MUSHROOM SOUP: Water, Mushrooms, Cream, Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Food Starch - Modified, Corn Oil, Salt, Palm Oil, Flavor (flavoring {contains canola oil}, nonfat dry milk, yeast extract, hydrolyzed corn protein, hydrolyzed soy protein, salt, cultured whey, disodium inosinate, disodium guanylate lecithin), Hydrolyzed Wheat Gluten Protein, Sugar, Maltodextrin, Onion Powder, Disodium Inosinate, Disodium Guanylate, Natural Flavor. TATER TOTS: Potatoes, Vegetable Oil (Canola, Palm), Dehydrated Potato, Salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. COOKED BEEF PIZZA TOPPING: beef, water, textured vegetable protein (soy flour, soy protein concentrate, caramel color), salt, seasonings (sugar, spice, hydrolyzed corn protein), sodium phosphates. IQF corn, Onion.

Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size

2 slices
(198.45g)

Amount per serving

Calories

430

	% Daily Value*
Total Fat 19g	25%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 930mg	41%
Total Carbohydrate 47g	17%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 17g	35%
Vitamin D 6.4mcg	30%
Calcium 370mg	30%
Iron 4.1mg	25%
Potassium 200mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Teriyaki Luau

28

INGREDIENTS: CRUST: wheat flour, water, soybean oil, yeast, salt, sugar, calcium propionate, l-cysteine. MOZZARELLA CHEESE: pasteurized milk, cheese cultures, salt and enzymes. DICED WHITE CHICKEN: boneless skinless chicken breast meat with rib meat, water, contains 2% or less of carrageenan, foodstarch, modified food starch, pea protein isolate, salt, sodium phosphates. TERIYAKI SAUCE: water, sugar, soy sauce (water, wheat, soybeans, salt), salted sake (salted rice wine), modified food starch, distilled vinegar, ginger puree, salt, caramel color, xanthan gum, garlic puree, spice. PINEAPPLE TIDBITS: pineapple, pineapple juice. Green onions.

Contains wheat, milk, soy, net wt. 20.75 (1 lb 4.75 oz)

Nutrition Facts

4 servings per container

Serving size 2 slices (145g)

Amount per serving
Calories 290

% Daily Value*

Total Fat 11g 14%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 1320mg 57%

Total Carbohydrate 30g 11%

Dietary Fiber 1g 4%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 18g 36%

Vitamin D 0.1mcg 0%

Calcium 220mg 15%

Iron 1.2mg 6%

Potassium 100mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Uffda

29

INGREDIENTS: CRUST: Wheat Flour, Water, Soybean Oil, Yeast, Salt, Sugar, Calcium Propionate, L-Cysteine CHEESE: Low moisture part skim cheese (Mozzarella Cheese) (cultured Pasteurized Part Skim Milk, Salt, Enzymes and Modified Food Starch), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, and Annato (Vegetable Color), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Smoked Flavoring), Powdered Cellulose (To Prevent caking), Potassium Sorbate and Natamycin (Preservatives). SAUCE: tomato puree (vine ripened fresh tomatoes and salt). water, SEASONING: (salt, spices, garlic powder, sugar, soybean oil (as a processing aid), corn oil, PEPPERONI: pork, beef, salt, contains 2% or less of dextrose, lactic acid starter culture, oleoresin of paprika, sodium nitrate, spices, water, bha, bht, citric acid. CANADIAN STYLE BACON: pork, water, salt, brown sugar, sodium phosphate, sodium erythorbate, sodium nitrite. ITALIAN SAUSAGE: Pork, water, spices, salt, corn syrup solids, garlic, sugar, paprika, lemon juice powder (corn syrup solids), lemon juice solids, lemon oil) bha, bht, citric acid, soy lecithin used as a processing aid. BEEF PIZZA TOPPING: beef, water, salt, hydrolyzed soy protein, spices, dextrose, sodium phosphate, dried onion, dried garlic, dried Worcestershire sauce (distilled vinegar, molasses, corn syrup, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor, bha, bht, citric acid.

Contains Wheat, Milk, Soy

Nutrition Facts

4 servings per container

Serving size

2 slices
(160.19g)

Amount per serving

Calories

360

% Daily Value*

Total Fat

19g

24%

Saturated Fat

8g

41%

Trans Fat

0.5g

Cholesterol

50mg

16%

Sodium

940mg

41%

Total Carbohydrate

26g

9%

Dietary Fiber

1g

4%

Total Sugars

3g

Includes 0g Added Sugars

0%

Protein

20g

41%

Vitamin D

6.5mcg

35%

Calcium

350mg

25%

Iron

1.2mg

6%

Potassium

200mg

4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

How do you ensure your gluten free pizzas are truly gluten free?

We produce gluten free pizzas in a clean environment with no crossover with non-gluten items. This means that we maintain our gluten free ingredients separately from other production ingredients. Everyday our production room and equipment go through a thorough cleaning and sanitization both the night prior and the morning before production. We schedule gluten free production at the start of the day to ensure a clean working environment. Only gluten free ingredients are allowed in the production room at this time. All of our steps are in accordance with gluten free processes as defined by the USDA and key gluten free organizations.

Beyond milk, soy, and wheat allergens...

We are also very conscious of allergens and any potential crossover effects with other pizzas. The two pizzas with potential crossover allergens are the breakfast (eggs) and Hazel's Peanut Butter Delight (nut). In both cases, we inventory the raw materials separately from other ingredients in the plant. We only bring the ingredients out when producing those specific pizzas. We only make breakfast or Hazel's Peanut Butter Delight pizzas at the end of a production day to ensure no cross contamination. Additionally, there are no nuts in our pesto sauce used for other pizzas. Our facility and equipment are given a thorough cleaning and sanitation at the end of the day and in the morning before production to ensure no contamination issues for future production. This is in accordance with USDA regulations and is inspected daily by the USDA.

INGREDIENTS: (Updated 5/30/24) CRUST: Tapioca Starch, Rice Flour (Rice, Rice Bran), Water, Rice Starch, Egg Whites, Modified Rice Starch, Powdered Whey (A Milk Derivative), Palm Oil, Yeast, CONTAINS LESS THAN 2% OF THE FOLLOWING: Cane Sugar, Canola Oil, Salt, Extra Virgin Olive Oil, Xanthan Gum, Cultured Brown Rice, Brown Rice Flour, Citric Acid, Lactic Acid. SHREDDED CHEESE BLEND: Whole Milk Mozzarella And Milk Cheddar Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, And Annatto {Vegetable Color}), Powdered Cellulose (To Prevent Caking), Potassium Sorbate And Natamycin (Preservatives). CHEDDAR CHEESE SAUCE: Water, Cheese Whey, Palm Oil, Modified Food Starch, Maltodextrin, CONTAINS 2% OR LESS OF THE FOLLOWING: Sodium Phosphates, Salt, Cheddar Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Lactic Acid, Vinegar, Sodium Stearoyl, Lactylate, Skim Milk, Citric Acid, Sodium Acid Pyrophosphate, Mono-And Diglycerides, Sodium Citrate, Sodium Hexametaphosphate, Butterfat, Phosphoric Acid, Autolyzed Yeast Extract, Natural Flavors, Cream, Annatto Extract (Color), Paprika Extract (Color), Beta Apo Carotenal (Color), Spice Seasoning (Salt, Spices, Sugar, Dehydrated Onion, Yeast Extract, Modified Corn Starch, Dehydrated Garlic, Monosodium Glutamate, Dehydrated Bell Peppers, Natural Flavor, Extractives Of Paprika, Not More Than 2% Silicon Dioxide Or Sunflower Oil Or Canola Oil To Prevent Caking. SAUSAGE CRUMBLES: Chicken Breast With Rib Meat, Salt, Spices, Sugar, Natural Flavor, Dehydrated Garlic. SCRAMBLED EGGS: Fully Cooked Scrambled Eggs (Pasteurized Whole Eggs, Non-Fat Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Citric Acid, Butter Flavor (Maltodextrin, Natural Butter Flavor, Annatto And Turmeric (Added For Color)) And Pepper). DICED EGGS: Egg Whites, Egg Yolks, Modified Food Starch, Salt, Xanthan Gum, Citric Acid, Natural And Artificial Flavors (Contains Buttermilk Powder And Non-Fat Dry Milk), And Annatto (Natural Color). BACON BITS: Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite. May Contain Smoke Flavoring.

Contains Milk, Soy, Egg Net Wt. 20.5 Oz

Nutrition Facts		
4 servings per container		
Serving size		1 slice (145g)
Amount per serving		
Calories		380
		% Daily Value*
Total Fat	16g	20%
Saturated Fat	7g	37%
Trans Fat	0g	
Cholesterol	90mg	31%
Sodium	560mg	24%
Total Carbohydrate	41g	15%
Dietary Fiber	1g	4%
Total Sugars	4g	
Includes 1g Added Sugars		2%
Protein	18g	36%
Vitamin D	0.2mcg	0%
Calcium	320mg	25%
Iron	1.4mg	8%
Potassium	130mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Ole & Lena’s Pizzeria

Gluten Free Buffalo Chicken

32

INGREDIENTS: CRUST: tapioca starch, rice flour (rice, rice bran), water, rice starch, egg whites, modified rice starch, powdered whey (a milk derivative), palm oil, yeast, contains less than 2% of the following: cane sugar, canola oil, salt, extra virgin olive oil, xanthan gum, cultured brown rice, brown rice flour, citric acid, lactic acid. MOZZARELLA CHEESE: pasteurized milk, cheese cultures, salt, and enzymes. BUFFALO SAUCE: cayenne pepper sauce (aged cayenne red pepper, distilled vinegar, salt, dried garlic), water, margarine (soybean and hydrogenated soybean oils, water, salt, mono and diglycerides, soy lecithin, sodium benzoate {preservative}, natural and artificial flavor, beta-carotene (color), vitamin a palmitate), contains less than 2% of sugar, salt, paprika, xanthan gum, oleoresin paprika (color), garlic,* sodium benzoate (preservative), natural flavor (milk), spice, sodium alginate, calcium disodium edta (to protect flavor, *dried. DICED WHITE CHICKEN: boneless skinless chicken breast meat with rib meat, water, contains 2% or less of carrageenan, food starch, modified food starch, pea protein isolate, salt, sodium phosphates.

Contains milk, soy, egg. Net wt. 19 oz. (1 lb 3) oz.

Nutrition Facts

4 servings per container

Serving size

1/4 Pizza
(134.66g)

Amount per serving

Calories

350

		% Daily Value*
Total Fat	15g	19%
Saturated Fat	7g	36%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodlum	810mg	35%
Total Carbohydrate	39g	14%
Dietary Fiber	1g	4%
Total Sugars	3g	
Includes 1g Added Sugars		2%
Protein	14g	29%
Vitamin D 0.1mcg		0%
Calcium 260mg		20%
Iron 1.3mg		8%
Potassium 210mg		4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Gluten Free Cheese

33

INGREDIENTS: (Updated 5/30/24) CRUST: Tapioca Starch, Rice Flour (Rice, Rice Bran), Water, Rice Starch, Egg Whites, Modified Rice Starch, Powdered Whey (A Milk Derivative), Palm Oil, Yeast, CONTAINS LESS THAN 2% OF THE FOLLOWING: Cane Sugar, Canola Oil, Salt, Extra Virgin Olive Oil, Xanthan Gum, Cultured Brown Rice, Brown Rice Flour, Citric Acid, Lactic Acid. MOZZARELLA CHEESE: Pasteurized Milk, Salt, Cheese Cultures, Enzymes. SAUCE: Crushed Tomatoes (Water, Concentrated Crushed Tomatoes), Sugar, Salt, Food Starch Modified, Spices, Soybean Oil, Dehydrated Onion And Garlic, Citric Acid, Garlic, Toasted Onion Powder

Contains Milk, Soy, Egg. Net Wt. 18.5oz.

Nutrition Facts

4 servings per container

Serving size 1 slice (131.12g)

Amount per serving
Calories 350

		% Daily Value*
Total Fat	13g	17%
Saturated Fat	8g	40%
Trans Fat	0g	
Cholesterol	30mg	11%
Sodium	560mg	24%
Total Carbohydrate	43g	16%
Dietary Fiber	2g	6%
Total Sugars	6g	
Includes 0g Added Sugars		0%
Protein	13g	27%

Vitamin D	0.2mcg	0%
Calcium	300mg	25%
Iron	1.3mg	8%
Potassium	150mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria

Gluten Free Chicken, Bacon, Ranch 34

INGREDIENTS: (Updated 6/05/24) CRUST: Tapioca Starch, Rice Flour (Rice, Rice Bran), Water, Rice Starch, Egg Whites, Modified Rice Starch, Powdered Whey (A Milk Derivative), Palm Oil, Yeast, CONTAINS LESS THAN 2% OF THE FOLLOWING: Cane Sugar, Canola Oil, Salt, Extra Virgin Olive Oil, Xanthan Gum, Cultured Brown Rice, Brown Rice Flour, Citric Acid, Lactic Acid. MOZZARELLA CHEESE: Pasteurized Whole Milk, Cheese Cultures, Salt, And Enzymes. RANCH DRESSING: Soybean Oil, Water, Buttermilk, Vinegar, Contains Less Than 2% Of; Egg Yolk, Salt, Modified Food Starch, Monosodium Glutamate, Buttermilk Solids, Garlic Xanthan Gum, Spice, Citric Acid, Sorbic Acid, Onion, Natural Flavor, Calcium Disodium Edta To Protect Flavor, Yeast Extract, Sunflower Oil. DICED WHITE CHICKEN: Boneless Skinless Chicken Breast Meat With Rib Meat, Water, Contains 2% Or Less Of Carrageenan, Food Starch, Modified Food Starch, Pea Protein Isolate, Salt, Sodium Phosphates. BACON BITS: Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite. May Contain Smoke Flavoring. Parsley.

Contains: Milk, Soy, Egg Net Wt. 18.5 Oz (1 Lb 2.5 Oz)

Nutrition Facts

4 servings per container

Serving size

1 slice (131.12g)

Amount per serving

Calories

410

% Daily Value*

Total Fat

20g

25%

Saturated Fat

8g

38%

Trans Fat

0g

Cholesterol

40mg

13%

Sodium

600mg

26%

Total Carbohydrate

41g

15%

Dietary Fiber

1g

4%

Total Sugars

4g

Includes 0g Added Sugars

0%

Protein

17g

33%

Vitamin D

0.1mcg

0%

Calcium

230mg

20%

Iron

1.4mg

8%

Potassium

150mg

4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Gluten Free Pepperoni

35

INGREDIENTS: (Updated 5/23/24) CRUST: Tapioca Starch, Rice Flour (Rice, Rice Bran), Water, Rice Starch, Egg Whites, Modified Rice Starch, Powdered Whey (A Milk Derivative), Palm Oil, Yeast, CONTAINS LESS THAN 2% OF THE FOLLOWING: Cane Sugar, Canola Oil, Salt, Extra Virgin Olive Oil, Xanthan Gum, Cultured Brown Rice, Brown Rice Flour, Citric Acid, Lactic Acid. MOZZARELLA CHEESE: Pasteurized Milk, Salt, Cheese Cultures, Enzymes. SAUCE: Crushed Tomatoes (Water, Concentrated Crushed Tomatoes), Sugar, Salt, Food Starch Modified, Spices, Soybean Oil, Dehydrated Onion And Garlic, Citric Acid, Garlic, Toasted Onion Powder. PEPPERONI: Pork, Beef, Salt, Contains 2% Or Less Of Dextrose, Natural Flavors, Oleoresin Of Paprika, Lactic Acid Starter Culture, Dehydrated Granulated Garlic, Sodium Nitrite, Bha, Bht, Citric Acid.

Contains Milk, Soy, Egg. Net Wt. 19 Oz

Nutrition Facts

4 servings per container

Serving size 1 slice (134.66g)

Amount per serving
Calories 380

	% Daily Value*
Total Fat 17g	21%
Saturated Fat 9g	44%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 680mg	29%
Total Carbohydrate 43g	16%
Dietary Fiber 2g	6%
Total Sugars 6g	
Includes 0g Added Sugars	0%

Protein 14g 28%

Vitamin D 0.3mcg	0%
Calcium 270mg	20%
Iron 1.4mg	8%
Potassium 170mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ole & Lena’s Pizzeria
Gluten Free Supreme

36

INGREDIENTS: CRUST: tapioca starch, rice flour (rice, rice bran), water, rice starch, egg whites, modified rice starch, powdered whey (a milk derivative), palm oil, yeast, contains less than 2% of the following: cane sugar, canola oil, salt, extra virgin olive oil, xanthan gum, cultured brown rice, brown rice flour, citric acid, lactic acid. SAUCE: crushed tomatoes (water, concentrated crushed tomatoes), sugar, salt, food starch modified, spices, soybean oil, dehydrated onion and garlic, citric acid, garlic, toasted onion powder. MOZZARELLA CHEESE: pasteurized milk, salt, cheese cultures, enzymes. SAUSAGE: pork, water, seasonings (spices, sugar, salt, hydrolyzed soy protein, garlic powder, onion powder, soybean oil), texture vegetable protein product, (textured soy protein concentrate, caramel color), corn syrup solids, salt, sodium phosphate, spices, paprika, garlic powder, caramel color, bha, bht, and citric acid. PEPPERONI: pork, beef, salt, contains 2% or less of dextrose, natural flavors, oleoresin of paprika, lactic acid starter culture, dehydrated granulated garlic, sodium nitrite, bha, bht, citric acid. lqf red & green bell peppers. lqf mushrooms. lqf onions. BLACK OLIVES: ripe olives, water, salt, ferrous gluconate added to stabilize color

Contains milk, soy, egg. Net wt. 21 oz. (1 lb 5 oz).

Nutrition Facts

4 servings per container

Serving size

1/4 Pizza
(148.84g)

Amount per serving

Calories

370

		% Daily Value*
Total Fat	16g	20%
Saturated Fat	8g	39%
Trans Fat	0g	
Cholesterol	35mg	11%
Sodium	470mg	21%
Total Carbohydrate	43g	16%
Dietary Fiber	2g	7%
Total Sugars	6g	
Includes 1g Added Sugars		2%
Protein	14g	27%
Vitamin D	0.1mcg	0%
Calcium	270mg	20%
Iron	1.7mg	10%
Potassium	130mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: (Updated 5/23/24) CRUST: Tapioca Starch, Rice Flour (Rice, Rice Bran), Water, Rice Starch, Egg Whites, Modified Rice Starch, Powdered Whey (A Milk Derivative), Palm Oil, Yeast, CONTAINS LESS THAN 2% OF THE FOLLOWING: Cane Sugar, Canola Oil, Salt, Extra Virgin Olive Oil, Xanthan Gum, Cultured Brown Rice, Brown Rice Flour, Citric Acid, Lactic Acid. MOZZARELLA CHEESE: Pasteurized Milk, Salt, Cheese Cultures, Enzymes. SAUCE: Crushed Tomatoes (Water, Concentrated Crushed Tomatoes), Sugar, Salt, Food Starch Modified, Spices, Soybean Oil, Dehydrated Onion And Garlic, Citric Acid, Garlic, Toasted Onion Powder. SAUSAGE: Pork, Water, Seasonings (Spices, Sugar, Salt, Hydrolyzed Soy Protein, Garlic Powder, Onion Powder, Soybean Oil), Textured Vegetable Protein Product (Textured Soy Protein Concentrate, Caramel Color), Corn Syrup Solids, Salt, Sodium Phosphate, Spices, Paprika, Garlic Powder Caramel Color, Bha, Bht, And Citric Acid. CANADIAN STYLE BACON: Pork, Water, Antimicrobial Agent (Sodium Lactate, Water, Sodium Diacetate), Salt, Brown Sugar, Flavoring (Smoke Flavoring), Tripolyphosphate, Sodium Nitrate. PEPPERONI: Pork, Beef, Salt, Contains2% Or Less Of Dextrose, Natural Flavors, Oleoresin Of Paprika, Lactic Acid Starter Culture, Dehydrated Granulated Garlic, Sodium Nitrite, Bha, Bht, Citric Acid.

Contains Milk, Soy, Egg Net Wt. 19.75 Oz.

Nutrition Facts

4 servings per container

Serving size

1 slice (139.98g)

Amount per serving

Calories

370

% Daily Value*

Total Fat

16g

21%

Saturated Fat

9g

43%

Trans Fat

0g

Cholesterol

35mg

12%

Sodlum

670mg

29%

Total Carbohydrate

43g

15%

Dietary Fiber

2g

6%

Total Sugars

6g

Includes 0g Added Sugars

0%

Protein

15g

29%

Vitamin D

0.2mcg

0%

Calcium

260mg

20%

Iron

1.5mg

8%

Potassium

160mg

4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Chocolate Choco Chip
Gelato

38

INGREDIENTS: Organic Whole Milk & Cream, Organic Cane Sugar, Organic Chocolate Chips (Organic Cane Sugar, Organic Unsweetened Chocolate, Organic Cocoa Butter, Organic Soy Lecithin, Organic Natural Vanilla Extract), Cocoa Powder, Dry Milk, Organic Tapioca Fiber. CONTAINS 2% OR LESS: Mono & Diglycerides, Locust Bean Gum, Sea Salt, Guar Gum.

ALLERGENS: Milk, Soy. May Contain Traces Of Peanuts, Tree Nuts, and Wheat.

Please Keep It Frozen

Nutrition Facts				
About 3 servings per container				
Serving size		2/3 Cup (90g)		
Calories		Per Serving	Per Container	
		179	538	
		% Daily Value*	% Daily Value*	
Total Fat		6.2 g 8%	18.6 g	24%
Saturated Fat		3.9 g 19%	11.6 g	58%
Trans fat		0.0 g	0.1 g	
Cholesterol		10.5 mg 3%	31.5 mg	10%
Sodium		129.3 mg 6%	387.9 mg	17%
Total Carbohydrate		30.1 g 11%	90.3 g	33%
Dietary Fibers		2.9 g 10%	8.8 g	31%
Total Sugars		25.7 g	77.1 g	
Inc. Added Sugars		22.4 g 45%	67.1 g	134%
Protein		3.6 g	10.7 g	
Vitamin D		16.1 mcg 81%	48.4 mcg	242%
Calcium		53.9 mg 4%	161.7 mg	12%
Iron		2.5 mg 14%	7.4 mg	41%
Potassium		186.7 mg 4%	560.0 mg	12%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.				

Coffee Cookie Crumble
Gelato

39

INGREDIENTS: Organic Whole Milk & Cream Mix, Organic Cane Sugar, Cookies (Wheat Flour, Sugar, Vegetable Oils (Contains One Or More Of Soybean Oil, Sunflower Oil, Canola Oil, Palm Oil), Brown Sugar Syrup, Sodium Bicarbonate, Soy Flour, Salt, Cinnamon), Dry Milk, Organic Tapioca Fiber, Organic Coffee Flavor. CONTAINS 2% OR LESS: Mono & Diglycerides, Locust Bean Gum, Sea Salt, Guar Gum.

ALLERGENS: Milk, Soy, Wheat. May Contain Traces Of Peanuts, And Tree Nuts.

Please Keep It Frozen

Nutrition Facts				
About 3 servings per container				
Serving size		2/3 Cup (90g)		
	Per Serving		Per Container	
Calories	147		441	
	% Daily Value*		% Daily Value*	
Total Fat	4.6 g	6%	13.7 g	18%
Saturated Fat	2.7 g	13%	8.1 g	40%
Trans fat	0.0 g		0.1 g	
Cholesterol	12.6 mg	4%	37.7 mg	13%
Sodium	126.9 mg	6%	380.8 mg	17%
Total Carbohydrate	24.4 g	9%	73.3 g	27%
Dietary Fibers	1.9 g	7%	5.6 g	20%
Total Sugars	20.4 g		61.2 g	
Inc. Added Sugars	16.4 g	33%	49.3 g	99%
Protein	3.1 g		9.4 g	
Vitamin D	13.1 mcg	66%	39.4 mcg	197%
Calcium	56.7 mg	4%	170.2 mg	13%
Iron	0.0 mg	0%	0.1 mg	0%
Potassium	43.4 mg	1%	130.1 mg	3%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.				

Salted Caramel Choco Chip Gelato

40

INGREDIENTS: Organic Whole Milk & Cream Mix, Caramel (Organic Cane Sugar, Water), Organic Chocolate (Organic Cane Sugar, Organic Unsweetened Chocolate, Organic Cocoa Butter, Organic Soy Lecithin, Organic Natural Vanilla Extract), Dry Milk, Organic Tapioca Fiber. CONTAINS 2% OR LESS: Sea Salt, Mono & Diglycerides, Locust Bean Gum, Guar Gum.

ALLERGENS: Milk, Soy. May Contain Traces Of Peanuts, Tree Nuts, And Wheat.

Please Keep It Frozen

Nutrition Facts				
About 3 servings per container				
Serving size		2/3 Cup (90g)		
	Per Serving		Per Container	
Calories	149		448	
	% Daily Value*		% Daily Value*	
Total Fat	5.5 g	7%	16.4 g	21%
Saturated Fat	3.4 g	17%	10.2 g	51%
Trans fat	0.0 g		0.1 g	
Cholesterol	12.0 mg	4%	35.9 mg	12%
Sodium	259.7 mg	11%	779.0 mg	34%
Total Carbohydrate	25.0 g	9%	74.9 g	27%
Dietary Fibers	2.3 g	8%	6.9 g	25%
Total Sugars	22.1 g		66.4 g	
Inc. Added Sugars	18.4 g	37%	55.3 g	111%
Protein	3.1 g		9.2 g	
Vitamin D	16.3 mcg	81%	48.9 mcg	244%
Calcium	57.1 mg	4%	171.3 mg	13%
Iron	0.4 mg	2%	1.3 mg	7%
Potassium	34.6 mg	1%	103.7 mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.				

Vanilla Honey Pecan Gelato

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INGREDIENTS: Organic Whole Milk & Cream Mix, Organic Cane Sugar, Honey, Pecans, Dry Milk, Organic Tapioca Fiber, Organic Whole Vanilla Ground. CONTAINS 2% OR LESS: Mono & Diglycerides, Locust Bean Gum, Sea Salt, Guar Gum.

ALLERGENS: Milk, Tree Nuts. May Contain Traces of peanuts, soy, and wheat.

Please keep it frozen

Nutrition Facts				
About 3 servings per container				
Serving size		2/3 Cup (90g)		
	Per Serving		Per Container	
Calories	144		433	
	% Daily Value*		% Daily Value*	
Total Fat	6.7 g	9%	20.0 g	26%
Saturated Fat	2.6 g	13%	7.7 g	39%
Trans fat	0.0 g		0.1 g	
Cholesterol	13.0 mg	4%	38.9 mg	13%
Sodium	107.9 mg	5%	323.6 mg	14%
Total Carbohydrate	19.7 g	7%	59.1 g	22%
Dietary Fibers	2.2 g	8%	6.6 g	24%
Total Sugars	17.4 g		52.2 g	
Inc. Added Sugars	13.2 g	26%	39.7 g	79%
Protein	3.3 g		9.9 g	
Vitamin D	13.6 mcg	68%	40.8 mcg	204%
Calcium	61.2 mg	5%	183.6 mg	14%
Iron	0.1 mg	1%	0.4 mg	2%
Potassium	52.9 mg	1%	158.8 mg	3%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.				

Vanilla Oat Choco Chip Gelato

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INGREDIENTS: Organic Oat Base (Water, Organic Oats), Organic Cane Sugar, Organic Chocolate (Organic Cane Sugar, Organic Unsweetened Chocolate, Organic Cocoa Butter, Organic Soy Lecithin (An Emulsifier), Organic Natural Vanilla Extract), Organic Coconut Oil, Organic Tapioca Fiber, Organic Madagascar Vanilla Extract, Organic Madagascar Vanilla Beans. CONTAINS 2% OR LESS OF: Mono & Diglycerides, Locust Bean Gum, Sea Salt, Guar Gum.

ALLERGENS: Soy. May Contain Traces Of Peanuts, Tree Nuts, And Wheat.

Please Keep It Frozen

Nutrition Facts				
About 3 servings per container				
Serving size		2/3 Cup (90g)		
Calories	Per Serving		Per Container	
	172		517	
	% Daily Value*		% Daily Value*	
Total Fat	9.8 g	13%	29.5 g	38%
Saturated Fat	7.6 g	38%	22.9 g	115%
Trans fat	0.0 g		0.0 g	
Cholesterol	0.0 mg	0%	0.0 mg	0%
Sodium	65.0 mg	3%	195.0 mg	8%
Total Carbohydrate	23.9 g	9%	71.6 g	26%
Dietary Fibers	3.8 g	14%	11.5 g	41%
Total Sugars	19.0 g		56.9 g	
Inc. Added Sugars	18.7 g	37%	56.1 g	112%
Protein	0.5 g		1.6 g	
Vitamin D	3.9 mcg	20%	11.8 mcg	59%
Calcium	5.0 mg	0%	15.1 mg	1%
Iron	0.5 mg	3%	1.4 mg	8%
Potassium	3.8 mg	0%	11.3 mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.				