



SCHOOL LUNCH – FOOD BASED

16" Lite Mozzarella

Serving Size: 184.80 g (6.51oz-wt.)

Number of Servings: 8.00

<u>Amount</u>		<u>Food Item</u>	<u>Meal Pattern Equivalence</u>
27.25	oz-wt	Domino's Screen Dough	3 Breads
0.1	oz-wt	Yellow Cornmeal	---
8.8	oz-wt	Pizza Sauce	1/4 Cup Fruit/Veggies
16.0	oz-wt	"Lite Mozzarella"	2 oz Meat / Meat Alternate

Nutrient	Per Serving	Per 100g
Gram Weight (g)	184.8	100
Calories (kcal)	410.1	221.92
Protein (g)	24.72	13.38
Carbohydrates (g)	53.31	28.85
Dietary Fiber (g)	3.06	1.65
Total Sugars (g)	6.29	3.41
Fat (g)	11	5.96
Saturated Fat (g)	4.44	2.4
Mono Fat (g)	1.33	0.72
Poly Fat (g)	1.99	1.08
Trans Fatty Acid (g)	0.46	0.25
Cholesterol (mg)	19.06	10.31
Water (g)	59.06	31.96
Ash (g)	1.23	0.67
Vitamin A - IU (IU)	453.71	245.51
Vitamin C (mg)	4.45	2.41
Calcium (mg)	365.28	197.66
Iron (mg)	3.92	2.12
Sodium (mg)	314.29	170.07
Calories from Fat (kcal)	99.04	53.6

The pizza product listed above, when made with approved Domino's Pizza ingredients, will provide the nutritional composition as indicated. Information may vary slightly depending on location and supplier base.