



## NUTRITIONAL GUIDE

CHOOSE MOST ✓✓  
CHOOSE SOMETIMES ✓

	SERVING SIZE (g)	CALORIES	CALORIES FROM FAT	TOTAL FAT	% DAILY VALUE	SATURATED FAT (g)	% DAILY VALUE	CHOLESTEROL (mg)	% DAILY VALUE	SODIUM (mg)	% DAILY VALUE	TOTAL CARBOHYDRATE (g)	% DAILY VALUE	DIETARY FIBRE (g)	SUGAR (g)	PROTEIN (g)	% DV VIT. A	% DV VIT. C	% DV CALCIUM	% DV IRON	
<b>CHEESE PIZZA ✓</b>																					
HEARTY HERB CRUST	188	430	140	15	24	6.19	43	45	15	628	32	50	17	5	5	25	10	35	40	20	
FLAXSEED THIN CRUST	164	380	130	15	23	6.19	43	45	15	447	24	39	13	17	2	24	10	45	40	15	
<b>VEGGIE PIZZA ✓✓</b>																					
HEARTY HERB CRUST	229	400	110	13	20	6	31	35	11	710	29	51	17	5	4	21	8	80	30	20	
FLAXSEED THIN CRUST	205	350	110	13	19	6	31	35	11	500	21	40	13	4	2	20	8	90	30	15	
<b>PEPPERONI PIZZA ✓</b>																					
HEARTY HERB CRUST	171	390	120	13	20	6	31	30	11	730	31	50	17	5	4	20	6	35	25	20	
FLAXSEED THIN CRUST	147	340	110	13	20	6	32	30	11	530	22	38	13	4	2	19	6	45	25	15	
<b>TROPICAL PIG PIZZA</b>																					
HEARTY HERB CRUST ✓	296	450	100	12	18	6	32	40	13	750	31	66	22	6	19	23	8	60	30	20	
FLAXSEED THIN CRUST ✓✓	272	400	100	12	18	6	32	40	13	550	23	55	18	5	16	22	8	70	30	20	
<b>SALAD-FULL SIZE ✓✓</b>																					
CAESAR	160	190	70	8	13	4.5	22	15	6	540	23	18	6	3	2	14	60	50	35	10	
GARDEN	256	110	45	5	8	3	15	15	5	115	115	5	10	3	4	5	150	60	15	8	
GREEK	290	140	70	9	13	3	15	20	6	400	17	14	5	3	14	6	50	130	15	6	
<b>SALAD-ON SIDE ✓✓</b>																					
CAESAR	53	63	23	3	4	1.5	7	5	2	180	8	6	2	1	1	5	5	17	12	3	
GARDEN	85	37	15	2	3	1	5	5	2	38	38	2	3	1	1	2	50	20	5	3	
GREEK	97	47	23	3	4	1	5	7	2	133	6	5	2	1	5	2	17	43	5	2	
<b>VEGGIE&amp;DIP ✓✓</b>																					
CARROT, CELERY & LOW FAT RANCH DIP	270	60	0	0	0	0	0	0	0	42	3	13	4	3	8	0	378	14	11	0	
<b>DRESSING</b>																					
LOW FAT CAESAR-HELLMANS	15	35	.	2.25	3	0.5	2	2.5	1	180	8	3	1	0	0.5	0.5	0	0	0	0	
LOW FAT RANCH	15	35	.	2.25	3	0.25	2	2.5	1	125	5	4	2	0	1.5	0.1	0	0	0	0	
LOW FAT GREEK	15	45		4.5	7	0.5	3	0	0	200	8	1	0	0	1	0.2	0	0	0	0	
<b>CHICKEN WINGS</b>																					
BUFFALO	90	180	110	13	20	0	0	0	0	840	35	1	0	0	0	16	0	0	0	1	
HONEY GARLIC	90	200	130	14	22	0	0	0	0	430	16	2	1	0	0	16	0	0	0	1	
BARBEQUE	90	200	120	13	20	0	0	0	0	440	19	4	1	0	0	16	0	0	0	1	

**SCHOOL LUNCH PROGRAM**

**FAX-IN FORM** Please visit:  
[www.flyingwedge.com/locations.html](http://www.flyingwedge.com/locations.html) for the contact  
information for the Flying Wedge location nearest you!

<b>CUSTOMER INFORMATION</b>		SCHOOL:	
Contact:		Phone:	Fax:
PAYMENT METHOD: <input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> VISA Card# _____ Expiry ____/____/____ <input type="checkbox"/> MASTERCARD Card# _____ Expiry ____/____/____		Date:	Delivery Time:
ALL PIZZAS ARE 6" ROUND MADE WITH HEAVENLY HERB DOUGH CRUST X4 FLAVOURS. PIZZA: \$3.50 (300 UNITS & UNDER)    \$3.25 (300-400 UNITS)    \$3.00 (400+)			

**tropicalpig**  
Lean sliced ham, pineapple, cheddar,  
Cheese Blend and garlic seasoning.

**pepperoni**  
Loads of pepperoni and our Cheese Blend!

**cheesycheese**  
Our own signature cheese blend  
and cheddar.

**veggiewedgie**  
Mushrooms, green peppers, zucchini,  
tomatoes, Cheese Blend, and cheddar.

TEACHER: \_\_\_\_\_ DIVISION/GRADE: \_\_\_\_\_ ROOM NUMBER: \_\_\_\_\_ NO. OF STUDENTS: \_\_\_\_\_

PIZZA	300 UNITS & UNDER	300-400 UNITS	400+ UNITS
VEGGIE WEDGIE ✓✓	X \$3.50 = \$	X \$3.25 = \$	X \$3.00 = \$
TROPICAL PIG ✓	X \$3.50 = \$	X \$3.25 = \$	X \$3.00 = \$
CHEESY CHEESE ✓	X \$3.50 = \$	X \$3.25 = \$	X \$3.00 = \$
PEPPERONI ✓	X \$3.50 = \$	X \$3.25 = \$	X \$3.00 = \$

CHICKEN WINGS X 4 PIECES + SIDE SALAD			
BUFFALO	CAESAR		X \$4.50 = \$
	GARDEN		X \$4.50 = \$
	GREEK		X \$4.50 = \$
HONEY GARLIC	CAESAR		X \$4.50 = \$
	GARDEN		X \$4.50 = \$
	GREEK		X \$4.50 = \$
BARBEQUE	CAESAR		X \$4.50 = \$
	GARDEN		X \$4.50 = \$
	GREEK		X \$4.50 = \$

ADD ONS	300 UNITS & UNDER	300-400 UNITS	300-400 UNITS
CHOCOLATE CHUNK COOKIE	X \$1.25 = \$	X \$1.10 = \$	X \$0.95 = \$
VEGGIES & DIP ✓✓	X \$2.00 = \$	X \$1.75 = \$	X \$1.50 = \$

SIDE SALAD ✓✓	CAESAR		X \$1.75 = \$
	GARDEN		X \$1.75 = \$
	GREEK		X \$1.75 = \$
FULL SALAD ✓✓	CAESAR		X \$3.25 = \$
	GARDEN		X \$3.25 = \$
	GREEK		X \$3.25 = \$

<b>SUBTOTAL</b>	
+ G.S.T. (5%)	
<b>TOTAL:</b>	\$

**SPECIAL REQUESTS: \* ADDITIONAL CHARGES MAY APPLY**

CUPS- QUANTITY:	CUTLERY- QUANTITY:
PLATES- QUANTITY:	NAPKINS- QUANTITY:



**tropicalpig**

Lean sliced ham, pineapple, cheddar, Cheese Blend and garlic seasoning.

**pepperoni**

Loads of pepperoni and our Cheese Blend!

**cheesycheese**

Our own signature cheese blend and cheddar.

**veggiewedgie**

Mushrooms, green peppers, zucchini, tomatoes, Cheese Blend, and cheddar.

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PEPPERONI ✓	X \$3.50 = \$	X \$3.25 = \$	X \$3.00 = \$

CHICKEN WINGS X 4 PIECES + SIDE SALAD			
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	GARDEN		X \$4.50 = \$
	GREEK		X \$4.50 = \$
HONEY GARLIC	CAESAR		X \$4.50 = \$
	GARDEN		X \$4.50 = \$
	GREEK		X \$4.50 = \$
BARBEQUE	CAESAR		X \$4.50 = \$
	GARDEN		X \$4.50 = \$
	GREEK		X \$4.50 = \$

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	GREEK		X \$1.75 = \$
FULL SALAD ✓✓	CAESAR		X \$3.25 = \$
	GARDEN		X \$3.25 = \$
	GREEK		X \$3.25 = \$

<b>SUBTOTAL</b>	
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PLATES- QUANTITY:	NAPKINS- QUANTITY: