

Item	Amount	Calories	Calories from			Cholesterol			Carbohydrate				Calcium		Iron (%DV)	
			Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	(mg)	Sodium (mg)	(g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)		(%DV)
Dough	Whole Pizza	640	140	16	2	0	0	1240	116	4	8	8	0.00%	16.00%	0.00%	0.00%
Pizza sauce	Whole Pizza	43.75	0	0	0	0	0	425	10	2.5	5	1.25	7.50%	25.00%	2.50%	2.50%

Single Topping Portions	Amount	Calories	Calories from			Cholesterol			Carbohydrate				Calcium		Iron (%DV)	
			Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	(mg)	Sodium (mg)	(g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)		(%DV)
Mozz Cheese	Whole Pizza	340	240	28	16	0	64	760	0	0	0	28	16.00%	0.00%	80.00%	0.00%
Sausage	Whole Pizza	141	101.2	11.24	4.16	0	37.99	375.4	0.66	0.13	0.29	8.96	1.43%	0.88%	0.97%	3.02%
Hamburger	Whole Pizza	154.29	114.29	12.57	5.14	1.14	40	31.43	0	0	0	10.9	0.00%	0.00%	1.14%	6.67%
Pepperoni	Whole Pizza	131.25	112.5	12.187	5.6	0	32.8	440.6	0	0	0	4.687	0.00%	0.00%	0.56%	2.11%
Ham	Whole Pizza	210	60	6	3	0	75	1920	9	0	9	30	0.00%	0.00%	0.00%	6.00%
Steak	Whole Pizza	89.99	13.5	1.5	0.75	0	30	540	1.5	0	0	16.5	0.00%	0.00%	0.00%	9.00%
Mushrooms	Whole Pizza	21.83	3.04	0.34	0	0	0	4.96	3.25	0.99	1.64	3.07	0.00%	3.47%	0.30%	2.76%
Green Peppers	Whole Pizza	8.5	0.65	0.07	0.02	0	0	1.28	1.97	0.72	1.02	0.37	3.15%	56.98%	0.43%	0.80%
Onions/Red Onic	Whole Pizza	22.68	0.51	0.06	0.02	0	0	2.27	5.3	0.96	2.4	0.62	0.02%	6.99%	1.30%	0.66%
Green Olives	Whole Pizza	87.23	78.5	8.72	0	0	0	959.5	4.36	0	0	0	0.00%	0.00%	0.00%	0.00%
Black Olives	Whole Pizza	65.2	54.5	6.06	0.8	0	0	494.41	3.55	1.81	0	0.48	4.57%	0.85%	4.99%	10.39%
Italian Hot Pepp	Whole Pizza	5.95	1.25	0.14	0.04	0	0	598.16	0.93	0.24	0	0.24	2.39%	0.42%	1.36%	2.14%
Red Peppers	Whole Pizza	8.79	0.77	0.09	0.01	0	0	1.13	1.71	0.57	1.14	0.28	17.75%	60.34%	0.20%	0.68%
Spinach	Whole Pizza	19.77	4.31	0.48	0.07	0	0	47.2	2.76	1.98	0.55	2.51	149.59%	25.83%	9.89%	7.19%
Bacon	Whole Pizza	210	140	15.3	7	0	87.5	1120	0	0	0	17.5	0.37%	0.00%	0.37%	3.98%
Tomatoes	Whole Pizza	15.74	1.57	0.18	0	0	0	4.38	3.43	1.05	2.3	0.77	14.59%	18.53%	0.87%	1.31%
Garlic	Whole Pizza	0	0	0	0	0	0	0	0	0	0	0	0.00%	0.00%	0.00%	0.00%
Extra Cheese	Whole Pizza	170	120	14	8	0	32	380	0	0	0	14	8.00%	0.00%	40.00%	0.00%
Colby Cheese	Whole Pizza	83.77	61.44	6.83	4.29	0	20.19	128.4	0.55	0	0.11	5.05	4.23%	0.00%	14.57%	0.90%

Specialty Combinations	Amount	Calories	Calories from			Cholesterol			Carbohydrate				Calcium		Iron (%DV)	
			Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	(mg)	Sodium (mg)	(g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)		(%DV)
BBQ Chicken	1/2 Pizza	650	240	27	12	0	65	1600	77	2	20	29	10%	15%	45%	2%
Happy Heart	1/2 Pizza	530	200	22	9	0	30	1230	66	4	8	20	80%	50%	45%	4%
Veggie	1/2 Pizza	660	300	33	15	0	55	1600	67	5	8	28	25%	45%	70%	6%
Delight	1/2 Pizza	780	390	44	19	0	85	1940	67	5	8	34	20%	45%	70%	8%

Last Updated 6/25/09

A Health and Nutrition representative compiled this nutrition from the following data: Nutrition analysis from Monical's Pizza® Restaurants approved food manufacturers and an independent laboratory. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year; use of an alternate supplier, minor differences in product assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this posting are included on this site. Product data is based on current formulations as of date of posting.