

**MONICAL'S PIZZA®**

<b>PIZZA</b>	<b>Serving Size</b>	<b>Total Kcal</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
8" Thin Crust	Individual	363.1	1	0.2	76	2.8	10.5	0	3.9
8" Pan Crust	Individual	532.9	9.9	1.7	96	3.5	13.1	0	35
<i>Thin Pizza Sauce</i>		17	0.1	0	4.1	0.9	0.7	0	169.7
<i>Pan Pizza Sauce</i>		28.1	0.2	0	5.5	0	1.2	0	264
<i>BBQ Sauce</i>		31.9	0.8	0.1	5.4	0.5	0.8	0	346.6

Add **Crust** and **Sauce** choices to **Ingredients** for totals

**INGREDIENTS**

<b>Cheese</b>	180	11.3	7.2	2	0	17.2	41.1	330.3
<b>Sausage</b>	251.3	16	8.8	2.3	0.1	21.8	60.6	349
<b>Pepperoni</b>	268.1	19.1	10	2.5	0	20.9	55.1	691.7
<b>BBQ Chicken</b>	386.9	22.6	13.5	4.3	0.1	40.2	119	747.3
<b>Happy Heart</b>	170.3	9.2	5.8	7.2	1.8	15.4	32.9	296.1
<b>Delight</b>	318.6	20.8	10.5	5.6	0.8	25	69	567.4
<b>Veggie</b>	369.7	23.6	13.4	9.3	2	30.7	73.2	823.8
<b>Italian Special</b>	303.9	18.9	9.3	9.8	2.3	23.1	60.6	1001.6
<b>Deluxe</b>	360.5	23.6	11	11	2.6	25.4	69	1218.8
<b>Cheese Free*</b>	23.4	0.1	0	6.5	2.5	0.9	0	407.2
<b>Hawaiian</b>	448.8	20.9	10.2	26.8	1.1	38.5	101.2	1781

\*Cheese free includes: Green peppers, onions, mushrooms and pepperinisinis

<b>POINT PIZZA</b>	<b>Serving Size</b>	<b>Total Kcal</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
<b>Bacon</b>	1/3 pizza	920.0	34.0	18.0	110.0	6.0	49.0	120.0	1740.0
<b>BBQ Chicken</b>	1/3 pizza	850.0	26.0	14.0	111.0	6.0	49.0	0.0	1060.0
<b>Black Olive</b>	1/3 pizza	810.0	27.0	13.0	113.0	7.0	36.0	50.0	1280.0
<b>Cheese</b>	1/3 pizza	760.0	22.0	13.0	110.0	6.0	38.0	50.0	890.0
<b>Green Olive</b>	1/3 pizza	830.0	29.0	13.0	113.0	6.0	36.0	50.0	1650.0
<b>Green Pepper</b>	1/3 pizza	770.0	22.0	13.0	112.0	6.0	36.0	50.0	890.0
<b>Ham</b>	1/3 pizza	910.0	26.0	15.0	117.0	6.0	57.0	115.0	2280.0
<b>Hamburger</b>	1/3 pizza	890.0	32.0	17.0	110.0	6.0	45.0	85.0	920.0
<b>Italian Hot Peppers</b>	1/3 pizza	770.0	22.0	13.0	111.0	6.0	36.0	50.0	1340.0
<b>Onion</b>	1/3 pizza	780.0	22.0	13.0	113.0	6.0	36.0	50.0	890.0
<b>Pepperoni</b>	1/3 pizza	950.0	31.0	17.0	110.0	6.0	42.0	75.0	1220.0
<b>Premium Blend</b>	1/3 pizza	890.0	33.0	19.0	111.0	6.0	24.0	80.0	1130.0
<b>Red Pepper</b>	1/3 pizza	770.0	22.0	13.0	104.0	6.0	36.0	50.0	890.0
<b>Sausage</b>	1/3 pizza	870.0	31.0	16.0	111.0	6.0	46.0	85.0	1200.0
<b>Spinach</b>	1/3 pizza	770.0	22.0	13.0	112.0	7.0	37.0	50.0	920.0
<b>Steak</b>	1/3 pizza	810.0	23.0	13.0	111.0	6.0	47.0	70.0	1190.0

*Updated 03/08*

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

**MONICAL'S PIZZA®**

<b>STARTERS</b>	<b>Serving Size</b>	<b>Total Kcal</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
<b>Breadsticks (plain)</b>	1 stick	152.2	2.8	0.5	27.4	1.0	3.7	0.0	10.0
<b>Nacho Cheese</b>	3 fl oz	148.5	12.0	6.0	2.7	0.0	5.4	27.0	837.0
<b>Cheddar Cheese</b>	3 fl oz	105.0	7.5	3.0	6.0	0.0	3.0	7.5	555.0
<b>Tomato Sauce</b>	3 fl oz	74.0	4.1	0.7	7.5	1.7	1.8	0.0	420.0
<b>Hot Wings (w/o Ranch)</b>	3	210.0	13.0	3.5	2.0	1.0	19.0	55.0	590.0
<b>Plain Mild Cheddar Cheese Fries</b>	1 lb of fries	1129.0	52.8	16.8	147.0	16.2	16.8	15.0	2676.0
<b>w/ toppings</b>		1319.5	66.0	19.8	148.6	17.2	26.8	49.0	3400.6
<b>Plain Nacho Cheese Fries</b>	1 lb of fries	1216.0	61.8	22.9	140.4	16.2	21.6	54.0	3240.0
<b>w/ toppings</b>		1406.5	75.0	25.9	142.0	17.2	31.6	88.0	3964.0
<b>Pepperollies (w/o marinara)</b>	3	1355.0	30.0	15.0	109.0	4.8	38.0	72.6	1227.0

<b>Sauces &amp; Dips (served w. Chicken Tenders)</b>	<b>Serving Size</b>	<b>Total Kcal</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
<b>BBQ</b>	3 oz.	63.8	1.5	0.2	10.9	1.0	1.5	0.0	693.2
<b>Honey Mustard</b>	3 oz.	398.7	12.8		3.4		0.0		530.7
<b>Ranch</b>	3 oz.	151.4	14.1	11.3	4.0	0.0	2.8	4.3	40.8
<b>Red Hot Buffalo</b>	3 oz.	34.0	0.9	0.0	5.2	0.3	1.2	0.0	551.1

*Updated 03/08*

A Health & Nutrition representative compiled this nutrition information from the following data: Nutrition analysis from Monical's Pizza® Restaurant 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.

**MONICAL'S PIZZA®**

<b>SALADS</b>	<b>Serving Size</b>	<b>Total Kcal</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
Individual Garden Salad	1 salad	90.6	4.8	2.9	7.0	2.3	4.7	13.5	106.7
Chef Salad	1 salad	425.1	19.9	10.6	16.9	6.3	45.4	123.3	1102.7
Southwest Chicken Salad	1 salad	705.2	47.0	18.3	30.5	5.2	42.4	141.8	1063.4
Pecan Grilled Chicken Salad	1 salad	620.0	14.0	4.0	46.0	13.0	66.0	80.0	2290.0

<b>DRESSINGS</b>	<b>Serving Size</b>	<b>Total Kcal</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
Monical's® Sweet & Tart	2 Tbsp	130.0	10.0	1.5	9.0	0.0	0.0	5.0	250.0
1000 Island	2 Tbsp	130.0	12.0	1.5	5.0	0.0	0.0	10.0	240.0
Creamy Italian	2 Tbsp	110.0	9.0	1.5	6.0	0.0	0.0	0.0	290.0
Creamy Italian Lite	2 Tbsp	50.0	0.0	0.0	9.0	0.0	0.0	0.0	420.0
Ranch	2 Tbsp	140.0	15.0	2.5	0.0	0.0	0.0	10.0	260.0
Fat Free Vinaigrette	2 Tbsp	20.0	0.0	0.0	5.0	0.0	0.0	0.0	390.0

*Updated 03/08*

A Health & Nutrition representative compiled this nutrition information from the following data: Nutrition analysis from Monical's Pizza® Restaurant 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.

**MONICAL'S PIZZA®**

<b>SANDWICHES (W/O CHIPS)</b>	<b>Serving Size</b>	<b>Total Kcal</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
8" Bread	Individual	380.0	6.0	1.5	68.0	3.0	13.0	0.3	133.8

**Sandwich Ingredients:**

<b>Hot Sicilian</b>	Reg. Sub	918.6	45.1	16.9	57.7	2.4	70.0	178.8	4597.2
<b>Italian Beef</b>	Reg. Sub	579.6	21.1	7.9	57.7	2.4	42.0	88.8	1553.2
<b>BBQ Chicken</b>	Reg. Sub	1000.0	37.0	14.0	107.0	2.0	60.0	115.0	3530.0
<b>Turkey Sub</b>	Reg. Sub	541.6	12.1	5.9	60.7	2.4	45.0	75.8	3271.2

**Sides of:**

<b>Pepperoncinis</b>	3	17.6	0.0	0.0	7.1	3.5	0.0	0.0	810.5
<b>Marinara Sauce</b>	2 oz.	39.2	0.9	0.1	6.7	1.3	1.1	0.0	315.0

**Potato Chips**

See bag for nutritional information as results may vary by location.

*Updated 03/08*

A Health & Nutrition representative compiled this nutrition information from the following data: Nutrition analysis from Monical's Pizza® Restaurant approved food manufacturers and an independent laboratory. The nutrition information listed here is based on standard recipes and formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, minor differences in product assembly 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.

**MONICAL'S PIZZA®**

<b>PASTA</b>	<b>Serving Size</b>	<b>Total Kcal</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>
<b>Lasagna</b>	Individual	700.0	36.0	18.0	63.0	5.0	31.0	120.0	1420.0
<b>Tortellini</b>	Individual	400.0	12.0	4.0	58.0	4.0	16.0	45.0	1234.0
<b>Baked Ravioli</b>	Individual	1430.0	95.0	43.0	88.0	8.0	59.0	280.0	2690.0
<b>Spaghetti</b>	Individual	450.0	7.0	1.0	80.0	2.0	15.0	0.0	1279.0
<b>Meatballs</b>	3	230.0	18.0	7.0	5.0	0.0	13.0	45.0	570.0
<b>Supreme (premium blend)</b>	Individual	134.0	9.0	6.0	1.0	0.0	11.0	30.0	240.0
<b>Garlic Stick</b>	2	408.0	1.0	0.4	83.0	3.0	13.0	0.0	331.0

*Updated 03/08*

A Health & Nutrition representative compiled this nutrition information from the following data: Nutrition analysis from Monical's Pizza® Restaurant 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.