

MONICAL'S PIZZA®

STARTERS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Breadsticks (plain)	1 stick	136.5	1.0	0.2	28.0	0.1	3.9	0.0	3.3
Nacho Cheese	3 fl oz	105.0	6.8	1.5 /		0.0	1.5	0.0	630.0
Cheddar Cheese	3 fl oz	120.0	7.5	3.0	7.5	0.0	4.5	15.0	795.0
Marinara Sauce	3 fl oz	73.0	3.4	0.5	9.0	1.9	1.4	0.0	421.0
Garlic Bread (w/o marinara)	2 pieces	770.0	48.0	44.0	70.0	4.3	14.0	0.0	3425.0
Garlic Cheese Bread (w/o Marinara)	2 pieces	954.0	63.0	20.0	70.0	4.3	28.0	32.0	3808.0
Hot Wings (w/o Ranch)	6 pieces	511.0	35.0	8.0	3.2	0.0	48.0	256.0	1310.0
Mozzarella Sticks (w/o marinara)	5 pieces	450.0	23.0	10.0	40.0	0.0	20.0	50.0	1350.0
Pepperollies (w/o marinara)	6 pieces	1142.0	31.0	17.0	168.0	0.4	47.0	73.0	787.0
Cheese Fries	1 order	1369.0	73.0	14.0	145.0	12.0	34.0	65.0	3818.0
Chicken Dippin Strips (w/o sauce)	1 order	678.0	32.0	4.9	51.0	3.0	45.0	90.0	1675.0

SALADS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Individual Salad	1 salad	85.0	4.7	3.0	5.7	2.0	4.7	15.0	110.0
Family Salad	1 salad	353.0	19.0	12.0	25.0	9.2	20.0	60.0	451.0
Chef Salad	1 salad	340.0	18.0	11.0	18.0	6.6	27.0	67.0	932.0
Southwest Chicken Salad	1 salad	293.0	12.0	6.7	11.0	5.3	35.0	103.0	959.0

DRESSINGS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Monical's® Sweet & Tart	2 Tbsp	120.0	10.0	1.5	9.0	0.0	0.0	5.0	250.0
Monical's® Sweet & Tart Light	2 Tbsp	60.0	4.5	0.5	6.0	2.0	0.0	5.0	240.0
1000 Island	2 Tbsp	140.0	14.0	2.0	5.0	0.0	0.0	10.0	240.0
Creamy Italian	2 Tbsp	100.0	9.0	1.5	5.0	0.0	0.0	0.0	270.0
Ranch	2 Tbsp	150.0	15.0	2.5	2.0	0.0	1.0	15.0	220.0
Fat Free Vinaigrette	2 Tbsp	15.0	0.0	0.0	3.0	0.0	0.0	0.0	350.0

SANDWICHES	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Hot Sicilian	8" Sub	992.0	49.0	22.0	70.0	3.6	52.0	138.0	2903.0
Italian Beef	8" Sub	657.0	22.0	7.6	72.0	3.1	44.0	89.0	2047.0
BBQ Chicken	8" Sub	833.0	23.0	11.0	105.0	3.9	52.0	105.0	2456.0
Turkey Sub	8" Sub	696.0	22.0	11.0	77.0	5.2	48.0	74.0	2390.0

Meatball Sub	8" Sub	849.0	41.0	18.0	81.0	5.5	40.0	74.0	2189.0
Chicken Parmesan	8" Sub	1131.0	47.0	14.0	113.0	6.6	63.0	101.0	2674.0
Ham & Mozzarella Cheese	8" Sub	604.0	25.0	12.0	70.0	3.7	41.0	78.0	2050.0

Sandwich sides

Pepperoncinis	3 fl oz	74.0	4.1	0.7	7.5	1.7	1.8	0.0	420.0
Marinara Sauce	2 fl oz	39.2	0.9	0.1	6.7	1.3	1.1	0.0	315.0

Potato Chips

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

PASTA	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Lasagna	Individual	623.0	30.0	17.0	54.0	4.5	30.0	121.0	1257.0
Tortellini, Meat	Individual	450.0	12.0	4.4	66.0	5.4	18.0	44.0	958.0
Ravioli, Meat	Individual	449.0	15.0	4.8	60.0	4.8	17.0	76.0	1054.0
Spaghetti	Individual	267.0	5.3	0.7	46.0	4.0	7.4	0.0	561.0
Spaghetti & Meatballs	Individual	382.0	15.0	4.7	47.0	4.0	14.0	25.0	876.0

Pasta sides

Meatballs (side)	3	230.0	20.0	8.0	1.0	0.0	23.0	50.0	630.0
Supreme	Premium Blend	145.0	12.0	7.0	0.0	0.0	11.0	31.0	275.0
Garlic Breadstick	2	273.0	2.0	0.3	56.0	0.1	7.8	0.0	6.6

KIDS MENU	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
8" Thin Crust Cheese Pizza	8" thin	530.0	18.0	10.0	67.0	1.5	27.0	40.0	773.0
3 Pepperollies (w/o marinara)	1 order	571.0	16.0	8.3	84.0	0.2	23.0	37.0	394.0
Marinara sauce	3 fl oz	73.0	3.4	0.5	9.0	1.9	1.4	0.0	421.0
Spaghetti w/Marinara	Child portion	133.0	2.7	0.3	23.0	2.0	3.7	0.0	280.0
Side Salad	1 salad	85.0	4.7	3.0	5.7	2.0	4.7	15.0	110.0
Kids Chicken Dippin Strips (w/o sauce)	1 order	339.0	16.0	2.4	25.0	1.5	22.0	45.0	837.0

DESSERTS/EXTRAS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Apple Slices	2 oz	33.0	0.1	0.0	7.8	1.4	0.1	0.0	0.4
Chocolate Chunk Cookie	1 cookie	550.0	27.0	10.0	75.0	3.0	7.0	25.0	580.0
Snickerdoodle Cookie	1 cokie	550.0	23.0	7.0	79.0	2.0	6.0	30.0	620.0

Oatmeal Raisin Cookie	1 cppkie	490.0	17.0	3.5	78.0	3.0	8.0	35.0	520.0
-----------------------	----------	-------	------	-----	------	-----	-----	------	-------

MONICAL'S PIZZA THIN PIZZA									
	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Cheese	8" Thin	530.0	18.0	10.0	67.0	1.5	27.0	40.0	773.0
Sausage	8" Thin	605.0	24.0	12.0	67.0	1.5	32.0	60.0	1048.0
Pepperoni	8" Thin	618.0	26.0	14.0	67.0	1.5	30.0	62.0	1067.0
BBQ Chicken	8" Thin	782.0	26.0	15.0	93.0	0.8	44.0	99.0	1596.0
Pizza Florentine	8" Thin	507.0	14.0	8.0	71.0	2.6	25.0	32.0	702.0
Delight	8" Thin	691.0	30.0	15.0	70.0	2.2	35.0	78.0	1285.0
Veggie	8" Thin	633.0	24.0	15.0	71.0	2.5	33.0	63.0	904.0
Italian Special	8" Thin	709.0	31.0	15.0	72.0	2.2	34.0	65.0	1776.0
Deluxe	8" Thin	746.0	35.0	16.0	72.0	2.5	35.0	78.0	1647.0
Cheeseburger	8" Thin	816.0	39.0	20.0	68.0	2.9	48.0	127.0	1556.0

MONICAL'S PIZZA PAN PIZZA									
	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Cheese	8" Pan	685.0	19.0	10.0	106.0	2.2	32.0	40.0	1057.0
Sausage	8" Pan	799.0	25.0	12.0	106.0	2.2	37.0	60.0	1332.0
Pepperoni	8" Pan	811.0	28.0	14.0	106.0	2.2	35.0	62.0	1351.0
BBQ Chicken	8" Pan	965.0	28.0	15.0	130.0	1.2	49.0	99.0	1696.0
Pizza Florentine	8" Pan	701.0	16.0	8.3	110.0	3.3	30.0	32.0	986.0
Delight	8" Pan	885.0	32.0	15.0	109.0	2.9	41.0	78.0	2570.0
Veggie	8" Pan	827.0	26.0	15.0	109.0	3.2	39.0	63.0	1188.0
Italian Special	8" Pan	903.0	33.0	15.0	111.0	2.9	39.0	65.0	2061.0
Deluxe	8" Pan	940.0	37.0	16.0	111.0	3.1	41.0	78.0	1931.0
Cheeseburger	8" Pan	1019.0	41.0	20.0	109.0	3.9	54.0	127.0	1841.0

BEVERAGES									
	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
2% Milk	8 oz	107.0	2.3	1.7	13.0	0.0	8.7	13.0	127.0
Iced Tea	12 oz	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0
Coffee	8 oz	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8
Dr Pepper	12 oz	165.0	0.0	0.0	41.0	0.0	0.0	0.0	53.0
Pepsi Cola	12 oz	150.0	0.0	0.0	41.0	0.0	0.0	0.0	38.0

Diet Pepsi Cola	12 oz	0.0	0.0	0.0	0.0	0.0	0.0	0.0	45.0
Sierra Mist	12 oz	150.0	0.0	0.0	39.0	0.0	0.0	0.0	38.0
Mountain Dew	12 oz	165.0	0.0	0.0	47.0	0.0	0.0	0.0	75.0
Tropicana Lemonade	12 oz	150.0	0.0	0.0	41.0	0.0	0.0	0.0	90.0
Mug Root Beer	12 oz	150.0	0.0	0.0	44.0	0.0	0.0	0.0	68.0