

**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> |
|------------------------------------|---------------------|-------------------|----------------------|---------------------|-----------------|------------------|--------------------|------------------|--------------------|
| 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             |

| <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 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              |

| <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              | 120.0             | 10.0                 | 1.5                 | 9.0             | 0.0              | 0.0                | 5.0              | 250.0              |
| 1000 Island                    | 2 Tbsp              | 140.0             | 14.0                 | 2.0                 | 5.0             | 0.0              | 0.0                | 10.0             | 240.0              |
| Bleu Cheese                    | 2 Tbsp              | 130.0             | 14.0                 | 2.5                 | 1.0             | 0.0              | 0.0                | 15.0             | 280.0              |
| 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 Ranch                 | 2 Tbsp              | 50.0              | 0.0                  | 0.0                 | 11.0            | 1.0              | 0.0                | 0.0              | 350.0              |
| Fat Free Raspberry Vinaigrette | 2 Tbsp              | 30.0              | 0.0                  | 0.0                 | 7.0             | 0.0              | 0.0                | 0.0              | 290.0              |
| Mullins French                 | 2 Tbsp              | 101.0             | 11.0                 | 1.4                 | 0.4             | 0.4              | 0.2                | 0.0              | 75.0               |
| Honey Mustard                  | 2 Tbsp              | 95.0              | 6.0                  | 1.0                 | 8.0             | 0.0              | 0.0                | 5.0              | 330.0              |

| <b>SANDWICHES</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> |
|-----------------------|---------------------|-------------------|----------------------|---------------------|-----------------|------------------|--------------------|------------------|--------------------|
| 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             |
| 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 Bacon Ranch   | 8" Sub              | 1119.0            | 62.0                 | 19.0                | 75.0            | 3.9              | 65.0               | 170.0            | 2851.0             |
| Ham & American Cheese | 8" Sub              | 748.0             | 34.0                 | 20.0                | 72.0            | 3.0              | 42.0               | 105.0            | 2614.0             |

|             |        |       |      |      |      |     |      |       |        |
|-------------|--------|-------|------|------|------|-----|------|-------|--------|
| Italian Sub | 8" Sub | 834.0 | 41.0 | 20.0 | 74.0 | 3.9 | 37.0 | 121.0 | 2450.0 |
| Super Sub   | 8" Sub | 776.0 | 35.0 | 17.0 | 74.0 | 3.9 | 39.0 | 123.0 | 2110.0 |

### ***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, Cheese       | Individual   | 611.0      | 31.0          | 16.0         | 59.0     | 4.1       | 25.0        | 131.0     | 1378.0      |
| 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       |
| Fettuccini Alfredo    | Individual   | 620.0      | 18.0          | 10.0         | 90.0     | 4.0       | 24.0        | 50.0      | 680.0       |

### ***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       |
| Mac & Cheese               | Child portion | 340.0      | 11.0          | 3.0          | 48.0     | 2.0       | 12.0        | 25.0      | 830.0       |
| 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       |

| DESSERTS/EXTRAS        | Serving Size | Total Kcal | Total Fat (g) | Sat. Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Chol (mg) | Sodium (mg) |
|------------------------|--------------|------------|---------------|--------------|----------|-----------|-------------|-----------|-------------|
| Chocolate Chunk Cookie | 1 cookie     | 550.0      | 27.0          | 10.0         | 75.0     | 3.0       | 7.0         | 25.0      | 580.0       |
| Snickerdoodle Cookie   | 1 cookie     | 550.0      | 23.0          | 7.0          | 79.0     | 2.0       | 6.0         | 30.0      | 620.0       |
| Bomba Gelato           | 1 each       | 450.0      | 26.0          | 13.0         | 46.0     | 0.0       | 8.0         | 60.0      | 75.0        |
| Lemon Sorbettookie     | 1 serving    | 160.0      | 0.0           | 0.0          | 40.0     | 1.0       | 0.0         | 0.0       | 0.0         |
| Orange sorbetto        | 1 serving    | 150.0      | 0.0           | 0.0          | 37.0     | 1.0       | 0.0         | 0.0       | 5.0         |

|                |           |       |     |     |      |     |     |     |     |
|----------------|-----------|-------|-----|-----|------|-----|-----|-----|-----|
| Peach Sorbetto | 1 serving | 159.0 | 0.0 | 0.0 | 37.0 | 0.0 | 0.0 | 0.0 | 0.0 |
|----------------|-----------|-------|-----|-----|------|-----|-----|-----|-----|

| 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      |
| 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      |
| Hawaiian                   | 8" Thin      | 618.0      | 20.0          | 11.0         | 78.0     | 2.2       | 33.0        | 60.0      | 1197.0      |
| "Maroon" Special           | 8" Thin      | 816.0      | 39.0          | 18.0         | 70.0     | 2.2       | 46.0        | 112.0     | 1820.0      |
| Mighty Meat                | 8" Thin      | 913.0      | 47.0          | 21.0         | 67.0     | 1.5       | 56.0        | 153.0     | 2255.0      |

| 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      |
| 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      |
| Hawaiian                  | 8" Pan       | 819.0      | 22.0          | 11.0         | 119.0    | 3.1       | 39.0        | 60.0      | 1482.0      |
| "Maroon" Special          | 8" Pan       | 1017.0     | 41.0          | 19.0         | 110.0    | 3.2       | 52.0        | 112.0     | 2105.0      |
| Meat Eaters               | 8" Pan       | 1106.0     | 49.0          | 21.0         | 106.0    | 2.2       | 61.0        | 153.0     | 2539.0      |

| 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         |
| Sweet Tea | 12 oz        | 58.0       | 0.0           | 0.0          | 14.0     | 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 |