

MONICAL'S PIZZA®

STARTERS		Serving Size	Total Kcal	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Breadsticks (plain)		1 stick	136.5	5.0	1.0	0.2	0.0	0.0	3.3	28.0	0.1	0.5	3.9
Nacho Cheese		3 fl oz	105.0	30.5	6.8	1.5	0.0	0.0	630.0	7.5	0.0	3.0	1.5
Cheddar Cheese		3 fl oz	120.0	34.0	7.5	3.0	0.0	15.0	795.0	7.5	0.0	1.5	4.5
Marinara Sauce		3 fl oz	73.0	15.5	3.4	0.5	0.0	0.0	421.0	9.0	1.9	6.3	1.4
Alfredo Sauce		3 fl oz	93.0	35.0	9.3	5.1	0.0	30.0	391.0	1.7	0.0	1.4	0.8
Garlic Butter Sauce		1.5 oz	160.0	120.0	18.0	3.0	0.0	0.0	310.0	0.0	0.0	0.0	0.0
Garlic Cheese Bread (w/o Marinara)		2 pieces (Sweet Bread)	799.0	397.0	44.0	14.1	0.0	104.0	-60.0	75.0	3.3	17.0	27.0
La Nova - Hot Wings (w/o Dressing)		72 grams	150.0	100.0	11.0	2.5	0.0	65.0	280.0	1.0	0.0	1.0	14.0
La Nova - BBQ Wings (w/o Dressing)		74 grams	160.0	190.0	10.0	2.0	0.0	75.0	320.0	4.0	0.0	1.0	13.0
Mozzarella Sticks (w/o marinara)		5 pieces	450.0	200.0	23.0	10.0	0.0	50.0	1350.0	40.0	0.0	1.0	20.0
Pepperollies (w/o marinara)		6 pieces	1142.0	260.0	31.0	17.0	0.0	73.0	787.0	168.0	0.4	1.4	47.0

SALADS		Serving Size	Total Kcal	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Individual Salad		1 salad	85.0	43.0	4.7	3.0	0.0	15.0	110.0	5.7	2.0	3.2	4.7
Family Salad		1 salad	353.0	171.0	19.0	12.0	0.0	60.0	451.0	25.0	9.2	14.0	20.0
Chef Salad		1 salad	340.0	161.0	18.0	11.0	0.0	67.0	932.0	18.0	6.6	11.0	27.0
Chicken Caesar Salad (inc dressing)		1 salad	617.0	337.0	37.0	8.3	0.0	113.0	1967.0	34.0	5.8	4.7	40.0
Southwest Chicken Salad		1 salad	293.0	171.0	12.0	6.7	0.0	103.0	959.0	11.0	5.3	3.6	35.0
Pecan Grilled Chicken Salad		1 salad	361.0	171.0	19.0	4.6	0.0	88.0	987.0	15.0	7.0	4.9	35.0
Grilled Chicken Salad		1 salad	338.0	133.0	15.0	8.0	0.0	104.0	1095.0	15.0	6.0	6.0	38.0

DRESSINGS		Serving Size	Total Kcal	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Monical's® Sweet & Tart		2 Tbsp	130.0	90.0	10.0	1.5	0.0	5.0	250.0	9.0	0.0	9.9	0.0
Ventura Sweet & Tart		2 Tbsp	150.0	110.0	12.0	2.0	0.0	0.0	350.0	10.0	0.0	10.0	0.0
1000 Island		2 Tbsp	140.0	126.0	14.0	2.0	0.0	10.0	240.0	5.0	0.0	5.0	0.0
Bleu Cheese		2 Tbsp	130.0	126.0	14.0	2.5	0.0	15.0	280.0	1.0	0.0	0.0	0.0
Creamy Italian		2 Tbsp	100.0	81.0	9.0	1.5	0.0	0.0	270.0	5.0	0.0	4.0	0.0
Ranch		2 Tbsp	150.0	135.0	15.0	2.5	0.0	15.0	220.0	2.0	0.0	1.0	1.0
Light Ranch		2 Tbsp	50.0	0.0	0.0	0.0	0.0	0.0	350.0	11.0	1.0	2.0	0.0
Fat Free Raspberry Vinaigrette		2 Tbsp	30.0	0.0	0.0	0.0	0.0	0.0	290.0	7.0	0.0	7.0	0.0
Caesar		2 Tbsp	125.0	110.0	12.0	2.5	0.0	15.0	310.0	1.5	0.0	1.0	1.5
Honey Mustard		2 Tbsp	90.0	50.0	6.0	1.0	0.0	5.0	330.0	8.0	0.0	8.0	0.0

SANDWICHES - Regular Bread		Serving Size	Total Kcal	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Hot Sicilian		8" Regular Bread	829.0	370.0	41.0	19.0	0.0	111.0	2570.0	70.0	3.6	4.9	45.0
Italian Beef		8" Regular Bread	657.0	194.0	22.0	7.6	0.0	89.0	2047.0	72.0	3.1	5.6	44.0
BBQ Chicken		8" Regular Bread	833.0	204.0	23.0	11.0	0.0	105.0	2456.0	105.0	3.9	36.0	52.0
Turkey Sub		8" Regular Bread	696.0	201.0	22.0	11.0	0.0	74.0	2390.0	77.0	5.2	8.3	48.0
Meatball Sub		8" Regular Bread	1040.0	521.0	58.0	24.0	0.0	115.0	2714.0	82.0	5.5	12.0	51.0
Buffalo Chicken		8" Regular Bread	1007.0	471.0	52.0	15.0	0.0	129.0	4318.0	80.0	5.2	9.7	53.0
Chicken Bacon Ranch		8" Regular Bread	1119.0	556.0	62.0	19.0	0.0	170.0	2851.0	75.0	3.9	6.0	65.0
Chicken Mozzarella		8" Regular Bread	717.0	204.0	23.0	11.0	0.0	105.0	2103.0	76.0	5.3	6.7	53.0
Ham & American Cheese		8" Regular Bread	748.0	309.0	34.0	20.0	0.0	105.0	2614.0	72.0	3.0	4.0	42.0
Italian Sub		8" Regular Bread	834.0	368.0	41.0	20.0	0.0	121.0	2450.0	74.0	3.9	7.1	37.0
Super Sub		8" Regular Bread	776.0	313.0	35.0	17.0	0.0	123.0	2110.0	74.0	3.9	8.1	39.0

SANDWICHES - Whole Wheat Bread	Serving Size	Total Kcal	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Hot Sicilian	Whole Wheat	679.0	348.0	38.0	19.0	0.0	111.0	2307.0	45.0	2.6	5.9	39.0
Italian Beef	Whole Wheat	507.0	172.0	19.0	7.6	0.0	89.0	1784.0	47.0	2.1	6.6	38.0
BBQ Chicken	Whole Wheat	683.0	182.0	20.0	11.0	0.0	105.0	2193.0	80.0	2.9	37.0	46.0
Turkey Sub	Whole Wheat	546.0	179.0	19.0	11.0	0.0	74.0	2127.0	52.0	4.2	9.3	42.0
Meatball Sub	Whole Wheat	890.0	499.0	55.0	24.0	0.0	115.0	2451.0	57.0	4.5	13.0	45.0
Buffalo Chicken	Whole Wheat	857.0	449.0	49.0	15.0	0.0	129.0	4055.0	55.0	4.2	10.7	47.0
Chicken Bacon Ranch	Whole Wheat	969.0	534.0	59.0	19.0	0.0	170.0	2588.0	50.0	2.9	7.0	59.0
Chicken Mozzarella	Whole Wheat	567.0	182.0	20.0	11.0	0.0	105.0	1840.0	51.0	4.3	7.7	47.0
Ham & American Cheese	Whole Wheat	598.0	287.0	31.0	20.0	0.0	105.0	2351.0	47.0	2.0	5.0	36.0
Italian Sub	Whole Wheat	684.0	346.0	38.0	20.0	0.0	121.0	2187.0	49.0	2.9	8.1	31.0
Super Sub	Whole Wheat	626.0	291.0	32.0	17.0	0.0	123.0	1847.0	49.0	2.9	9.1	33.0

SANDWICHES - Sweet Bread	Serving Size	Total Kcal	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Hot Sicilian	8" Sweet Bread	804.0	334.0	37.0	17.1	0.0	183.0	2007.0	75.0	2.6	17.9	44.0
Italian Beef	8" Sweet Bread	632.0	158.0	18.0	5.7	0.0	161.0	1484.0	77.0	2.1	18.6	43.0
BBQ Chicken	8" Sweet Bread	808.0	168.0	19.0	9.1	0.0	177.0	1893.0	110.0	2.9	49.0	51.0
Turkey Sub	8" Sweet Bread	671.0	165.0	18.0	9.1	0.0	146.0	1827.0	82.0	4.2	21.3	47.0
Meatball Sub	8" Sweet Bread	1015.0	485.0	54.0	22.1	0.0	187.0	2151.0	87.0	4.5	25.0	50.0
Buffalo Chicken	8" Sweet Bread	982.0	435.0	48.0	13.1	0.0	201.0	3755.0	85.0	4.2	22.7	52.0
Chicken Bacon Ranch	8" Sweet Bread	1094.0	520.0	58.0	17.1	0.0	242.0	2288.0	80.0	2.9	19.0	64.0
Chicken Mozzarella	8" Sweet Bread	692.0	168.0	19.0	9.1	0.0	177.0	1540.0	81.0	4.3	19.7	52.0
Ham & American Cheese	8" Sweet Bread	723.0	273.0	30.0	18.1	0.0	177.0	2051.0	77.0	2.0	17.0	41.0
Italian Sub	8" Sweet Bread	809.0	332.0	37.0	18.1	0.0	193.0	1887.0	79.0	2.9	20.1	36.0
Super Sub	8" Sweet Bread	751.0	277.0	31.0	15.1	0.0	195.0	1547.0	79.0	2.9	21.1	38.0

Sandwich sides

Pepperoncinis	1 oz	10.0	0.0	0.0	0.1	0.0	0.0	400.0	2.0	1.0	0.0	0.0
Marinara Sauce	2 fl oz	39.2	8.8	0.9	0.1	0.0	0.0	315.0	6.7	1.3	3.6	1.1
Potato Chips	See bag for nutrional information as results may vary by location.											

PASTA	Serving Size	Total Kcal	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Lasagna	Individual	623.0	271.0	30.0	17.0	0.0	121.0	1257.0	54.0	4.5	14.0	30.0
Tortellini, Cheese	Indiividual	459.7	104.9	11.7	4.6	0.0	39.4	1034.0	67.2	5.7	9.9	17.7
Baked Meat Ravioli	Individual	727.7	338.0	39.7	19.7	0.0	141.3	1626.0	58.6	4.5	15.0	33.0
Tortelloni, Cheese	Indiividual	558.8	156.5	18.1	8.4	0.0	77.0	1446.2	71.7	6.3	10.2	23.1
Ravioli, Meat	Individual	483.7	121.0	15.3	5.4	0.0	53.3	1121.0	66.7	6.5	12.3	17.9
Spaghetti	Individual	437.0	54.5	6.1	0.7	0.0	0.0	586.0	80.0	5.5	13.3	12.9

Pasta sides

Meatballs (side)	3	230.0	180.0	20.0	8.0	0.0	50.0	630.0	1.0	0.0	0.0	23.0
Supreme	Premium Blend	145.0	104.0	12.0	7.0	0.0	31.0	275.0	0.0	0.0	0.0	11.0
Garlic Breadstick	1	157.0	25.0	3.3	0.5	0.0	0.0	17.2	28.0	0.0	0.0	4.0

KIDS MENU	Serving Size	Total Kcal	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
8" Thin Crust Cheese Pizza	8" thin	530.0	158.0	18.0	10.0	0.0	40.0	773.0	67.0	1.5	2.3	27.0
8" Pan Crust Cheese Pizza	8" Pan	724.0	162.0	19.0	10.0	0.0	40.0	1057.0	106.0	2.2	4.7	32.0
3 Pepperollies (w/o marinara)	1 order	571.0	130.0	16.0	8.3	0.0	37.0	394.0	84.0	0.2	0.7	23.0
Marinara Sauce	3 fl oz	73.0	15.5	3.4	0.5	0.0	0.0	421.0	9.0	1.9	6.3	1.4
Mac & Cheese	Child portion	340.0	99.0	11.0	3.0	0.0	25.0	83.0	48.0	2.0	11.0	12.0
Spaghetti w/Marinara	Child portion	218.5	27.3	3.1	0.4	0.0	0.0	293.0	40.0	2.8	6.7	6.5
Lasagna	Child portion	311.5	135.5	15.0	8.5	0.0	60.5	628.5	27.0	2.3	7.0	15.0
Tortelloni, Cheese	Child portion	229.8	52.4	5.8	2.3	0.0	19.7	517.0	33.6	2.8	4.9	8.8
Ravioli, Meat	Child portion	241.8	60.5	7.6	2.7	0.0	26.7	560.5	33.3	3.3	6.2	9.0
Side Salad	1 salad	85.0	43.0	4.7	3.0	0.0	15.0	110.0	5.7	2.0	3.2	4.7
2% White Milk	8 oz	120.0	45.0	5.0	3.0	0.0	20.0	115.0	12.0	0.0	12.0	9.0
Chocolate Milk	8 oz	200.0	45.0	5.0	3.0	0.0	20.0	100.0	30.0	0.0	28.0	8.0
100% Apple Juice	8 oz	120.0	0.0	0.0	0.0	0.0	0.0	10.0	30.0	0.0	29.0	0.0
DESSERTS/EXTRAS	Serving Size	Total Kcal	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Pantastic Cookie Dessert	1 each	1295.0	505.0	56.0	23.0	8.8	108.0	692.0	184.0	2.7	137.0	10.0
Prairie City Chocolate Chunk Cookie 4 oz.	1 cookie	500.0	210.0	23.0	14.0	0.0	30.0	650.0	66.0	2.0	36.0	7.0
Prairie City Oatmeal Raisin Cookie 4 oz.	1 cookie	440.0	120.0	14.0	6.0	0.0	25.0	600.0	73.0	3.0	38.0	8.0
Prairie City Chocolate Candy Cookie 4 oz.	1 cookie	480.0	180.0	21.0	11.0	0.0	35.0	630.0	70.0	0.0	39.0	6.0
Prairie City Peanut Butter Chocolate Chip 4 oz.	1 cookie	500.0	210.0	23.0	15.0	0.0	30.0	600.0	64.0	1.0	38.0	10.0
Prairie City White Macadamia Nut Cookie 3 oz.	1 cookie	380.0	170.0	19.0	10.0	0.0	15.0	410.0	49.0	0.0	30.0	5.0
Prairie City Peanut Butter 3 oz.	1 cookie	390.0	170.0	18.0	11.0	0.0	15.0	380.0	47.0	0.0	29.0	7.0

MONICAL'S PIZZA THIN PIZZA	Serving Size	Total Kcal	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese	8" Thin	530.0	158.0	18.0	10.0	0.0	40.0	773.0	67.0	1.5	2.3	27.0
Sausage	8" Thin	605.0	212.0	24.0	12.0	0.0	60.0	1048.0	67.0	1.5	2.3	32.0
Pepperoni	8" Thin	618.0	231.0	26.0	14.0	0.0	62.0	1067.0	67.0	1.5	2.3	30.0
BBQ Chicken	8" Thin	782.0	231.0	26.0	15.0	0.0	99.0	1596.0	93.0	0.8	28.0	44.0
Pizza Florentine	8" Thin	507.0	128.0	14.0	8.0	0.0	32.0	702.0	71.0	2.6	3.4	25.0
Delight	8" Thin	691.0	271.0	30.0	15.0	0.0	78.0	1285.0	70.0	2.2	3.6	35.0
Veggie	8" Thin	633.0	220.0	24.0	15.0	0.0	63.0	904.0	71.0	2.5	4.2	33.0
Italian Special	8" Thin	709.0	281.0	31.0	15.0	0.0	65.0	1776.0	72.0	2.2	3.5	34.0
Deluxe	8" Thin	746.0	311.0	35.0	16.0	0.0	78.0	1647.0	72.0	2.5	3.9	35.0
Cheese Free	8" Thin	348.0	2.6	0.3	0.1	0.0	0.0	697.0	75.0	3.9	6.2	11.0
Hawaiian	8" Thin	618.0	178.0	20.0	11.0	0.0	60.0	1197.0	77.0	2.1	12.0	33.0
Margherita	8" Thin	837.0	447.0	50.0	17.0	0.0	50.0	728.0	66.0	1.0	1.0	31.0
Chicken, Bacon, Ranch	8" Thin	948.3	485.0	53.8	17.0	0.0	128.8	1784.3	66.8	0.0	2.0	49.8
Buffalo Chicken	8" Thin	1116.0	563.0	63.0	23.0	0.0	168.0	3613.0	73.0	2.0	5.0	65.0
Chicken Alfredo	8" Thin	631.7	216.0	24.3	13.1	0.0	90.5	1181.9	65.9	1.0	1.0	39.4
Mighty Meat	8" Thin	841.0	371.0	41.0	19.0	0.0	133.0	2236.0	67.0	1.5	2.3	51.0
Bacon	8" Thin	687.0	261.0	29.0	14.0	0.0	84.0	1441.0	67.0	1.5	2.3	40.0
Ham	8" Thin	571.0	176.0	20.0	11.0	0.0	60.0	1192.0	67.0	1.5	2.3	33.0
Hamburger	8" Thin	602.0	209.0	23.0	12.0	0.0	60.0	792.0	67.0	1.5	2.3	32.0
Seasoned Chicken	8" Thin	597.0	170.0	19.0	10.0	0.0	77.0	1160.0	68.0	2.0	2.3	40.0
Steak	8" Thin	606.0	199.0	23.0	12.0	0.0	67.0	910.0	67.0	1.5	2.3	36.0
Mushrooms	8" Thin	542.0	159.0	18.0	10.0	0.0	40.0	776.0	68.0	2.0	3.0	28.0
Green Bell Peppers	8" Thin	539.0	159.0	18.0	10.0	0.0	40.0	774.0	69.0	2.2	3.2	27.0
Red Bell Peppers	8" Thin	541.0	159.0	18.0	10.0	0.0	40.0	774.0	69.0	2.2	3.8	27.0
Tomatoes	8" Thin	540.0	159.0	18.0	10.0	0.0	40.0	775.0	69.0	2.1	3.5	27.0
Onions	8" Thin	540.0	159.0	18.0	10.0	0.0	40.0	775.0	69.0	2.1	3.5	27.0
Red Onions	8" Thin	546.0	158.0	18.0	10.0	0.0	40.0	774.0	71.0	2.0	3.9	27.0
Minced Garlic	8" Thin	534.0	158.0	18.0	10.0	0.0	40.0	774.0	68.0	1.6	2.4	27.0
Hot Giardiniera	8" Thin	586.0	205.0	23.0	12.0	0.0	40.0	1238.0	68.0	1.5	2.3	27.0
Spinach	8" Thin	541.0	159.0	18.0	10.0	0.0	40.0	801.0	68.0	2.3	2.5	28.0
Pineapple	8" Thin	587.0	159.0	18.0	10.0	0.0	40.0	780.0	81.0	2.3	15.0	27.0
Black Olives	8" Thin	610.0	218.0	24.0	11.0	0.0	40.0	1119.0	70.0	1.5	2.3	27.0
Green Olives	8" Thin	637.0	240.0	27.0	13.0	0.0	40.0	1563.0	70.0	1.5	2.3	27.0
Banana Peppers	8" Thin	534.0	258.0	18.0	10.0	0.0	40.0	938.0	68.0	2.3	2.3	27.0
Jalapeno	8" Thin	534.0	158.0	18.0	10.0	0.0	40.0	917.0	68.0	1.5	2.3	27.0
Italian Hot Peppers	8" Thin	536.0	158.0	18.0	10.0	0.0	40.0	1167.0	68.0	2.3	3.1	27.0
Premium Blend Cheese	8" Thin	613.0	219.0	24.0	15.0	0.0	63.0	901.0	67.0	1.5	2.3	32.0
Extra Cheese	8" Thin	665.0	252.0	28.0	16.0	0.0	64.0	1058.0	67.0	1.5	2.3	37.0
Extra Sauce	8" Thin	559.0	158.0	18.0	10.0	0.0	40.0	1057.0	74.0	3.2	5.7	28.0

MONICAL'S PIZZA PAN PIZZA	Serving Size	Total Kcal	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese	8" Pan	724.0	162.0	19.0	10.0	0.0	40.0	1057.0	106.0	2.2	4.7	32.0
Sausage	8" Pan	799.0	216.0	25.0	12.0	0.0	60.0	1332.0	106.0	2.2	4.7	37.0
Pepperoni	8" Pan	811.0	235.0	28.0	14.0	0.0	62.0	1351.0	106.0	2.2	4.7	35.0
BBQ Chicken	8" Pan	965.0	235.0	28.0	15.0	0.0	99.0	1696.0	130.0	1.2	29.0	49.0
Pizza Florentine	8" Pan	701.0	132.0	16.0	8.3	0.0	32.0	986.0	110.0	3.3	5.8	30.0
Delight	8" Pan	885.0	276.0	32.0	15.0	0.0	78.0	2570.0	109.0	2.9	6.0	41.0
Veggie	8" Pan	827.0	224.0	26.0	15.0	0.0	63.0	1188.0	109.0	3.2	6.6	39.0
Italian Special	8" Pan	903.0	285.0	33.0	15.0	0.0	65.0	2061.0	111.0	2.9	5.9	39.0
Deluxe	8" Pan	940.0	316.0	37.0	16.0	0.0	78.0	1931.0	111.0	3.1	6.3	41.0
Cheese Free	8" Pan	541.0	6.8	2.2	0.3	0.0	0.0	981.0	114.0	4.5	8.6	17.0
Hawaiian	8" Pan	809.0	180.0	21.0	11.0	0.0	60.0	1481.0	117.0	2.8	15.0	38.0
Margherita	8" Pan	1021.0	451.0	52.0	17.0	0.0	50.0	828.0	103.0	1.0	2.0	36.0
Chicken, Bacon, Ranch	8" Pan	1132.3	490.0	55.8	17.0	0.0	128.8	1885.3	103.8	1.0	3.0	54.8
Buffalo Chicken	8" Pan	1300.0	567.0	64.0	23.0	0.0	168.0	3713.0	110.0	3.0	6.0	70.0
Chicken Alfredo	8" Pan	815.7	221.0	26.3	13.1	0.0	90.5	1282.9	102.9	2.0	2.0	44.4
Mighty Meat	8" Pan	1035.0	375.0	43.0	19.0	0.0	133.0	2520.0	106.0	2.2	4.7	57.0
Bacon	8" Pan	880.0	265.0	31.0	14.0	0.0	84.0	1726.0	106.0	2.2	4.7	46.0
Ham	8" Pan	764.0	180.0	21.0	11.0	0.0	60.0	1476.0	106.0	2.2	4.7	38.0
Hamburger	8" Pan	795.0	213.0	25.0	12.0	0.0	60.0	1076.0	106.0	2.2	4.7	37.0
Seasoned Chicken	8" Pan	791.0	174.0	21.0	11.0	0.0	77.0	1444.0	107.0	2.7	4.7	45.0
Steak	8" Pan	800.0	203.0	24.0	12.0	0.0	67.0	1194.0	106.0	2.2	4.7	41.0
Mushrooms	8" Pan	736.0	163.0	20.0	10.0	0.0	40.0	1060.0	107.0	2.6	5.4	34.0
Green Bell Peppers	8" Pan	732.0	163.0	20.0	10.0	0.0	40.0	1059.0	107.0	2.9	5.6	33.0
Red Bell Peppers	8" Pan	735.0	163.0	20.0	10.0	0.0	40.0	1058.0	108.0	2.9	6.2	33.0
Tomatoes	8" Pan	733.0	163.0	20.0	10.0	0.0	40.0	1060.0	108.0	2.8	5.9	33.0
Onions	8" Pan	740.0	162.0	19.0	10.0	0.0	40.0	1058.0	109.0	2.7	6.2	33.0
Red Onions	8" Pan	740.0	162.0	19.0	10.0	0.0	40.0	1058.0	109.0	2.7	6.2	33.0
Minced Garlic	8" Pan	727.0	162.0	19.0	10.0	0.0	40.0	1058.0	106.0	2.3	4.8	32.0
Hot Giardiniera	8" Pan	779.0	209.0	25.0	12.0	0.0	40.0	1522.0	107.0	2.2	4.7	32.0
Spinach	8" Pan	735.0	163.0	20.0	10.0	0.0	40.0	1086.0	107.0	2.9	4.9	33.0
Pineapple	8" Pan	781.0	162.0	19.0	10.0	0.0	40.0	1064.0	120.0	2.9	17.0	32.0
Black Olives	8" Pan	804.0	222.0	26.0	12.0	0.0	40.0	1403.0	108.0	2.2	4.7	32.0
Green Olives	8" Pan	830.0	244.0	29.0	13.0	0.0	40.0	1847.0	109.0	2.2	4.7	32.0
Banana Peppers	8" Pan	728.0	162.0	19.0	10.0	0.0	40.0	1267.0	106.0	3.0	4.7	32.0
Jalapeno	8" Pan	727.0	162.0	19.0	10.0	0.0	40.0	1201.0	106.0	2.2	4.7	32.0
Italian Hot Peppers	8" Pan	730.0	162.0	19.0	10.0	0.0	40.0	1451.0	107.0	3.0	5.5	32.0
Premium Blend Cheese	8" Pan	806.0	223.0	26.0	15.0	0.0	63.0	1185.0	106.0	2.2	4.7	37.0
Extra Cheese	8" Pan	859.0	257.0	30.0	16.0	0.0	64.0	1342.0	106.0	2.2	4.7	43.0
Extra Sauce	8" Pan	753.0	162.0	19.0	10.0	0.0	40.0	1341.0	112.0	3.9	8.1	33.0

MONICAL'S GLUTEN FREE PIZZA	Serving Size	Total Kcal	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese	9"	749.0	333.0	37.0	18.0	0.0	94.0	1704.0	76.0	4.7	6.3	32.0
Sausage	9"	899.0	441.0	49.0	22.0	0.0	134.0	2254.0	77.0	4.7	6.3	42.0
Pepperoni	9"	907.0	465.0	52.0	24.0	0.0	133.0	2233.0	76.0	4.7	6.3	37.0
Delight	9"	993.0	504.0	56.0	25.0	0.0	150.0	2473.0	81.0	5.8	8.5	45.0
Veggie	9"	714.0	318.0	35.0	15.0	0.0	77.0	1788.0	77.0	4.4	5.9	22.0
Italian Special	9"	1095.0	578.0	64.0	27.0	0.0	154.0	3499.0	83.0	5.3	7.3	48.0
Deluxe	9"	1156.0	627.0	70.0	30.0	0.0	165.0	4161.0	85.0	6.7	8.8	47.0
Hawaiian	9"	857.0	356.0	40.0	18.0	0.0	119.0	2234.1	90.0	5.4	19.3	39.0
Margherita	9"	1333.7	892.5	99.0	29.8	0.0	109.0	1649.1	74.7	3.8	4.6	38.1
Chicken, Bacon, Ranch	9"	1358.6	806.6	88.8	28.2	0.0	225.3	3207.9	75.8	3.0	5.9	65.0
Buffalo Chicken	9"	1537.7	882.4	98.1	36.8	0.0	269.5	5442.5	82.8	5.5	10.0	83.1
Chicken Alfredo	9"	898.6	416.5	46.0	22.4	0.0	168.5	2315.6	74.8	4.5	4.5	49.6
Mighty Meat	9"	1205.0	648.0	72.0	31.0	0.0	228.0	3794.0	76.0	4.7	6.3	67.0
Bacon	9"	1000.0	498.0	55.0	24.0	0.0	164.0	2773.0	76.0	4.7	6.3	53.0
Ham	9"	810.0	360.0	40.0	19.0	0.0	124.0	2332.0	76.0	4.7	6.3	41.0
Hamburger	9"	892.0	434.0	48.0	22.0	0.0	134.0	1742.0	76.0	4.7	6.3	42.0
Seasoned Chicken	9"	849.0	351.0	39.0	18.0	0.0	149.0	2284.0	78.0	5.4	6.3	51.0
Steak	9"	863.0	395.0	44.0	20.0	0.0	134.0	1909.0	76.0	4.7	6.3	46.0
Mushrooms	9"	769.0	335.0	37.0	18.0	0.0	94.0	1708.0	78.0	5.4	7.5	34.0
Green Bell Peppers	9"	763.0	334.0	37.0	18.0	0.0	94.0	1706.0	78.0	5.7	7.7	32.0
Red Bell Peppers	9"	767.0	335.0	37.0	18.0	0.0	94.0	1705.0	79.0	5.8	8.7	32.0
Tomatoes	9"	765.0	334.0	37.0	18.0	0.0	94.0	1706.0	79.0	5.6	8.3	32.0
Onions	9"	775.0	333.0	37.0	18.0	0.0	94.0	1706.0	81.0	5.4	8.8	32.0
Red Onions	9"	775.0	333.0	37.0	18.0	0.0	94.0	1706.0	81.0	5.4	8.8	32.0
Minced Garlic	9"	756.0	333.0	37.0	18.0	0.0	94.0	1705.0	77.0	4.8	6.4	32.0
Hot Giardiniera	9"	832.0	404.0	45.0	20.0	0.0	94.0	2401.0	78.0	4.7	6.3	32.0
Spinach	9"	766.0	335.0	37.0	18.0	0.0	94.0	1749.0	78.0	5.8	6.6	33.0
Pineapple	9"	838.0	333.0	37.0	18.0	0.0	94.0	1715.0	98.0	5.8	26.0	32.0
Black Olives	9"	876.0	428.0	48.0	20.0	0.0	94.0	2256.0	80.0	4.7	6.3	32.0
Green Olives	9"	909.0	456.0	51.0	22.0	0.0	94.0	2888.0	80.0	4.7	6.3	32.0
Banana Peppers	9"	762.0	333.0	37.0	18.0	0.0	94.0	2404.0	78.0	7.2	6.3	32.0
Jalapeno	9"	761.0	333.0	37.0	18.0	0.0	94.0	2184.0	78.0	4.7	6.3	32.0
Italian Hot Peppers	9"	769.0	333.0	37.0	18.0	0.0	94.0	3016.0	81.0	7.2	8.8	32.0
Premium Blend Cheese	9"	832.0	394.0	44.0	22.0	0.0	117.0	1831.0	76.0	4.7	6.3	37.0
Extra Cheese	9"	929.0	459.0	51.0	26.0	0.0	126.0	2084.0	76.0	4.7	6.3	46.0
Extra Sauce	9"	790.0	333.0	37.0	18.0	0.0	94.0	2101.0	85.0	7.0	11.0	33.0

