

**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 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             |
| Naked Wings                        | 6 pieces            | 402.0             | 28.0                 | 6.3                 | 2.5             | 0.0              | 38.0               | 201.0            | 1031.0             |

| <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              |
| Chicken Caesar Salad (inc dressing) | 1 salad             | 633.0             | 39.0                 | 8.6                 | 34.0            | 5.8              | 42.0               | 118.0            | 2016.0             |
| Southwest Chicken Salad             | 1 salad             | 293.0             | 12.0                 | 6.7                 | 11.0            | 5.3              | 35.0               | 103.0            | 959.0              |

| <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              |
| 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 Raspberry Vinaigrette | 2 Tbsp              | 30.0              | 0.0                  | 0.0                 | 7.0             | 0.0              | 0.0                | 0.0              | 290.0              |

| <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             |
| 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             |
| Turkey BLT        | 8" Sub              | 812.0             | 32.0                 | 10.0                | 77.0            | 4.9              | 55.0               | 112.0            | 3109.0             |
| Buffalo Chicken   | 8" Sub              | 1007.0            | 52.0                 | 15.0                | 80.0            | 5.2              | 53.0               | 129.0            | 4318.0             |

|                            |             |        |      |      |      |     |      |       |        |
|----------------------------|-------------|--------|------|------|------|-----|------|-------|--------|
| <b>Chicken Bacon Ranch</b> | 8" Sub      | 1119.0 | 62.0 | 19.0 | 75.0 | 3.9 | 65.0 | 170.0 | 2851.0 |
| <b>Hot Sicilian</b>        | Whole Wheat | 772.0  | 47.0 | 21.0 | 45.0 | 2.6 | 46.0 | 138.0 | 2640.0 |
| <b>Italian Beef</b>        | Whole Wheat | 507.0  | 19.0 | 7.2  | 47.0 | 2.1 | 38.0 | 89.0  | 1784.0 |
| <b>BBQ Chicken</b>         | Whole Wheat | 683.0  | 20.0 | 11.0 | 80.0 | 2.9 | 46.0 | 105.0 | 2193.0 |
| <b>Turkey Sub</b>          | Whole Wheat | 546.0  | 20.0 | 11.0 | 52.0 | 4.2 | 42.0 | 74.0  | 2127.0 |
| <b>Meatball Sub</b>        | Whole Wheat | 699.0  | 39.0 | 17.0 | 56.0 | 4.5 | 34.0 | 74.0  | 1926.0 |
| <b>Turkey BLT</b>          | Whole Wheat | 662.0  | 29.0 | 10.0 | 52.0 | 3.9 | 49.0 | 112.0 | 2846.0 |
| <b>Buffalo Chicken</b>     | Whole Wheat | 857.0  | 50.0 | 15.0 | 55.0 | 4.2 | 47.0 | 129.0 | 4055.0 |
| <b>Chicken Bacon Ranch</b> | Whole Wheat | 969.0  | 59.0 | 19.0 | 50.0 | 2.9 | 59.0 | 170.0 | 2588.0 |

***Sandwich sides***

|                       |  |      |     |     |     |     |     |     |       |
|-----------------------|--|------|-----|-----|-----|-----|-----|-----|-------|
| <b>Pepperoncinis</b>  | 3 fl oz  | 74.0 | 4.1 | 0.7 | 7.5 | 1.7 | 1.8 | 0.0 | 420.0 |
| <b>Marinara Sauce</b> | 2 fl oz  | 39.2 | 0.9 | 0.1 | 6.7 | 1.3 | 1.1 | 0.0 | 315.0 |
| <b>Potato Chips</b>   | See bag for nutritional information as results may vary by location. |      |     |     |     |     |     |     |       |

| <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          | 623.0             | 30.0                 | 17.0                | 54.0            | 4.5              | 30.0               | 121.0            | 1257.0             |
| <b>Tortellini, Meat</b>          | Individual          | 450.0             | 12.0                 | 4.4                 | 66.0            | 5.4              | 18.0               | 44.0             | 958.0              |
| <b>Spaghetti</b>                 | Individual          | 267.0             | 5.3                  | 0.7                 | 46.0            | 4.0              | 7.4                | 0.0              | 561.0              |
| <b>Spaghetti &amp; Meatballs</b> | Individual          | 382.0             | 15.0                 | 4.7                 | 47.0            | 4.0              | 14.0               | 25.0             | 876.0              |

***Pasta sides***

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

| <b>KIDS MENU</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>8" Thin Crust Cheese Pizza</b> | 8" thin             | 530.0             | 18.0                 | 10.0                | 67.0            | 1.5              | 27.0               | 40.0             | 773.0              |
| <b>Mac &amp; Cheese</b>           | Child portion       | 340.0             | 11.0                 | 3.0                 | 48.0            | 2.0              | 12.0               | 25.0             | 830.0              |
| <b>Spaghetti w/Marinara</b>       | Child portion       | 133.0             | 2.7                  | 0.3                 | 23.0            | 2.0              | 3.7                | 0.0              | 280.0              |
| <b>Side Salad</b>                 | 1 salad             | 85.0              | 4.7                  | 3.0                 | 5.7             | 2.0              | 4.7                | 15.0             | 110.0              |

| <b>DESSERTS/EXTRAS</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> |
|------------------------|---------------------|-------------------|----------------------|---------------------|-----------------|------------------|--------------------|------------------|--------------------|
| 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              |

| <b>MONICAL'S PIZZA THIN 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> |
|-----------------------------------|---------------------|-------------------|----------------------|---------------------|-----------------|------------------|--------------------|------------------|--------------------|
| 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             |
| Cheese Free                       | 8" Thin             | 323.0             | 0.2                  | 0.0                 | 70.0            | 2.5              | 10.0               | 0.0              | 432.0              |
| Hawaiian                          | 8" Thin             | 611.0             | 20.0                 | 11.0                | 77.0            | 2.1              | 33.0               | 60.0             | 1197.0             |
| Chicken, Bacon, Ranch             | 8" Thin             | 964.0             | 54.0                 | 18.0                | 67.0            | 0.8              | 51.0               | 138.0            | 1881.0             |
| Buffalo Chicken                   | 8" Thin             | 1116.0            | 63.0                 | 23.0                | 73.0            | 2.4              | 65.0               | 168.0            | 3613.0             |

| <b>MONICAL'S PIZZA PAN 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> |
|----------------------------------|---------------------|-------------------|----------------------|---------------------|-----------------|------------------|--------------------|------------------|--------------------|
| 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             |
| Cheese Free                      | 8" Pan              | 526.0             | 2.1                  | 0.3                 | 111.0           | 3.7              | 16.0               | 0.0              | 848.0              |
| Hawaiian                         | 8" Pan              | 809.0             | 21.0                 | 11.0                | 117.0           | 2.8              | 38.0               | 60.0             | 1481.0             |
| Chicken, Bacon, Ranch            | 8" Pan              | 1148.0            | 56.0                 | 18.0                | 104.0           | 1.2              | 57.0               | 138.0            | 1981.0             |
| Buffalo Chicken                  | 8" Pan              | 1300.0            | 64.0                 | 23.0                | 110.0           | 2.7              | 70.0               | 168.0            | 3713.0             |

| <b>BEVERAGES</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> |
|--------------------|---------------------|-------------------|----------------------|---------------------|-----------------|------------------|--------------------|------------------|--------------------|
| 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               |