

# V & J Calorie Count 8.5"x11" Card with Easel

## NUTRITIONAL INFORMATION

### PASTA TUSCANI PASTAS

#### LASAGNA

730 cals./serving

#### CREAMY CHICKEN ALFREDO

890 cals./serving

#### MEATY MARINARA

780 cals./serving

### WINGS

#### BUFFALO WINGS

Cals. 100-140/2 pieces

#### ADDITIONAL DIPPING SAUCES

Blue Cheese, Ranch, Marinara \$ .59

Ranch: Cals. 220/1.5 oz. cup Blue Cheese: Cals. 230/1.5 oz. cup

Marinara: Cals. 60/3 oz. cup

### BIG EAT TINY PRICE™

#### STUFFED PIZZA ROLLERS

Order of 4. 230 cals./roll

Marinara sauce. 60 cals./3 oz. cup 220 cals./1.5 oz. cup

#### P'ZONE® PIZZA

690-770 cals./serving

#### PERSONAL PANORMOUS™ PIZZA

Cheese or 1 topping 690-1310 cals./slice

Specialty 1010-1470 cals./slice

#### PIZZA MIA™

Medium: 180-220 cals./slice



### SIDES

#### BREADSTICKS

Served with marinara.

Cals. 150/stick

With Cheese Cals. 180/stick

#### ADDITIONAL DIPPING SAUCES

Blue Cheese, Ranch, Marinara

Ranch: Cals. 220/1.5 oz. cup

Blue Cheese: Cals. 230/1.5 oz. cup

Marinara: Cals. 60/3 oz. cup



### PIZZA

#### AMERICAS FAVORITE PIZZAS

##### TRIPLE MEAT ITALIANO

Medium: 240-290 cals./slice

Large: 320-420 cals./slice

##### SPICY SICILIAN

Medium: 220-260 cals./slice

Large: 300-400 cals./slice

##### HAWAIIAN LUAU

Medium: 220-260 cals./slice

Large: 300-380 cals./slice

##### ITALIAN TRIO

Medium: 240-280 cals./slice

Large: 320-420 cals./slice

#### SPECIALTY RECIPES

##### SUPREME

Medium: 240-290 cals./slice

Large: 330-420 cals./slice

##### CHICKEN SUPREME

Medium: 190-240 cals./slice

Large: 270-360 cals./slice

##### MEAT LOVER'S®

Medium: 280-330 cals./slice

Large: 390-480 cals./slice

##### PEPPERONI LOVER'S®

Medium: 250-290 cals./slice

Large: 350-450 cals./slice

##### VEGGIE LOVER'S®

Medium: 180-230 cals./slice

Large: 240-330 cals./slice

##### SUPER SUPREME

Medium: 250-300 cals./slice

Large: 350-440 cals./slice

#### CREATE YOUR OWN

##### MEDIUM

Cheese 190-240 cals./slice

One Topping 170-360 cals./slice

##### LARGE

Cheese 260-360 cals./slice

One Topping 230-420 cals./slice

### DESSERTS

HERSHEY'S® CHOCOLATE DUNKERS® Cals. 200/2 sticks

CINNAMON STICKS Cals. 170/2 sticks