

Nutritional Information

Nutritional Information Calculated by Nutrition & Diet Services: <http://nutrition-dietservices.com/>

* Percent Daily Values are based on a 2,000 calorie diet.

** Approximate Average of Digestible Carbohydrates.

| Nutrients per serving*: | Serving /g | Calories | Fat Cal. | Fat g/%* | Sat. Fat g/%* | Chol. mg/%* | Sodium mg/%* | Carbs g/%* | Fiber g/%* | Sugars g | Protein g |
|-------------------------|------------|----------|----------|----------|---------------|-------------|--------------|------------|------------|----------|-----------|
|-------------------------|------------|----------|----------|----------|---------------|-------------|--------------|------------|------------|----------|-----------|

SALADS

| | | | | | | | | | | | |
|---------------------------|------|------|-----|--------|--------|--------|---------|-------|------|---|----|
| Garden (side) | 138g | 25 | 0 | 0 | 0 | 0/0 | 10/0 | 6/2 | 2/8 | 3 | 2 |
| Chilled Broccoli | 312g | 280 | 210 | 23/35 | 3/15 | 0/0 | 70/3 | 16/5 | 9/36 | 6 | 9 |
| Antipasto Salad (half) | 383g | 400 | 260 | 29/45 | 14/70 | 75/25 | 1520/63 | 15/5 | 4/16 | 7 | 22 |
| Spinach Salad | 361g | 930 | 780 | 87/134 | 18/90 | 60/20 | 1370/57 | 22/7 | 6/24 | 8 | 19 |
| Caesar Salad (small) | 255g | 860 | 640 | 71/109 | 19/95 | 80/20 | 1800/75 | 24/8 | 2/8 | 2 | 32 |
| Caesar Salad w/ Anchovies | 269g | 890 | 650 | 72/111 | 19/95 | 70/23 | 2320/97 | 24/8 | 2/8 | 2 | 36 |
| Caesar Salad w/ Chicken | 340g | 1000 | 670 | 74/114 | 20/100 | 130/43 | 1860/78 | 24/8 | 2/8 | 2 | 58 |
| Panzanella Salad (small) | 335g | 480 | 320 | 35/54 | 5/25 | 0/0 | 740/31 | 36/12 | 7/28 | 6 | 7 |
| Kale & Quinoa Salad | 265g | 254 | 120 | 14/21 | 4.5/23 | 25/8 | 436/18 | 26/9 | 6/24 | 6 | 13 |
| Wild Baby Arugula Salad | 135g | 177 | 100 | 11/18 | 4/20 | 20/7 | 304/13 | 11/4 | 1/4 | 8 | 9 |
| Add Chicken Breast (side) | 85g | 140 | 25 | 3/5 | 1/15 | 70/23 | 65/3 | 0/0 | 0/0 | 0 | 26 |

DRESSINGS

| | | | | | | | | | | | |
|------------------------------|-----|-----|-----|-------|--------|------|--------|-----|------|---|---|
| Caesar | 42g | 250 | 230 | 26/40 | 4/20 | 10/3 | 320/13 | 1/0 | 0/0 | 0 | 3 |
| Mustard Italian | 42g | 240 | 230 | 26/40 | 4/20 | 0/0 | 95/4 | 2/1 | 0/0 | 0 | 0 |
| Ranch | 35g | 150 | 140 | 15/23 | 2.5/13 | 10/3 | 320/13 | 2/1 | 0/0 | 2 | 1 |
| Blue Cheese | 35g | 180 | 170 | 19/29 | 3.5/18 | 5/2 | 390/16 | 3/1 | 0/0 | 2 | 2 |
| Sun-Dried Tomato (fat-free) | 35g | 15 | 0 | 0/0 | 0/0 | 0/0 | 190/8 | 3/1 | <1/4 | 1 | 1 |
| Lemon-Basil | 35g | 230 | 230 | 25/38 | 4/18 | 0/0 | 130/5 | 1/0 | 0/0 | 1 | 0 |
| Red Wine Vinaigrette | 35g | 240 | 230 | 26/40 | 4/18 | 0/0 | 90/4 | 1/0 | 0/0 | 0 | 0 |
| Balsamic Shallot Vinaigrette | 42g | 260 | 250 | 28/42 | 4/19 | 0/0 | 140/6 | 4/1 | 0/0 | 3 | 0 |

SIDES

| | | | | | | | | | | | |
|---------------------------------|------|-----|-----|--------|--------|--------|---------|-------|------|---|----|
| Minestrone Soup (cup) | 142g | 70 | 30 | 3.5/5 | 0.5/3 | 0/0 | 630/26 | 8/3 | 2/8 | 3 | 2 |
| Minestrone Soup (bowl) | 305g | 140 | 60 | 7/11 | 1/5 | 0/0 | 1140/48 | 16/5 | 3/12 | 6 | 3 |
| Garlic Bread (half order) | 144g | 420 | 170 | 19/29 | 10/48 | 39/13 | 574/24 | 51/17 | 2/9 | 0 | 10 |
| Breadsticks- Plain (2 sticks) | 108g | 240 | 5 | .5/1 | 0/0 | 0/0 | 490/20 | 42/14 | 2/8 | 1 | 6 |
| Breadsticks- Garlic (2 sticks) | 327g | 327 | 135 | 15/23 | 9/45 | 35/12 | 640/27 | 42/14 | 2/8 | 1 | 6 |
| Gnocchi w/ Butter & Cheese | 112g | 260 | 180 | 20/31 | 12/60 | 55/18 | 170/7 | 16/5 | 1/4 | 0 | 5 |
| Gnocchi w/ Pesto | 197g | 820 | 720 | 80/123 | 21/105 | 55/18 | 300/13 | 20/7 | 2/8 | 1 | 10 |
| Chicken Wings (5 piece) | 204g | 520 | 320 | 36/55 | 10/50 | 275/92 | 517/22 | 1/0 | 0/0 | 0 | 47 |

PIZZAS (Mini Size)

| | | | | | | | | | | | |
|----------------------------|-------|-----|-----|-------|-------|-------|---------|-------|------|---|----|
| New York | 1 pie | 360 | 100 | 11/17 | 7/35 | 40/13 | 1420/59 | 48/16 | 2/8 | 3 | 16 |
| Boston | 1 pie | 420 | 140 | 16/25 | 8/40 | 45/15 | 1440/60 | 53/18 | 3/12 | 4 | 17 |
| Philly w/ Hot/Mild Sausage | 1 pie | 470 | 180 | 20/31 | 10/50 | 60/20 | 1740/73 | 51/17 | 3/12 | 5 | 22 |
| Manhattan Red Clam | 1 pie | 410 | 120 | 13/20 | 7/35 | 55/18 | 1480/62 | 49/16 | 2/8 | 3 | 23 |
| New Haven White Clam | 1 pie | 530 | 230 | 25/38 | 10/50 | 70/23 | 1630/68 | 48/16 | 2/8 | 2 | 27 |
| Pesto | 1 pie | 430 | 180 | 20/31 | 8/40 | 40/13 | 1350/56 | 47/16 | 2/8 | 2 | 17 |
| Pesto w/ Tomato Sauce | 1 pie | 440 | 180 | 20/31 | 8/40 | 40/13 | 1450/60 | 49/16 | 3/12 | 3 | 18 |
| Veggie | 1 pie | 420 | 140 | 16/25 | 7/35 | 40/13 | 1630/68 | 51/17 | 3/12 | 4 | 17 |
| Amici's Combo | 1 pie | 570 | 260 | 29/45 | 12/60 | 70/23 | 2210/92 | 52/17 | 3/12 | 3 | 25 |
| Calabria w/ Tomatoes | 1 pie | 630 | 310 | 34/52 | 17/85 | 80/27 | 2120/88 | 48/16 | 2/8 | 3 | 32 |
| Calabria w/ Olives | 1 pie | 630 | 320 | 35/54 | 17/85 | 80/27 | 2310/96 | 47/16 | 2/8 | 2 | 32 |
| Greek Isle | 1 pie | 470 | 170 | 19/29 | 11/55 | 65/22 | 1730/72 | 54/18 | 4/16 | 3 | 22 |
| Pollo | 1 pie | 480 | 180 | 20/31 | 8/40 | 65/22 | 1380/57 | 49/16 | 2/8 | 2 | 25 |
| Trentino | 1 pie | 580 | 290 | 32/49 | 13/65 | 60/20 | 2050/85 | 49/16 | 3/12 | 3 | 25 |

Nutritional Information

Nutritional Information Calculated by Nutrition & Diet Services: <http://nutrition-dietservices.com/>

* Percent Daily Values are based on a 2,000 calorie diet.

** Approximate Average of Digestible Carbohydrates.

| Nutrients per serving*: | Serving /g | Calories | Fat Cal. | Fat g/%* | Sat. Fat g/%* | Chol. mg/%* | Sodium mg/%* | Carbs g/%* | Fiber g/%* | Sugars g | Protein g |
|----------------------------|------------|----------|----------|----------|---------------|-------------|--------------|------------|------------|----------|-----------|
| Spicy Pepper Chicken | 1 pie | 430 | 130 | 14/22 | 7/35 | 65/22 | 1450/60 | 50/17 | 3/12 | 3 | 25 |
| Margherita NO Tomato Sauce | 1 pie | 420 | 150 | 17/26 | 8/40 | 40/13 | 1480/62 | 48/16 | 2/8 | 3 | 16 |
| Margherita w/ Tomato Sauce | 1 pie | 420 | 150 | 17/26 | 8/40 | 40/13 | 1550/65 | 50/17 | 3/12 | 4 | 17 |
| Asante | 1 pie | 380 | 100 | 11/17 | 3.5/18 | 0/0 | 1580/66 | 61/20 | 5/20 | 2 | 9 |
| Pepperoni & Mushroom | 1 pie | 460 | 180 | 20/31 | 10/50 | 50/17 | 1790/75 | 49/16 | 3/12 | 3 | 20 |
| Ham & Pineapple | 1 pie | 410 | 120 | 13/20 | 7/35 | 50/17 | 1740/73 | 51/17 | 3/12 | 6 | 22 |
| Milano | 1 pie | 1030 | 490 | 54/83 | 19/95 | 110/37 | 3010/125 | 88/29 | 7/28 | 6 | 48 |
| Siciliano | 1 pie | 770 | 360 | 40/62 | 16/80 | 80/23 | 2250/94 | 69/23 | 4/16 | 3 | 35 |
| Tonno | 1 pie | 550 | 210 | 23/35 | 9/46 | 58/19 | 1444/60 | 55/18 | 3/13 | 2 | 31 |
| Veneto | 1 pie | 570 | 210 | 24/36 | 13/66 | 73/24 | 1570/65 | 59/20 | 2/8 | 7 | 31 |
| Whole Wheat Special | 1 pie | 560 | 240 | 27/41 | 11/54 | 51/17 | 1089/19 | 57/19 | 9/34 | 3 | 27 |

PIZZA CRUST COMPARISON

| | | | | | | | | | | | |
|-------------------|------|-----|----|--------|-------|-----|--------|-------|--------|-----|------|
| Regular crust | 113g | 249 | 10 | 1.07/2 | 0/0 | 0/0 | 513/21 | 49/16 | 1.42/6 | 0 | 9.24 |
| Whole Wheat crust | 113g | 233 | 10 | 1.26/2 | .33/2 | 0/0 | 445/19 | 47/16 | 6.5/26 | .64 | 9.47 |

PASTAS

| | | | | | | | | | | | |
|-------------------------------|------|------|-----|---------|--------|--------|----------|--------|-------|----|----|
| Orecchiette w/ Kale & Sausage | 515g | 1430 | 910 | 101/155 | 31/153 | 165/55 | 2518/105 | 62/21 | 6/24 | 3 | 73 |
| Four Cheese Lasagna (small) | 425g | 400 | 100 | 11/17 | 4.5/23 | 25/8 | 1130/47 | 59/20 | 6/24 | 14 | 17 |
| Four Cheese Lasagna (large) | 567g | 500 | 140 | 16/25 | 6/30 | 40/13 | 1700/71 | 69/23 | 9/36 | 21 | 22 |
| Lasagne w/ Meatsauce (small) | 593g | 610 | 23 | 26/40 | 8/40 | 50/17 | 1810/75 | 69/23 | 9/36 | 21 | 24 |
| Lasagne w/ Meatsauce (large) | 840g | 880 | 400 | 44/68 | 14/70 | 85/28 | 2800/117 | 84/28 | 13/52 | 30 | 36 |
| Baked Penne (small) | 427g | 600 | 260 | 29/45 | 13/65 | 60/20 | 1110/46 | 53/18 | 6/24 | 12 | 32 |
| Baked Penne (large) | 668g | 940 | 310 | 43/66 | 18/90 | 85/28 | 1500/63 | 93/31 | 10/40 | 18 | 46 |
| Ravioli w/ Marinara (small) | 370g | 570 | 120 | 13/20 | 6/30 | 60/20 | 1100/46 | 86/29 | 5/20 | 12 | 28 |
| Ravioli w/ Marinara (large) | 514g | 830 | 170 | 19/29 | 9/45 | 85/28 | 1510/63 | 124/41 | 7/28 | 18 | 40 |
| Ravioli w/ Pesto (small) | 336g | 1070 | 610 | 68/105 | 16/80 | 75/25 | 1020/43 | 81/27 | 4/16 | 7 | 37 |
| Ravioli w/ Pesto (large) | 470g | 1440 | 770 | 86/132 | 21/105 | 105/35 | 1420/59 | 118/39 | 6/24 | 10 | 52 |

Whole Wheat to Regular Noodle comparison

| | | | | | | | | | | | |
|---|------|-----|----|-----|-----|-----|--------|-------|------|---|----|
| Regular Linguini (8 oz. cooked portion no sauce) | 228g | 265 | 10 | 1/2 | 0/0 | 0/0 | 312/13 | 54/18 | 3/11 | 1 | 9 |
| Whole Wheat Spaghetti (8 oz. cooked portion no sauce) | 228g | 270 | 20 | 2/3 | 0/0 | 0/0 | 312/13 | 52/17 | 7/27 | 1 | 11 |

Linguini (small)

| | | | | | | | | | | | |
|---------------------|------|------|------|---------|--------|---------|----------|-------|------|----|----|
| w/ Marinara Sauce | 356g | 380 | 30 | 3.5/5 | 0/0 | 0/0 | 510/21 | 73/24 | 6/24 | 9 | 13 |
| w/ Meat Sauce | 398g | 520 | 140 | 16/25 | 4/20 | 25/8 | 680/28 | 75/25 | 6/24 | 9 | 19 |
| w/ Alfredo Sauce | 642g | 1510 | 1090 | 121/186 | 75/375 | 400/133 | 540/23 | 78/26 | 4/16 | 4 | 29 |
| w/ Pesto Sauce | 322g | 880 | 530 | 59/91 | 11/55 | 15/5 | 420/18 | 68/23 | 5/20 | 4 | 22 |
| w/ Pesto and Clams | 495g | 1570 | 1090 | 121/186 | 42/210 | 200/67 | 670/28 | 76/25 | 6/24 | 7 | 48 |
| w/ Red Clam Sauce | 590g | 1020 | 540 | 60/92 | 25/125 | 155/52 | 760/32 | 78/26 | 6/24 | 10 | 37 |
| w/ White Clam Sauce | 423g | 820 | 380 | 42/65 | 6/30 | 60/20 | 490/20 | 73/24 | 4/16 | 6 | 35 |
| w/ Puttanesca | 661g | 1120 | 650 | 72/111 | 10/50 | 50/17 | 4200/175 | 87/29 | 9/36 | 11 | 32 |
| w/ Primavera | 479g | 980 | 650 | 72/111 | 10/50 | 14/5 | 1031/43 | 67/22 | 7/26 | 6 | 20 |

Linguini (large)

| | | | | | | | | | | | |
|-------------------|------|------|------|---------|--------|---------|---------|--------|-------|----|----|
| w/ Marinara Sauce | 500g | 560 | 40 | 4.5/7 | 0.5/3 | 0/0 | 640/27 | 108/36 | 9/36 | 12 | 19 |
| w/ Meat Sauce | 617g | 860 | 280 | 31/48 | 7/35 | 45/15 | 1110/46 | 112/37 | 10/40 | 14 | 30 |
| w/ Alfredo Sauce | 872g | 2040 | 1440 | 160/246 | 99/495 | 520/173 | 780/33 | 114/38 | 6/24 | 6 | 42 |

Nutritional Information

Nutritional Information Calculated by Nutrition & Diet Services: <http://nutrition-dietservices.com/>

* Percent Daily Values are based on a 2,000 calorie diet.

** Approximate Average of Digestible Carbohydrates.

| Nutrients per serving*: | Serving /g | Calories | Fat Cal. | Fat g/%* | Sat. Fat g/%* | Chol. mg/%* | Sodium mg/%* | Carbs g/%* | Fiber g/%* | Sugars g | Protein g |
|-------------------------|------------|----------|----------|----------|---------------|-------------|--------------|------------|------------|----------|-----------|
| w/ Pesto Sauce | 456g | 1170 | 650 | 72/111 | 13/65 | 20/7 | 550/23 | 101/34 | 7/28 | 6 | 31 |
| w/ Pesto and Clams | 716g | 2230 | 1530 | 170/262 | 60/300 | 295/98 | 910/38 | 112/37 | 8/32 | 10 | 67 |
| w/ Red Clam Sauce | 877g | 1520 | 800 | 89/137 | 37/185 | 230/77 | 1120/47 | 116/39 | 9/36 | 15 | 54 |
| w/ White Clam Sauce | 610g | 1170 | 510 | 57/88 | 8/40 | 90/30 | 670/28 | 108/36 | 6/24 | 8 | 51 |
| w/ Puttanesca | 1002g | 1670 | 950 | 105/162 | 14/70 | 75/25 | 6650/277 | 132/44 | 14/56 | 17 | 49 |

Fettuccine (small)

| | | | | | | | | | | | |
|---------------------|------|------|------|---------|--------|---------|----------|-------|------|----|----|
| w/ Marinara Sauce | 242g | 220 | 25 | 2.5/4 | 0/0 | 0/0 | 510/21 | 41/14 | 4/16 | 7 | 8 |
| w/ Meat Sauce | 285g | 360 | 140 | 16/25 | 4/20 | 25/8 | 680/28 | 42/14 | 4/16 | 8 | 13 |
| w/ Alfredo Sauce | 529g | 1350 | 1090 | 121/186 | 75/375 | 400/133 | 540/23 | 46/15 | 2/8 | 2 | 24 |
| w/ Pesto Sauce | 208g | 720 | 520 | 58/89 | 11/55 | 15/5 | 420/18 | 36/12 | 3/12 | 3 | 17 |
| w/ Pesto and Clams | 382g | 1410 | 1080 | 120/185 | 42/210 | 200/67 | 670/28 | 44/15 | 4/16 | 5 | 42 |
| w/ Red Clam Sauce | 477g | 860 | 530 | 59/91 | 25/125 | 155/52 | 760/32 | 46/15 | 4/16 | 8 | 31 |
| w/ White Clam Sauce | 309g | 660 | 380 | 42/65 | 6/30 | 60/20 | 490/20 | 41/14 | 2/8 | 4 | 30 |
| w/ Puttanesca | 548g | 960 | 640 | 71/109 | 10/50 | 50/17 | 4200/175 | 55/18 | 7/28 | 10 | 27 |

Fettuccine (large)

| | | | | | | | | | | | |
|---------------------|------|------|------|---------|--------|---------|----------|-------|-------|----|----|
| w/ Marinara Sauce | 330g | 320 | 30 | 3.5/5 | 0/0 | 0/0 | 640/27 | 60/20 | 6/24 | 10 | 11 |
| w/ Meat Sauce | 446g | 620 | 270 | 30/46 | 7/35 | 45/15 | 1110/46 | 64/21 | 7/28 | 12 | 22 |
| w/ Alfredo Sauce | 702g | 1800 | 1430 | 159/245 | 98/490 | 520/173 | 780/33 | 65/22 | 3/12 | 4 | 34 |
| w/ Pesto Sauce | 286g | 930 | 630 | 70/108 | 13/65 | 20/7 | 550/23 | 53/18 | 5/20 | 4 | 23 |
| w/ Pesto and Clams | 546g | 1990 | 1520 | 169/260 | 60/300 | 295/98 | 910/38 | 64/21 | 5/20 | 8 | 59 |
| w/ Red Clam Sauce | 706g | 1280 | 790 | 88/135 | 37/185 | 230/77 | 1120/47 | 68/23 | 6/24 | 12 | 46 |
| w/ White Clam Sauce | 440g | 930 | 500 | 56/86 | 7/35 | 90/30 | 670/28 | 60/20 | 4/16 | 6 | 43 |
| w/ Puttanesca | 832g | 1430 | 940 | 104/160 | 14/70 | 75/25 | 6650/277 | 84/28 | 11/44 | 15 | 41 |

Penne (small)

| | | | | | | | | | | | |
|---------------------|------|------|------|---------|--------|---------|----------|-------|------|----|----|
| w/ Marinara Sauce | 299g | 300 | 25 | 3/5 | 0/0 | 0/0 | 510/21 | 57/19 | 5/20 | 8 | 10 |
| w/ Meat Sauce | 341g | 440 | 140 | 16/25 | 4/20 | 25/8 | 680/28 | 58/19 | 5/20 | 8 | 16 |
| w/ Alfredo Sauce | 586g | 1430 | 1090 | 121/186 | 75/375 | 400/133 | 540/23 | 62/21 | 3/12 | 3 | 27 |
| w/ Pesto Sauce | 285g | 800 | 520 | 58/89 | 11/55 | 15/5 | 420/18 | 52/17 | 4/16 | 3 | 20 |
| w/ Pesto and Clams | 438g | 1490 | 1090 | 121/186 | 42/210 | 200/67 | 670/28 | 60/20 | 5/20 | 6 | 45 |
| w/ Red Clam Sauce | 533g | 940 | 530 | 59/91 | 25/125 | 155/52 | 760/32 | 62/21 | 5/20 | 9 | 34 |
| w/ White Clam Sauce | 366g | 740 | 380 | 42/65 | 6/30 | 60/20 | 490/20 | 57/19 | 3/12 | 5 | 32 |
| w/ Puttanesca | 605g | 1040 | 650 | 72/111 | 10/50 | 50/17 | 4200/175 | 71/24 | 8/32 | 11 | 30 |

Penne (large)

| | | | | | | | | | | | |
|---------------------|------|------|------|---------|--------|---------|----------|--------|-------|----|----|
| w/ Marinara Sauce | 387g | 400 | 35 | 4/6 | 0/0 | 0/0 | 640/27 | 76/25 | 7/28 | 10 | 14 |
| w/ Meat Sauce | 503g | 700 | 270 | 30/46 | 7/35 | 45/15 | 1110/46 | 80/27 | 8/32 | 12 | 25 |
| w/ Alfredo Sauce | 759g | 1880 | 1430 | 159/245 | 99/495 | 520/173 | 780/33 | 82/27 | 4/16 | 4 | 37 |
| w/ Pesto Sauce | 343g | 1010 | 640 | 71/109 | 13/65 | 20/7 | 550/23 | 69/23 | 5/20 | 5 | 26 |
| w/ Pesto and Clams | 603g | 2070 | 1520 | 169/260 | 60/300 | 295/98 | 910/38 | 80/27 | 6/24 | 8 | 62 |
| w/ Red Clam Sauce | 763g | 1360 | 790 | 88/135 | 37/185 | 230/77 | 1120/47 | 84/28 | 7/28 | 13 | 48 |
| w/ White Clam Sauce | 496g | 1010 | 510 | 57/88 | 8/40 | 90/30 | 670/28 | 76/25 | 5/20 | 7 | 45 |
| w/ Puttanesca | 889g | 1510 | 950 | 105/162 | 14/70 | 75/25 | 6650/277 | 100/33 | 12/48 | 16 | 43 |

Pasta Adds

| | | | | | | | | | | | |
|----------------------------|------|-----|-----|-------|-------|--------|---------|------|-----|---|----|
| Add Chicken Breast (small) | 85g | 140 | 25 | 3/5 | 1/5 | 70/23 | 65/3 | 0/0 | 0/0 | 0 | 26 |
| Add Chicken Breast (large) | 128g | 210 | 40 | 4.5/7 | 1.5/8 | 110/37 | 95/4 | 1/0 | 0/0 | 0 | 39 |
| Add Hot Sausage | 156g | 500 | 360 | 40/62 | 14/70 | 120/40 | 1440/60 | 2/1 | 0/0 | 2 | 31 |
| Add Meatballs | 128g | 340 | 170 | 19/29 | 7/35 | 120/40 | 1590/66 | 18/6 | 1/4 | 1 | 24 |

Nutritional Information

Nutritional Information Calculated by Nutrition & Diet Services: <http://nutrition-dietservices.com/>

* Percent Daily Values are based on a 2,000 calorie diet.

** Approximate Average of Digestible Carbohydrates.

| Nutrients per serving*: | Serving /g | Calories | Fat Cal. | Fat g/%* | Sat. Fat g/%* | Chol. mg/%* | Sodium mg/%* | Carbs g/%* | Fiber g/%* | Sugars g | Protein g |
|-------------------------|------------|----------|----------|----------|---------------|-------------|--------------|------------|------------|----------|-----------|
|-------------------------|------------|----------|----------|----------|---------------|-------------|--------------|------------|------------|----------|-----------|

DINNER

| | | | | | | | | | | | |
|-----------------------------------|------|-----|------|---------|-------|--------|---------|-------|--------|------|------|
| Chicken Parmigiana dinner | 410g | 665 | 290 | 32/49 | 13/64 | 143/48 | 2320/97 | 43/14 | 4/17 | 6 | 58 |
| Linguini Marinara (6 oz. portion) | 267g | 285 | 22.5 | 2.6/3.7 | 0/0 | 0/0 | 383/16 | 55/18 | 4.5/18 | 6.75 | 9.75 |

| Nutrients per serving*: | Serving /g | Calories | Fat Cal. | Fat g/%* | Sat. Fat g/%* | Chol. mg/%* | Sodium mg/%* | Carbs g/%* | Fiber g/%* | Sugars g | Protein g |
|-------------------------|------------|----------|----------|----------|---------------|-------------|--------------|------------|------------|----------|-----------|
|-------------------------|------------|----------|----------|----------|---------------|-------------|--------------|------------|------------|----------|-----------|