

	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	MONOUNSATURATED FAT	POLYUNSATURATED FAT	TRANS FATS	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES	DEITARY FIBER	SUGARS	PROTEIN	Potassium (mg)
SALAD	ounces	grams	calories	from fat	total fat	sat fat	mono fat	poly fat	trans fat	chol	sodium	carb	fiber	sugar	protein	potasm
Asian Coleslaw	2.00	57	105	58	7	0	4	2	0	0	112	12	1	10	1	29
Chick Pea	2.00	57	73	31	3	0	2	1	0	0	140	7	1	1	2	43
Creamy Cucumber	2.00	57	29	13	1	1	0	0	0	5	168	4	0	2	0	83
Italian Confetti	2.00	57	144	90	10	2	0	0	0	8	174	13	1	1	2	52
Lo Mein	2.00	57	85	4	0	0	0	0	0	0	198	16	1	2	3	57
Pasta Fresca	2.00	57	115	41	5	1	0	0	0	2	194	14	1	2	3	42
Robusto	2.00	57	110	52	6	1	0	0	0	5	169	14	1	4	2	63
Sweet & Sour Broccoli	2.00	57	139	104	12	2	0	1	0	10	116	10	1	6	2	106
Tomato & Cucumber	2.00	57	19	7	1	0	0	0	0	0	67	3	0	2	0	108
Tri-Color Rotini	2.00	57	94	13	1	0	0	0	0	0	90	17	1	1	3	15
SOUP	ounces	grams	calories	from fat	total fat	sat fat	mono fat	poly fat	trans fat	chol	sodium	carb	fiber	sugar	protein	potasm
Chicken Noodle Soup	4.00	113	50	10	1	0	0	0	0	5	345	8	1	1	2	102
Italian Wedding	4.00	113	36	21	2	1	0	0	0	4	371	6	0	1	2	62
Pasta Fagioli	4.00	113	61	3	0	0	0	0	0	0	585	12	2	1	3	92
PASTA	ounces	grams	calories	from fat	total fat	sat fat	mono fat	poly fat	trans fat	chol	sodium	carb	fiber	sugar	protein	potasm
Chili Mac & Cheese	2.00	57	119	51	6	3	0	0	0	3	683	13	0	2	3	20
Creamy Garlic Fettuccini	2.00	57	66	14	2	0	0	0	0	0	152	11	1	1	2	19
Creamy Garlic Rotini	2.00	57	66	14	2	0	0	0	0	0	140	11	1	1	2	40
Garlic & Herb	2.00	57	208	126	14	1	9	4	0	1	265	16	1	1	3	76
Macaroni & Cheese	2.00	57	112	36	4	2	0	0	0	0	480	16	1	2	3	27
Whole Wheat Marinara	2.00	57	64	7	1	0	0	0	0	0	195	13	1	3	2	111
Zesta Marinara	2.00	57	59	4	1	0	0	0	0	0	189	11	1	3	2	23
Alberghetti Pasta	2.00	57	156	35	4	2	0	0	0	10	901	24	2	11	4	48
PIZZA <small>serving size: 1 slice (1/12 pizza)</small>	ounces	grams	calories	from fat	total fat	sat fat	mono fat	poly fat	trans fat	chol	sodium	carb	fiber	sugar	protein	potasm
Aloha Pizza	1.92	54	103	28	3	1	1	0	0	8	285	16	0	4	5	74
Baked 'Tater Pizza	2.17	61	145	51	6	3	0	0	0	15	353	16	1	1	7	10
BBQ Chicken Pizza	1.90	54	104	28	3	1	0	0	0	9	263	17	0	3	5	101
Buffalo Chicken Pizza	1.88	53	147	70	8	2	0	0	0	14	302	13	0	1	6	44
Cheese Pizza	1.58	45	101	29	3	1	0	0	0	5	184	13	1	1	5	20
Chicken Bacon Ranch Pizza	1.92	54	156	76	8	3	0	0	0	17	320	13	0	1	7	44
Chicken Garlic Pizza	2.04	58	108	31	3	1	0	0	0	9	223	14	1	1	5	58
Chicken Parmesan Pizza	1.81	51	111	31	3	1	0	0	0	10	251	14	1	1	6	65
Classico Combo Pizza	1.92	54	112	37	4	2	0	0	0	7	216	14	1	1	5	34
Garden-Fresh Veggie Pizza	1.92	54	95	24	3	1	1	0	0	4	179	14	2	1	4	109
Margherita Pizza	1.60	45	102	34	4	1	2	1	0	6	144	13	1	1	4	26
Pepperoni Pizza	1.75	50	119	44	5	2	0	0	0	9	259	13	1	1	5	20
Roma Tomato & Basil Pizza	1.96	56	110	24	3	1	0	0	0	4	170	16	2	1	5	215
Santa Fe Pizza	2.00	57	153	71	8	2	0	0	0	14	280	14	1	1	6	45
Sausage Pizza	1.75	50	117	43	5	2	0	0	0	8	223	14	1	1	5	20
The Butcher Pizza	1.83	52	120	44	5	2	1	0	0	9	276	14	1	1	5	33
The Tailgater Pizza	1.94	55	116	41	4	2	0	0	0	9	284	16	1	3	5	35
Focaccia Breadsticks	1.01	29	71	11	1	0	1	0	0	0	104	13	0	1	2	0
DRESSING	ounces	grams	calories	from fat	total fat	sat fat	mono fat	poly fat	trans fat	chol	sodium	carb	fiber	sugar	protein	potasm
Blue Cheese Dressing	1.00	28	104	102	11	2	0	0	0	0	261	1	0	0	0	30
French Dressing	1.00	28	108	83	9	1	0	0	0	0	350	7	0	7	0	29
Italian Lite Dressing	1.00	28	35	24	3	0	0	0	0	0	239	3	0	2	0	31
Ranch Dressing	1.00	28	130	125	14	2	0	0	0	9	243	1	0	1	0	30
Sun-Dried Tomato & Oregano Dressing	1.00	28	80	62	7	1	0	0	0	0	310	3	0	3	0	2
Thousand Island Dressing	1.00	28	81	59	7	1	0	0	0	8	285	4	0	3	0	28
DESSERT	ounces	grams	calories	from fat	total fat	sat fat	mono fat	poly fat	trans fat	chol	sodium	carb	fiber	sugar	protein	potasm
Apple Piezino	1.85	53	123	14	2	0	1	0	0	0	105	25	1	12	2	0
Chocolate Fudge Brownies	1.25	35	94	21	2	1	0	0	0	0	89	17	0	11	1	0
Cinna-Pillows	1.50	43	121	9	1	0	0	0	0	0	99	26	1	13	2	0