

Item	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs Total	Fiber	Dietary	Protein
Small Spaghetti (Pasta Only)	10 oz	440	2	0	0	336	86	6	6	16
Large Spaghetti (Pasta Only)	14 oz	616	3	0	0	512	120	8	8	22
Child Spaghetti (Pasta Only)	5.5 oz	242	1	0	0	201	45	3	3	8
Side Spaghetti (Pasta Only)	5.5 oz	242	1	0	0	201	45	3	3	8
Small Mostaccioli (Pasta Only)	10 oz	387	2	0	0	336	77	4	4	13
Large Mostaccioli (Pasta Only)	14 oz	580	3	0	0	512	116	6	6	19
Child Mostaccioli (Pasta Only)	5.5 oz	242	1	0	0	201	48	2	2	8
Side Mostaccioli (Pasta Only)	5.5 oz	242	1	0	0	201	48	2	2	8
Small Tortellini (Pasta Only)	4.75 oz	279	6	3	32	559	46	1	1	11
Large Tortellini (Pasta Only)	7 oz	412	8	4	47	824	67	2	2	17
Child Tortellini (Pasta Only)	3.5 oz	206	4	2	23	412	34	1	1	8
Side Tortellini (Pasta Only)	3.5 oz	206	4	2	23	412	34	1	1	8
Small Meat Ravioli (Pasta Only)	4.5 oz	264	3	3	57	370	36	2	2	11
Large Meat Ravioli (Pasta Only)	6.25 oz	367	4	4	79	513	50	2	2	16
Child Meat Ravioli (Pasta Only)	3.25 oz	191	2	2	41	267	26	1	1	8
Side Meat Ravioli (Pasta Only)	3.25 oz	191	2	2	41	267	26	1	1	8
Small Cheese Ravioli (Pasta Only)	5 oz	265	9	5	82	296	35	2	2	13
Large Cheese Ravioli (Pasta Only)	7.5 oz	398	14	7	122	444	52	3	3	20
Child Cheese Ravioli (Pasta Only)	3.75 oz	199	7	3	61	22	26	2	2	10
Side Cheese Ravioli (Pasta Only)	3.75 oz	199	7	3	61	22	26	2	2	10
Fettuccini Alfredo	1 ea	552	8	4	25	1714	89	4	4	22
Chicken Parmigiana (Small)	1 ea	610	12	4	68	1231	83	11	11	45
Chicken Parmigiana (Large)	1 ea	992	21	8	134	2272	127	17	17	83
Tender Dinner	1 ea	837	20	3	61	1213	116	15	15	44
Cod Loin Dinner	1 ea	818	28	6	53	686	101	8	8	40
Lasagna (Pasta Only)	1 ea	598	30	16	148	744	47	6	6	46
Vegetable Lasagna (Pasta Only)	1 ea	506	25	15	91	1011	41	1	1	28
Alfredo Sauce	6 oz	112	6	4	25	299	5	0	0	8
Marinara Sauce	7 oz	121	4	1	2	199	18	5	5	4
Meat Sauce	7 oz	175	9	3	24	195	14	4	4	8
Pesto Alfredo Sauce	6 oz	378	34	7	23	817	9	1	1	8
Pesto Sauce	2 tbl	173	18	2	3	193	1	1	1	1
Clam Sauce	7 oz	171	2	1	23	1480	14	4	4	23
Chicken Breast	1 ea	168	6	2	70	338	2	0	0	26
Chicken Tenders	2 pcs	184	8	1	32	637	10	0	0	18
Cod Loin	1 ea	90	0.5	0	45	230	0	0	0	19
Meatballs	2 ea	153	11	4	57	106	4	0	0	10

This nutritional information is based on standard recipes and product formulas. Some variations may occur due to season, supplier, and minor differences in product assembly.

Item	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs Total	Fiber	Dietary	Protein
1/2 Gallon Ravioli (Pasta Only)	5	411	12	5	89	588	57	4	18	
1/2 Gallon Tortellini (Pasta Only)	5	369	7	3	40	738	59	2	16	
1/2 Gallon Spaghetti (Pasta Only)	5	286	1	0	0	679	57	3	10	
1/2 Gallon Cheese Ravioli (Pasta Only)	5	371	13	6	114	428	49	3	19	
1/2 Gallon Fettuccini Alfredo	5	445	12	6	28	1472	64	2	18	
Pan Lasagna	10	514	27	0	137	736	35	4	43	
Pan Vegetable Lasagna	10	526	27	18	99	991	41	2	26	
Meat Sauce	5 oz	133	6	3	20	169	11	3	7	
Marinara Sauce	5 oz	71	1	1	2	164	12	3	3	
Alfredo Sauce	5 oz	201	11	7	30	911	14	0	10	

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