



Traditional Favorite Pastas - Nutrition Facts (Serving Size = 1 Half Order of Pasta)

Half Order of Pasta	Calories	Fat (g)	Saturated (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein
Spaghetti	262	4.3	0.5	0	145	46.65	4.5	4.5	9.5
Spaghetti and Meatballs	382	12.8	4	18.5	457.5	50.15	5.5	5	15.5
Fettuccini Primavera Marinara	288.5	5	0.5	5.5	185.5	50.3	6	8	10.7
Creamy Fettuccini Primavera	413	20	25	68.5	216	43.9	3	5	13.2
Fettuccini Alfredo	398.5	20	12.5	63	204.5	41.6	2	2	12.5
Chicken Fettuccini Alfredo	442	20.7	12.75	81	636.5	43.35	2	3.5	20
Baked Mac and Cheese	457	33	15	78	399	44	7	0	20
Rotini With Shrimp	342.5	13	6	66	296	46	7	3	17
Lemon Chicken	473.5	24.2	14.25	117	720	44	2	4.5	18.5
Multi-Grain Rotini with Chicken & Pesto	487	22.2	0.25	62.5	552	46.75	7.5	1.5	29.5
Chicken Roma Fettuccini	526	26.95	0.25	18	484.5	47.25	2.5	3.5	24.5
Veggie Multi-Grain Rotini	355.5	14	6	27	260	51	9.3	6.23	14.7
Tomato Basil Multi-Grain Penne	306.5	8.5	1	8	282	50	8	4	13.5
Organic Penne Roma	383.5	14	6.3	45	629	50	8	5	22
Miazagna Lasagna	318.5	17.5	7.8	78	710	23	2	4	20.5
Veggie Lasagna	278	12.2	7	70	886.5	24.4	5.3	7.73	18.7
With Asiago Cheese	29	2	2.5	5	118.5	0.5	0	0	2.5
With Parmesan Cheese	29	2	2.5	5	118.5	0.5	0	0	2.5
Side Garlic Bread	174	6.7	1.3	0	295	24	1.3	0	4

Traditional Favorite Pastas - Nutrition Facts (Serving Size = 1 Full Order of Pasta)

Full Order of Pasta	Calories	Fat (g)	Saturated (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein
Spaghetti	524	8.6	1	0	290	93.3	9	9	18
Spaghetti and Meatballs	764	25.6	8	37	915	100.3	11	10	31
Fettuccini Primavera Marinara	577	10	1	11	371	100.6	12	16	21.4
Creamy Fettuccini Primavera	826	40	25	137	432	87.6	6	10	26.4
Fettuccini Alfredo	797	40	25	126	409	83	4	4	25
Chicken Fettuccini Alfredo	884	41.4	25.5	162	1273	86.5	4	7	40
Baked Mac and Cheese	914	66	30	156	798	88	14	0	40
Rotini With Shrimp	553	10	1	78	588	96	20.2	6	30
Lemon Chicken	947	48.4	28.5	234	1439	87.5	4	9	37
Multi-Grain Rotini with Chicken & Pesto	974	44.4	0.5	125	1104	93.5	15	3	59
Chicken Roma Fettuccini	1052	53.9	0.5	36	969	94.5	5	7	49
Veggie Multi-Grain Organic Rotini	711	28	12	54	519	103	18.6	12.45	29.4
Tomato Basil Multi-Grain Penne	613	17	2	16	564	100	16	8	27
Organic Penne Roma	767	28	12.65	90	1257	100.7	15.6	9.45	44
Miazagna Lasagna	639	35	15.5	156	1419	46	4	8	41
Veggie Lasagna	558	24.4	13.65	140	1773	48.8	10.6	15.5	37.4
With Asiago Cheese	58	4	5	10	237	1	0	0	5
With Parmesan Cheese	58	4	5	10	237	1	0	0	5
Side Garlic Bread	174	6.7	1.3	0	295	24	1.3	0	4