LOTSA PASTA

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
ENTREES									
Baked Ziti ■	5 oz.	230	7.8 g	30%	8 mg	12 g	28 g	1.9 g	268 mg
Meat Lasagna with Tomato Sauce	4"x6" sq.	1100	48 g	39%	113 mg	65 g	102 g	0 g	4011 mg
Stuffed Shells ■	2	551	27 g	44%	141 mg	35 g	42 g	3 g	891 mg
Wisconsin Cheese Casserole	7 oz.	369	21 g	57%	81 mg	23 g	22 g	1.4 g	325 mg
Vegan 'Meat'balls ▲	1	35	1 g	26%	0 mg	4 g	3 g	2 g	65 mg
PASTA									
Spaghetti ▲	1 cup	190	1 g	5%	0 mg	7 g	39 g	2 g	1 mg
Whole Wheat Spaghetti ▲	1 cup	190	1 g	5%	0 mg	7g	39 g	5 g	0 mg
SAUCES									
Chicken Basil Sauce	3.5 oz.	126	5 g	36%	11 mg	5.8 g	14.4 g	2.6 g	425 mg
Chipotle & Sun-Dried Tomato Sauce ▲	3.5 oz.	120	4.6 g	35%	0 mg	2 g	17.6 g	3.4 g	477 mg
Creamy Seafood Sauce	3.5 oz.	144	8 g	50%	48 mg	10 g	8 g	0 g	236 mg
Marinara Sauce ▲	3.5 oz.	120	6 g	45%	0 mg	2 g	16 g	<1 g	570 mg
Meat Sauce	3.5 oz.	144	8 g	50%	21 mg	7 g	11 g	2 g	397 mg
Red Clam Sauce	3.5 oz.	136	5.4 g	36%	27 mg	11.4 g	10.5 g	1.3 g	437 mg
Three Meat Sauce	3.5 oz.	184	12.6 g	62%	27 mg	7.7 g	10 g	1.7 g	662 mg
TOPPINGS									
Parmesan Cheese ■	1 T.	23	1.5 g	59%	4 mg	2 g	0 g	0 g	93 mg

■ *These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.*
▲ *These items contain no meat, poultry, fish, eggs, milk, cheese, honey or gelatin.*

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