

Organic Pastas (Lunch)	Spaghetti Bolognese	Uncle Louie's Favorite	Avocado Del- ish w/o chicken	Wild Mushroom Rotelli	Rotelli Pesto & Chicken	Spaghetti & Chicken Piccata	Chipotle	Add GF Meatballs	Add Avocados	Add GF Flatbread
Serving Size	1	1	1	1	1	1	1	1 each	1/4 of whole	1 slice
Servings Per Dish	2	2	2	2	2	2	2	1	1	n/a
Calories	410	430	370	460	510	510	450	80	60	130
Calories From Fat	160	190	160	220	250	270	180	45	45	60
Total Fat (g)	18	22	18	25	28	30	20	5	5	6
Sat Fat (g)	3	4.5	2.5	16	8	11	5	2	0.5	1
Trans Fat (g)	0	0	0	0	0	0	0	0	0	0
Chol (mg)	10	20	0	75	45	55	30	35	0	35
Sodium (mg)	940	220	65	820	410	340	250	95	0	330
Total CHO (g)	54	48	50	51	51	48	51	1	3	17
Fiber (g)	3	2	2	2	1	1	1	0	2	1
Sugars (g)	3	0	0	0	0	0	2	0	0	<1
Protein (g)	8	10	4	7	12	13	14	7	0	2
Vit. A(%)	6	8	6	20	10	10	4	0	0	0
Vit. C (%)	10	15	15	25	8	10	15	0	4	0
Calcium (%)	8	10	0	10	6	10	15	4	0	0
Iron (%)	15	6	6	8	6	6	6	4	0	2