

# nutritional facts



## Noodle Bowlz

	calories	calories from fat (g)	total fat (g)	saturated fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
<b>Marinara</b>	315	60	6	2	8	578	54	5	5	18
	535	85	8	2	9	952	97	9	10	28
<b>Veggie Tuscana</b>	416	161	19	4	13	391	53	4	3	18
	790	323	36	8	21	782	97	8	6	34
<b>Spicy Peanut</b>	383	110	11	2	0	867	60	5	11	11
	756	213	23	4	0	1743	122	12	22	20
<b>Pesto</b>	383	153	16	4	13	281	49	4	2	16
	774	298	31	7	30	553	99	9	4	32
<b>Alfredo</b>	391	136	14	8	38	391	52	4	2	18
	731	238	25	13	64	587	103	8	5	31
<b>Krith-a-raki</b>	400	162	17	7	25	366	48	5	2	15
	799	323	34	13	51	731	98	11	5	30
<b>Udon</b>	332	51	6	0	0.5	2125	60	3	14	9
	570	102	11	1	0.5	3740	98	5	26	16
<b>Big Penne</b>	340	110	12	6	26	204	48	4	1	15
	587	187	20	7	33	86	7	2	2	24
<b>Lemon Sauté</b>	366	111	12	4	9	774	49	3	4	15
	689	196	20	6	13	1292	99	7	7	25
<b>Mostaccioli</b>	366	102	11	3	17	306	53	5	3	18
	672	204	20	7	30	621	95	10	5	34

## Mac N Cheese Bowlz

	calories	calories from fat (g)	total fat (g)	saturated fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
<b>Mac N Cheese</b>	357	136	15	8	47	425	38	3	2	20
	578	204	22	13	64	697	70	5	3	32
<b>Basil Mac</b>	408	156	22	8	38	417	38	2	2	18
	782	357	43	17	72	842	70	5	3	37
<b>Buffalo Chicken Mac</b>	502	187	21	10	89	1275	44	3	2	45
	825	332	37	18	119	2150	77	6	3	60
<b>Garlic Mac</b>	417	119	13	7	85	961	42	3	2	45
	646	187	20	12	102	1258	75	6	4	56

## Rice Bowlz

	calories	calories from fat (g)	total fat (g)	saturated fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
<b>Teriyaki</b>	298	68	9	1	0	663	50	4	8	5
	570	136	16	2	0	1309	97	8	28	12
<b>Fajita</b>	518	263	29	7	80	1028	36	1	5	36
	756	365	42	9	81	1590	65	2	8	40
<b>Thai Stir-Fry</b>	374	153	17	3	0	927	48	5	12	12
	697	272	30	5	0	1793	91	12	23	22

## Salad & Soup Bowlz

	calories	calories from fat (g)	total fat (g)	saturated fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
<b>Greek Salad</b>	247	196	22	4	13	595	9	4	3	8
	485	374	43	8	21	1130	14	5	5	14
<b>Caesar Salad</b>	119	111	8	2	8	349	8	1	1	6
	238	195	17	4	13	697	16	3	2	10
<b>Village Salad</b>	264	196	22	4	13	595	9	4	4	8
	502	374	43	8	21	1130	23	6	11	15
<b>Garden Salad</b>	60	34	1	0	0	111	10	2	2	3
	111	68	3	0	0	221	20	5	4	6
<b>Raviolletti Soup</b>	179	68	7	3	17	1199	18	3	7	15
	247	85	8	4	21	1700	26	3	10	20
<b>Tomato &amp; Red Pepper Bisque</b>	196	136	15	9	51	621	14	3	4	4
	298	204	22	14	77	935	20	3	6	7

## Proteins

	calories	calories from fat (g)	total fat (g)	saturated fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
<b>Chicken</b>	103	19	2	0.5	54	458	1	0	0	27
<b>Shrimp</b>	45	3	0.5	0	94	107	0	0	0	10
<b>6 Meatballs</b>	221	145	16	5	38	570	6	2	0	21
<b>Tofu</b>	60	34	4	0	0	17	1	1	0	5