

**Nutrition for Deli Pasta Entrée Items**

| <b>Product Name</b>                           | <b>Serving Size (oz)</b> | <b>Calories</b> | <b>Calories from fat</b> | <b>Total Fat (g)</b> | <b>Sat Fat (g)</b> | <b>Trans fats (g)</b> | <b>Cholesterol (mg)</b> | <b>Sodium (mg)</b> | <b>Carbohydrates (g)</b> | <b>Dietary Fiber (g)</b> | <b>Sugars (g)</b> | <b>Protein (g)</b> | <b>Gluten Free Ingrid.</b> | <b>Allergens</b>                 |
|---|--------------------------|-----------------|--------------------------|----------------------|--------------------|-----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------|--------------------|----------------------------|----------------------------------|
| Cannelloni, Meat (with Marinara)              | 4 oz.                    | 203             | 88                       | 9.8                  | 4.2                | 0                     | 46                      | 557                | 16                       | 1                        | 3                 | 12                 | N                          | Milk, Egg, Wheat                 |
| Cannelloni, Spinach Artichoke (with Marinara) | 4 oz.                    | 175             | 73                       | 8                    | 2.7                | 0                     | 15                      | 573                | 18                       | 1.2                      | 5                 | 6                  | N                          | Milk, Egg, Wheat                 |
| Florentine Pesto Alfredo                      | 4 oz.                    | 267             | 128                      | 14.2                 | 3.7                | 0.1                   | 15.6                    | 308.3              | 22                       | 1.4                      | 3.6               | 7.3                | N                          | Milk, Soy, Wheat, Nut(Almond)    |
| Lasagna, Meat                                 | 4 oz.                    | 199             | 102                      | 11.4                 | 7.3                | 0.1                   | 45                      | 435                | 13.1                     | 0.7                      | 3.5               | 11.5               | N                          | Milk, Egg, Wheat                 |
| Lasagna, Mexican                              | 4 oz.                    | 271             | 165                      | 18.4                 | 10.6               | 0                     | 63.8                    | 388                | 9.1                      | 1.1                      | 1.6               | 16                 | N                          | Milk, Egg, Wheat                 |
| Lasagna, Mexican Meal                         | 21oz                     | 1142            | 527                      | 58.5                 | 31.4               | 0.3                   | 270.5                   | 1929               | 103.4                    | 6.5                      | 29.9              | 47.7               | N                          | Milk, Egg, Wheat                 |
| Lasagna, Roasted Vegetable                    | 4 oz.                    | 174             | 79                       | 8.8                  | 3.5                | 0                     | 29.1                    | 315.4              | 15                       | 1.6                      | 3.5               | 8                  | N                          | Milk, Egg, Wheat                 |
| Lasagna, Seafood Rollups                      | 4 oz.                    | 298             | 132                      | 14.7                 | 6                  | 0                     | 64                      | 530                | 31                       | 2                        | 3.8               | 9.4                | N                          | Milk, Egg, Wheat, Soy, Shellfish |
| Mostaccoli, Baked Four Cheese                 | 4 oz.                    | 208             | 86                       | 9.6                  | 4.1                | 0                     | 32.8                    | 472.5              | 20                       | 1.1                      | 4.3               | 8.2                | N                          | Milk, Egg, Wheat                 |
| Mostaccoli, Meat Sauce                        | 4 oz.                    | 174             | 56                       | 6.2                  | 4.3                | 0                     | 15                      | 280                | 21                       | 1                        | 4                 | 8                  | N                          | Milk, Wheat                      |
| Pasta, Alfredo                                | 4 oz.                    | 196             | 66                       | 7.3                  | 4.1                | 0                     | 19                      | 430                | 23                       | 1                        | 2                 | 8                  | N                          | Milk, Wheat, Soy                 |
| Pasta, Alfredo with Chicken                   | 4 oz.                    | 166             | 54                       | 6                    | 2.9                | 0                     | 45.5                    | 433.2              | 11.5                     | 0.4                      | 1.3               | 15.1               | N                          | Milk, Wheat, Soy                 |
| Pasta, Breaded Cannelloni                     | 4 oz.                    | 175             | 73                       | 8                    | 2.7                | 0                     | 15                      | 573                | 18                       | 1.2                      | 5                 | 6                  | N                          | Milk, Egg, Wheat                 |
| Pasta, Cheese Manicotti                       | 4 oz.                    | 205             | 100                      | 11                   | 4.8                | 0                     | 34                      | 483                | 17                       | 0.6                      | 4.8               | 7                  | N                          | Milk, Egg, Wheat                 |
| Pasta, Chicken Parmean Meal                   | 9.3 oz                   | 452             | 99                       | 11                   | 1.9                | 0                     | 122.9                   | 828.9              | 52.8                     | 2.7                      | 5.3               | 31.6               | N                          | Milk, Egg, Wheat                 |
| Pasta, Con Broccoli                           | 4 oz.                    | 163             | 68                       | 7.6                  | 4.2                | 0                     | 19                      | 482                | 16                       | 1.1                      | 2.7               | 6.7                | N                          | Milk, Wheat, Soy                 |
| Pasta, Con Broccoli with Chicken              | 4 oz.                    | 168             | 82                       | 9.1                  | 5                  | 0                     | 35.2                    | 404.9              | 10.8                     | 0.8                      | 2                 | 10.2               | N                          | Milk, Wheat, Soy                 |
| Spaghetti with Marinara                       | 4 oz.                    | 178             | 46                       | 5.2                  | 0.9                | 0                     | 1.8                     | 252.5              | 26                       | 2                        | 4                 | 5                  | N                          | Milk, Wheat                      |
| Spaghetti with Meatballs                      | 4 oz.                    | 216             | 93                       | 10.3                 | 6.8                | 0                     | 51                      | 399                | 17                       | 1.1                      | 3.7               | 12.1               | N                          | Milk, Egg, Wheat                 |
| Spaghetti with Meat Sauce                     | 4 oz.                    | 164             | 57                       | 6.3                  | 4.1                | 0.1                   | 14                      | 307                | 20                       | 1.3                      | 4                 | 8                  | N                          | Milk, Wheat                      |