

Nutritional Guidelines 2009



	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs(g)	Dietary Fiber(g)	Sugars(g)	Protein(g)	Servings Per Bowl
Rice Dishes											
<i>Per Serving</i>											
Kung Pao Chicken	935	460	51	6	50	460	89	5	23	31	2
General Tso's Chicken	760	390	44	5	50	1538	69	1	12	24	2
Thai Peanut Stir Fry	595	245	27	5	50	885	59	3	12	29	2
Noodle Bowls - American											
<i>Per Serving</i>											
Beef Stroganoff	508	278	31	14	122	1499	33	2	3	26	2
Buttery Noodles	651	393	44	26	178	1538	46	2	1	19	2
Santa Fe Pasta	705	481	54	29	140	1714	40	3	4	18	2
Spicy Cajun Pasta	660	445	50	29	148	1517	44	4	6	9	2
Southwest Chipotle	713	521	58	32	156	1822	41	4	3	11	2
Noodle Bowls - Asian											
<i>Per Serving</i>											
Sesame Lo Mein	411	101	11	2	7	1737	64	4	8	5	2
Spicy Japanese Noodles	419	69	8	1	0	1453	74	4	13	10	2
Thai Peanut	568	181	20	5	0	1638	89	5	12	11	2
Pad Thai Noodles	602	89	10	2	106	2817	118	4	39	14	2
Noodle Bowls - Italian											
<i>Per Serving</i>											
Basil Pesto	574	372	42	18	87	334	36	3	1	14	2
Margherita Pasta	474	281	31	5	5	2153	36	3	3	9	2
Fettuccini Alfredo	723	505	56	35	175	1053	36	2	1	20	2
Marinara Pasta	487	99	11	5	17	1075	77	8	4	23	2
Three-Cheese Macaroni	446	184	21	12	115	392	45	2	2	20	2
Cappellini Primavera	500	246	28	5	7	333	56	4	18	10	2
Pasta-Less Bowls											
<i>Per Serving</i>											
Shrimp Pesto Florentine	308	224	25	12	154	357	5	2	1	16	2
Cheesy Chicken & Vegetables	318	183	21	12	103	970	6	2	2	29	2
Thai Curry Beef & Vegetables	443	266	30	13	91	899	16	4	7	32	2
Primavera Chicken & Vegetable Wrap	318	131	15	3	54	722	26	2	16	22	2
Chicken Pomodoro	452	301	34	19	137	1040	7	2	2	28	2
Baked Dishes											
<i>Per Serving</i>											
Stuffed Shells	701	491	57	33.5	210	1238	28	3	3	27	2
Lobster Ravioli	637	435	80.5	38.5	253	1189	21	3.5	2	24	2
Eggplant Parmesan	725	223	37	8	68	746	79	6.5	8	19	2
Salads											
<i>Per Serving</i>											
Oriental Salad	187	101	11	2	0	151	20	4	5	4	2
Caesar Salad	247	168	19	4	20	677	14	2	3	7	2
Garden Fresh Salad	110	46	5	2	7	249	12	2	2	5	2
Pear & Balsamic Spinach Salad	395	250	28	5	11	249	38	3	24	7	2
Spicy Cucumber & Chicken Salad	284	135	15	5	70	911	10	3	4	28	2
Cranberry Spinach Salad	154	86	10	2	3	92	18	3	10	3	2
Hunk of Lettuce	229	190	21	6	16	706	7	2	2	6	2
Greek Salad	409	278	31	8	23	661	26	3	2	9	2
Sun-Dried Tomato	271	108	12	2	5	773	32	4	5	11	2
BBQ Chicken Salad	205	135	15	3	28	225	11	3	3	9	2
Chopped Salad	229	130	15	4	15	480	10	3	3	7	2
Mandarin Orange Salad	205	120	14	2	8	245	13	2	10	2	2
Steak Salad	135	170	19	5	35	220	7	2	2	11	2
Dressings											
<i>Per Serving</i>											
Buttermilk Ranch	55	50	6	1	5	140	1	0	1	0	2
Creamy Balsamic	151	86	10	1	0	12	20	0	14	0	2
Golden Italian	55	50	6	1	0	150	2	0	2	0	2
Poppy Seed	70	50	6	1	2	175	5	0	4	0	2
Tuscan Caesar	70	65	7	1	8	8	180	1	0	1	2
Oriental Salad Dressing	135	88	10	1	0	132	12	0	10	0	2
Roasted Garlic Balsamic Vinaigrette	30	23	3	1	0	155	2	0	2	0	2
Kids											
<i>Per Serving</i>											
Alfredo	719	492	55	34	173	949	39	2	1	19	1
Buttery Noodles	723	437	49	29	198	1709	51	2	1	21	1
Spaghetti	290	56	6	3	10	611	47	5	2	13	1
Macaroni & Cheese	454	231	26	16	80	748	38	2	2	18	1
Starters											
<i>Per Serving</i>											
Thai Lettuce Wraps	361	209	23	6	58	1241	15	2	7	24	2
Fresh Mozzarella	767	241	27	10	50	488	134	1	88	20	1
Cucumber Side Salad	193	147	16	1	0	653	13	1	6	2	1
Potstickers	479	297	33	3	8	2163	39	5	10	11	1
Mozzarella Cheese Bread	633	153	17	8	40	1314	86	3	5	33	1
Garlic Breadsticks	106	39	4	1	0	214	28	1	1	2	1
Soups											
<i>Per Serving</i>											
Tomato Bisque	253	210	23	0	71	434	9	1	2	2	2
Desserts											
<i>Per Serving</i>											
Cannoli	374	154	17	7	36	88	44	1	34	10	1
Key Lime Pie	590	297	33	19	225	290	67	1	50	11	1
Triple Chocolate Cake	710	297	33	9	50	620	106	4	61	6	1
New York Cheesecake	770	477	53	32	245	0	59	0	49	15	1
Strawberry Puree	65	0	0	0	0	0	8	0	7	0	1
Almonds drizzled with non-alcoholic Amaretto Liqueur	113	30	3	1	3	9	20	0	20	1	1
Chocolate Syrup	100	0	0	0	0	20	23	0	16	1	1
Cotton Candy	65	0	0	0	0	7	17	0	18	0	1
Add-Ons											
<i>Per Serving</i>											
Chicken	100	23	3	1	49	487	0	0	0	18	2
Beef	110	37	4	1	47	227	0	0	0	17	2
Shrimp	53	8	1	0	76	74	1	0	0	10	2
Tofu	60	30	4	1	0	7	1	0	0	7	2