



GLUTEN-SENSITIVE

Menu items made without gluten-containing ingredients

SALAD

Famous House Salad without croutons

ENTRÉES

Rotini with Marinara

Homemade marinara sauce tossed with gluten-free rotini.

Also available with grilled chicken, Italian sausage or shrimp.

Rotini Primavera

Marinara with zucchini, red peppers, onions, peppers and tomatoes tossed with gluten-free rotini.

Also available with grilled chicken, Italian sausage or shrimp.

Steak Toscano*

Grilled 12 oz choice center cut New York strip steak brushed with Italian herbs and extra-virgin olive oil. Served with steamed broccoli.

Herb-Grilled Salmon

Grilled salmon filet brushed with Italian herbs and extra-virgin olive oil. Served with steamed broccoli.

KIDS' ENTRÉES

Grilled Chicken

Grilled chicken breast with sides of grapes and gluten-free rotini pasta with marinara sauce.

Rotini with Marinara

Gluten-free rotini pasta with marinara sauce. Served with a side of grapes.

Our menu items are freshly prepared in our kitchens, which are not free of gluten. Cross-contact with other food items that contain gluten is possible. While we aim to accommodate the dietary needs of our guests, we cannot ensure that these items meet the definition of "gluten-free." Please let your server know you are avoiding gluten.

*CONTAIN (OR MAY CONTAIN) RAW OR UNDERCOOKED INGREDIENTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.



NUTRITIONAL GUIDE

Printed information is valid: 03/02/15 - 04/12/15

Olive Garden has made an effort to provide complete and current nutrition information. Due to the handcrafted nature of our menu items and changes in recipes, ingredients and kitchen procedures, variations between the nutrition reported here and what is actually served may occur.

Garden Fare® - For years Italians have turned fresh ingredients into flavorful, balanced meals. Our Garden Fare choices allow you to personalize your Italian meal to help meet your needs.
If you're watching carbohydrates ... Savor one of our grilled entrées with fresh vegetables in place of potatoes.
If you're looking to increase fiber ... Choose whole wheat linguine with your pasta selection for a good source of fiber.

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-800-331-2729 or by visiting www.olivegarden.com/contact-us.

	CALORIES	FAT g	SAT FAT g	TRANS FAT g	SODIUM mg	CARBS g	FIBER g	PROTEIN g	CALORIES FROM FAT	CHOLESTEROL mg	SUGAR g
LIMITED TIME ONLY AND SEASONAL ITEMS											
BUY ONE TAKE ONE											
Penne with Basil Garlic Marinara	760	34	6	0	1340	96	7	19	300	20	16
Cavatappi with Asiago Garlic Alfredo	1250	53	28	1.5	4420	144	5	53	470	90	20
Spaghetti with Meat Sauce	700	22	8	0	1080	94	6	31	200	60	13
Mezzaluna Ravioli with Marinara	620	26	12	0	1480	75	4	33	240	105	11
Prosciutto Tortellini Alfredo	1170	82	48	2	2040	69	3	39	730	315	8
Citrus Chicken Sorrento	530	15	3.5	0	1140	45	6	59	130	155	32
Baked Parmesan Shrimp	860	52	29	1.5	1610	60	3	38	460	325	7
SEASONAL ENTRÉES											
Sausage Stuffed Giant Rigatoni	1020	60	30	0.5	2740	58	4	65	540	250	14
Northern Tour of Italy	1180	76	38	1.5	2230	74	4	49	690	255	10
SEASONAL DESSERT											
Sicilian Cheesecake	660	41	24	2	380	65	3	11	370	140	55
SEASONAL COCKTAILS											
Roscato Berry Cocktail	290	0	0	0	20	63	less than 1 g	less than 1 g	0	0	20
Moscato Citrus Berry Cocktail	260	0	0	0	50	41	0	0	0	0	35
GLUTEN-SENSITIVE SELECTIONS											
SALAD											
Famous House Salad without croutons (one serving)	110	9	1.5	0	680	6	2	1	80	0	2
ENTRÉES											
Rotini with Marinara (Lunch portion)	350	9	1	0	710	60	3	6	80	0	9
Rotini with Marinara (Dinner portion)	500	13	1	0	950	88	5	8	110	0	12
Rotini Primavera (Lunch portion)	1020	48	9	0	1710	130	10	21	430	25	22
Add Grilled Chicken	140	4	1	0	190	less than 1 g	0	26	35	75	0
Add Grilled Shrimp	50	0.5	0	0	430	less than 1 g	0	10	5	90	less than 1 g
Steak Toscano	760	49	18	2	1090	11	4	72	440	165	3
Herb-Grilled Salmon	450	28	5	0	520	6	3	42	250	110	2
KIDS' ENTRÉES											
Kids' Grilled Chicken	410	8	1.5	0	960	60	4	26	70	60	15
Kids' Rotini with Marinara	300	7	0.5	0	470	55	3	5	60	0	6
BEVERAGE SELECTIONS											
WINES											
Sparkling Glass	130	0	0	0	20	8	0	0	0	0	0
Sparkling Bottle	550	0	0	0	90	35	0	0	0	0	0
Red, White, Blush Glass	150	0	0	0	20	8	0	0	0	0	0
Red, White, Blush Quartino	230	0	0	0	30	12	0	0	0	0	0
Red, White, Blush Bottle	640	0	0	0	90	35	0	0	0	0	0
Red, White, Blush Magnum	1360	0	0	0	190	74	0	0	0	0	0
TRADITIONAL FAVORITES											
Traditional Margarita	340	0	0	0	25	67	0	0	0	0	0
Strawberry Frozen Margarita	340	0	0	0	25	67	0	0	0	0	0
Strawberry-Mango Frozen Margarita	350	0	0	0	20	68	0	less than 1 g	0	0	0
Mango Martini	180	0	0	0	0	31	0	0	0	0	0
Long Island Limoncello	210	0	0	0	20	24	2	0	0	0	24
Italian Margarita	240	0	0	0	10	32	0	less than 1 g	0	0	0
Chocolate Almond Amore	600	21	13	1	135	82	0	7	190	0	0
SIGNATURE WINE COCKTAILS											
Sangarita	210	0	0	0	10	22	less than 1 g	0	0	0	20
Berry Bianco Spritzer	130	0	0	0	20	10	0	0	0	0	8
Peach Bellini	240	0	0	0	10	41	less than 1 g	less than 1 g	0	0	36
Moscato Citrus Berry Cocktail	260	0	0	0	50	41	0	0	0	0	35
Berry Sangria Glass	230	0	0	0	15	35	0	less than 1 g	0	0	0
Berry Sangria Pitcher	910	0	0	0	50	138	0	3	0	0	0
Peach Sangria Glass	250	0	0	0	50	40	0	less than 1 g	0	0	0
Peach Sangria Pitcher	1010	0	0	0	200	158	0	4	0	0	0
Red Citrus Spritzer	170	0	0	0	20	22	0	0	0	0	0

	CALORIES	FAT g	SAT FAT g	TRANS FAT g	SODIUM mg	CARBS g	FIBER g	PROTEIN g	CALORIES FROM FAT	CHOLESTEROL mg	SUGAR g
BEER											
Specialty Bottle	220	0	0	0	35	31	0	0	0	0	23
Regular Bottle	150	0	0	0	15	12	0	0	0	0	0
Regular Draft 14 oz	170	0	0	0	15	13	0	0	0	0	0
Regular Draft 20 oz	250	0	0	0	25	19	0	0	0	0	0
Light Bottle	100	0	0	0	15	6	0	0	0	0	0
Light Draft 14 oz	130	0	0	0	20	8	0	0	0	0	0
Light Draft 20 oz	190	0	0	0	25	11	0	0	0	0	0
Non-Alcoholic Bottle	60	0	0	0	5	13	0	0	0	0	0
NON-ALCOHOLIC BEVERAGES											
Strawberry Passion Fruit Limonata	170	0	0	0	60	43	0	0	0	0	40
Orange-Cranberry Limonata	230	0	0	0	20	57	0	0	0	0	55
Strawberry Smoothie	330	1	0.5	0	200	74	0	5	10	10	65
Peach-Mango Smoothie	300	1	0	0	160	70	0	4	5	10	62
Caramel Hazelnut Macchiato	200	4	2	0	35	35	less than 1 g	6	40	25	32
Lavazza Espresso	60	1.5	0	0	15	6	less than 1 g	5	10	10	3
Caffé Mocha	400	11	7	0	100	68	2	7	100	35	53
Caffé Latte	150	7	4	0	75	15	0	6	70	30	11
Cappuccino	90	4.5	3	0	50	9	0	4	40	15	8
Cappuccino with Whipped Cream	160	8	5	0	70	17	0	5	70	35	12
Hot Chocolate	380	10	5	0	110	65	3	12	90	40	54
Bellini Peach-Raspberry Iced Tea	100	0	0	0	10	26	0	0	0	0	24
Raspberry Lemonade	170	0	0	0	15	46	0	0	0	0	43
Fresh Brewed Iced Tea	0	0	0	0	15	0	0	0	0	0	0
Frozen Cappuccino	330	8	5	0	35	61	0	2	80	25	58
Caffé la Toscana Coffee	0	0	0	0	0	0	0	0	0	0	0
Herbal and Flavored Hot Teas	0	0	0	0	0	0	0	0	0	0	0
Apple Juice	150	0	0	0	10	36	0	0	0	0	0
Cranberry Juice	160	0	0	0	0	42	0	0	0	0	40
Orange Juice	140	0	0	0	0	33	less than 1 g	3	0	0	33
Pineapple Juice	240	0	0	0	20	56	0	less than 1 g	0	0	48
Coca-Cola	150	0	0	0	45	39	0	0	0	0	39
Diet Coke	0	0	0	0	45	0	0	0	0	0	0
Coke Zero	0	0	0	0	40	0	0	0	0	0	0
Sprite	150	0	0	0	70	39	0	0	0	0	39
Dr Pepper	150	0	0	0	50	40	0	0	0	0	40
Minute Maid Limeade	180	0	0	0	20	50	0	0	0	0	46
APPETIZERS											
Calamari (Create a Sampler portion)	340	22	2	0	650	24	0	12	200	145	0
Stuffed Mushrooms (Create a Sampler/Appetizer portion)	380	30	8	0	860	13	1	15	270	20	3
Fried Zucchini (Create a Sampler)	370	21	2	0	620	40	2	4	190	0	3
Chicken Fingers (Create a Sampler)	220	11	1	0	430	12	0	19	100	50	0
Fried Mozzarella (Create a Sampler)	330	20	8	0	590	22	1	15	180	45	1
Toasted Beef & Pork Ravioli (Create a Sampler)	340	15	2.5	0	750	39	3	12	140	15	3
Tomato Sauce	50	3	0	0	280	5	less than 1 g	less than 1 g	30	0	3
Marinara Sauce	45	2	0	0	240	5	less than 1 g	less than 1 g	20	0	3
Parmesan-Peppercorn Sauce	310	32	6	0.5	380	4	0	2	280	20	2
Smoked Mozzarella Fonduta	910	51	30	2	1940	70	2	49	460	150	5
Classic Calamari (Appetizer portion)	680	44	4.5	0	1310	47	0	25	390	290	0
Spicy Calamari	860	58	5	0	2700	58	2	25	530	360	0
Marinara Sauce	45	2	0	0	240	5	less than 1 g	less than 1 g	20	0	3
Parmesan-Peppercorn Sauce	310	32	6	0.5	380	4	0	2	280	20	2
Classic Shrimp Scampi Fritta	580	36	11	0	1870	36	less than 1 g	22	330	220	3
Spicy Shrimp Scampi Fritta	560	37	6	0	1920	34	0	22	330	200	2
Crispy Risotto Bites	490	22	6	0	1110	60	2	12	200	25	2
Marinara Sauce	45	2	0	0	240	5	less than 1 g	less than 1 g	20	0	3
Lasagna Fritta	1070	71	29	1.5	1650	73	5	35	640	160	4
Artichoke Fritti	490	32	2.5	0	930	40	5	10	290	0	3
Citrus Aioli Sauce	320	36	5	0	220	2	0	0	320	45	2
Bruschetta Caprese	660	19	8	0	1490	97	4	26	170	30	8
Breadstick (with garlic-butter spread)	140	2.5	0.5	0	460	25	less than 1 g	4	20	0	1
Marinara Dipping Sauce	90	4.5	0	0	470	11	2	1	40	0	6
Alfredo Dipping Sauce	440	43	27	1	600	5	0	8	390	140	1
Five Cheese Marinara Dipping Sauce	230	18	9	0	570	11	1	5	160	50	6
FLATBREADS											
Grilled Chicken Flatbread	760	44	15	1	1500	47	5	44	400	0	0
Pizzaiola Flatbread	680	43	17	0	2010	44	3	31	390	100	6
Mediterranean Flatbread	700	44	12	0	1580	46	4	21	400	45	3
SOUPS & SALADS											
SALADS											
Famous House Salad (one serving without dressing)	60	2	0	0	270	9	2	2	20	0	3
Famous House Salad (one serving with dressing)	140	9	1.5	0	740	12	2	3	80	less than 5 mg	3
Famous House Salad (one serving with low-fat dressing)	90	3.5	0.5	0	610	11	3	2	35	less than 5 mg	4
Antipasti Italian Meats & Cheese Topper	330	25	12	0	1040	1	0	18	230	95	less than 1 g
Roasted Tomato Caprese Topper	330	24	13	0	370	8	3	18	220	60	5
SOUPS											
Chicken & Gnocchi (one serving)	250	13	5	0	1420	24	1	10	110	45	4
Pasta e Fagioli (one serving)	180	6	2.5	0	620	21	4	9	60	25	7
Minestrone (one serving)	110	1.5	0	0	840	18	4	5	10	0	4
Zuppa Toscana (one serving)	220	15	6	0	990	15	2	7	130	40	2
LUNCH ENTRÉES											
LUNCH MINI PASTA BOWLS											
Fettuccine Alfredo	500	34	20	1	450	38	2	12	300	105	2
Spaghetti with Meat Sauce	270	8	3	0	410	37	2	12	70	25	5
Ziti with Five Cheese Marinara	400	20	9	0	570	45	3	11	180	50	8
Tortellini al Forno	400	25	14	1	720	28	2	15	230	90	3

	CALORIES	FAT g	SAT FAT g	TRANS FAT g	SODIUM mg	CARBS g	FIBER g	PROTEIN g	CALORIES FROM FAT	CHOLESTEROL mg	SUGAR g
LUNCH TASTES OF ITALY "SMALL PLATES"											
Crispy Risotto Bites	350	16	4	0	860	43	2	8	140	15	3
Roasted Parmesan Asparagus	80	5	1	0	200	5	2	3	45	less than 5 mg	3
Citrus Aioli Sauce	320	36	5	0	220	2	0	0	320	45	2
Chicken Meatballs	260	9	3	0	860	16	2	27	80	105	4
Artichoke Fritti	250	16	1.5	0	460	20	3	5	150	0	2
Citrus Aioli Sauce	320	36	5	0	220	2	0	0	320	45	2
LUNCH SANDWICH & FLATBREAD COMBINATIONS											
Chicken Parmigiana Sandwich											
Half	430	16	3.5	0	1290	39	3	34	140	70	8
Whole	910	34	7	0	2820	83	6	69	300	140	18
Italian Meatball Sandwich											
Half	530	29	13	1	1030	40	5	27	260	75	9
Whole	1060	58	27	2.5	2050	81	9	54	520	145	18
Parmesan Garlic Fries	270	12	1	0	720	36	3	3	110	0	0
Grilled Chicken Flatbread	760	44	15	1	1500	47	5	44	400	0	0
Pizzaiola Flatbread	680	43	17	0	2010	44	3	31	390	100	6
Mediterranean Flatbread	700	44	12	0	1580	46	4	21	400	45	3
LUNCH LIGHTER ITALIAN FARE											
Citrus Chicken Sorrento	390	11	2.5	0	950	45	6	33	90	80	32
Garden Primavera	570	24	4.5	0	870	74	7	16	210	15	14
Add Grilled Chicken	140	4	1	0	190	less than 1 g	0	26	35	75	0
Add Grilled Shrimp	50	0.5	0	0	430	less than 1 g	0	10	5	90	less than 1 g
Garlic Rosemary Chicken	400	16	6	0	1370	29	3	36	140	95	6
Ravioli di Portobello	570	32	17	1	870	52	4	19	290	105	6
Herb Grilled Salmon	470	28	5	0	760	9	4	43	260	110	3
Grilled Chicken Caesar Salad	390	20	8	0	1180	12	5	40	180	130	4
LUNCH TRADITIONAL FAVORITES											
Chicken Scampi	920	54	19	0	1180	75	4	31	490	135	5
Chicken Parmigiana	650	29	8	0	1720	65	5	35	260	80	11
Spaghetti with Meat Sauce	460	16	6	0	810	59	4	21	140	45	10
Spaghetti with Meatballs	740	35	13	1	1190	67	5	41	310	125	13
Spaghetti with Italian Sausage	940	57	20	0.5	1950	61	4	45	510	155	11
Spaghetti with Chicken Meatballs	670	22	8	0	1410	70	5	47	200	150	11
Eggplant Parmigiana	680	32	8	0	1290	79	7	20	290	30	15
Cheese Ravioli with Marinara Sauce	590	30	16	0	1600	49	3	32	270	100	7
Cheese Ravioli with Meat Sauce	650	35	19	0	1650	48	3	38	320	130	7
Fettuccine Alfredo	700	45	27	1	610	56	2	16	410	140	3
Chicken Alfredo	1030	70	42	1.5	1060	59	3	41	630	275	4
Seafood Alfredo	760	46	28	1	1750	58	3	25	420	190	3
Five Cheese Ziti al Forno	720	41	21	0	1250	63	3	28	370	110	10
Lasagna Classico	610	37	20	1.5	1520	34	3	35	340	155	11
Tour of Italy	1500	93	47	3	3210	91	6	74	840	340	18
DINNER ENTRÉES											
DINNER CUCINA MIA											
PASTAS											
Bucatini	420	3.5	0	0	0	83	4	15	35	0	2
Cavatappi	440	6	0.5	0	10	83	3	15	50	0	4
Tri-Colored Vegetable Penne	350	3	0	0	0	71	3	11	25	0	3
Giant Rigatoni	430	4.5	0	0	15	83	3	15	40	0	3
Whole Wheat Linguine	430	4.5	0	0	10	82	9	16	40	0	3
Gluten-Free Rotini	430	5	0	0	0	88	2	8	50	0	0
HOMEMADE SAUCES											
Five Cheese Marinara	460	37	19	0.5	1140	23	3	10	330	100	12
Spicy Three Meat	380	24	9	0.5	1450	16	1	19	220	75	10
Asiago Garlic Alfredo	410	23	14	0.5	2200	31	less than 1 g	19	210	45	8
Creamy Bacon & Sun-Dried Tomato	750	64	38	1	1340	19	2	20	580	215	9
Primavera (Gluten-Free)	590	43	9	0	1700	43	8	13	380	25	22
TOPPINGS											
Meatballs	180	12	6	0.5	390	6	1	11	110	45	less than 1 g
Italian Sausage	470	41	14	0	1140	2	0	24	370	110	2
Chicken Meatballs	210	6	2.5	0	610	10	less than 1 g	26	60	100	1
Grilled Chicken	140	3	0.5	0	360	0	0	27	30	75	0
Chicken Fritta	240	12	1.5	0	730	14	1	20	110	50	less than 1 g
Sautéed Shrimp	70	1	0	0	730	less than 1 g	0	15	10	185	0
DINNER CLASSIC RECIPES											
Chicken Parmigiana	1050	52	15	0	2970	85	7	63	460	155	15
Eggplant Parmigiana	1050	54	12	0	1970	113	10	30	480	50	22
Spaghetti with Meat Sauce	700	22	8	0	1080	94	6	31	200	60	13
Spaghetti with Meatballs	1120	50	19	1	1660	106	7	62	450	175	17
Spaghetti with Italian Sausage	1410	83	29	1	2790	97	6	68	750	225	16
Spaghetti with Chicken Meatballs	1010	32	12	0.5	1990	110	7	70	280	215	15
Cheese Ravioli with Marinara Sauce	770	38	20	0	2120	67	5	41	340	125	10
Cheese Ravioli with Meat Sauce	860	46	24	0	2190	65	4	50	410	170	11
Ravioli di Portobello	810	47	26	1	1210	73	6	27	420	155	8
Tour of Italy	1500	93	47	3	3210	91	6	74	840	340	18
Lasagna Classico	960	58	31	2	2360	54	4	56	520	245	18
Five Cheese Ziti al Forno	1250	73	38	1	2240	105	6	46	660	195	19
Fettuccine Alfredo	1090	68	41	1.5	910	92	4	26	620	215	5
DINNER LIGHTER ITALIAN FARE											
Chicken Abruzzi	540	17	6	0	1850	38	8	60	160	135	8
Center Cut Filet Mignon	360	18	9	0	1430	12	5	41	160	110	4
Garlic Rosemary Chicken	540	20	7	0	1560	30	4	62	180	170	6
Baked Tilapia with Shrimp	360	12	6	0	1130	12	5	52	100	165	4
Citrus Chicken Sorrento	530	15	3.5	0	1140	45	6	59	130	155	32
Herb-Grilled Salmon	470	28	5	0	760	9	4	43	260	110	3

	CALORIES	FAT g	SAT FAT g	TRANS FAT g	SODIUM mg	CARBS g	FIBER g	PROTEIN g	CALORIES FROM FAT	CHOLESTEROL mg	SUGAR g
DINNER CHICKEN											
Grilled Chicken Toscano	760	28	12	0	1620	65	4	60	250	195	27
Chicken Scampi	1310	76	29	0	1850	103	5	49	680	205	6
Chicken & Shrimp Carbonara	1480	97	51	2	2160	88	5	65	870	420	9
Chicken Alfredo	1540	97	56	2	1520	96	5	72	870	405	6
Stuffed Chicken Marsala	950	59	27	1.5	1850	34	4	70	530	265	7
Chicken Marsala	910	38	6	0	1690	61	6	71	340	185	10
DINNER FISH & SEAFOOD											
Salmon Bruschetta	860	52	16	0	1680	39	3	54	470	225	2
Baked Parmesan Shrimp	860	52	29	1.5	1610	60	3	38	460	325	7
Seafood Alfredo	1210	71	42	1.5	3200	97	4	42	630	305	5
Pappardelle Pescatore	930	46	13	0.5	1580	81	6	43	410	195	10
DINNER BEEF & PORK											
Steak Gorgonzola-Alfredo	1380	85	50	2	2810	88	6	68	760	330	8
Braised Beef & Tortelloni	1270	74	26	0.5	2300	81	5	55	670	185	9
Parmesan Crusted Filet	710	36	13	1	1500	51	5	47	320	135	4
Steak Toscano	840	51	20	2	1360	24	4	72	460	175	4
DESSERTS											
Tiramisu	470	27	17	0	120	52	0	6	240	215	33
Zeppoli	810	28	3.5	0	510	119	6	20	250	0	25
Chocolate Sauce	220	3	2	0	110	48	less than 1 g	2	25	10	42
Raspberry Sauce	210	0	0	0	10	51	less than 1 g	0	0	0	35
Lemon Cream Cake	560	32	16	0	730	59	0	7	290	70	42
Black Tie Mousse Cake	770	52	31	1.5	280	77	3	8	470	160	60
Chocolate Mousse Cake	370	21	11	0	210	42	3	5	180	75	29
White Chocolate Raspberry Cheesecake	890	62	36	3	490	70	0	13	560	0	0
DOLCINI (MINI DESSERTS)											
Chocolate Mousse	290	21	10	0.5	120	23	2	3	190	45	0
Limoncello Mousse	270	16	11	0.5	95	29	0	2	140	50	22
Strawberry & White Chocolate Cake	190	11	5	0	90	22	less than 1 g	1	100	30	17
Amaretto Tiramisu	220	17	10	0	65	14	0	3	150	90	11
Dark Chocolate Caramel Cream	260	17	9	0	120	26	less than 1 g	2	160	50	19
KIDS' SELECTIONS											
KIDS' CREATE YOUR OWN PASTA											
Fettuccine	170	1.5	0	0	0	34	1	6	10	0	1
Spaghetti	160	1	0	0	20	30	2	7	10	0	0
Cavatappi	220	3	0	0	5	41	2	7	25	0	2
Small Shells	230	1	0	0	15	45	2	9	10	0	0
Whole Wheat Linguine	270	3	0	0	10	51	6	10	25	0	2
Tomato Sauce	70	3	0.5	0	360	8	2	1	30	0	5
Meat Sauce	110	7	2.5	0	390	7	less than 1 g	5	60	25	5
Alfredo Sauce	330	32	20	1	450	4	0	6	290	105	less than 1 g
Add Grilled Chicken	140	4	1	0	190	less than 1 g	0	26	35	75	0
Add Shrimp	30	0.5	0	0	260	0	0	6	0	70	0
Add Italian Sausage	240	20	7	0	570	1	0	12	180	55	less than 1 g
Add Meatball	140	9	4	0	190	4	0	10	80	40	1
KIDS' ENTRÉES											
Macaroni & Cheese	350	8	3	0	1040	59	2	11	70	10	8
Cheese Pizza	400	13	8	0	720	55	4	17	120	25	4
Pepperoni Pizza	480	20	11	0	1062	56	4	21	184	44	4
Cheese Ravioli	340	16	8	0	990	33	3	17	150	50	6
Chicken Fingers & Pasta	410	15	2	0	800	42	3	25	140	50	5
Cheese Tortelloni	290	11	4.5	0	760	37	3	12	100	45	6
KIDS' SIDES											
Grapes	40	0	0	0	0	10	less than 1 g	0	0	0	9
Steamed Broccoli	20	0	0	0	20	4	2	2	0	0	2
KIDS' BEVERAGES											
1% Low Fat Milk	110	2.5	1.5	0	130	13	0	9	20	15	12
1% Low Fat Chocolate Milk	160	2.5	1.5	0	210	27	0	8	20	10	25
Apple Juice	70	0	0	0	5	17	0	0	0	0	0
Orange Juice	70	0	0	0	0	15	0	1	0	0	15
Cranberry Juice	70	0	0	0	0	20	0	0	0	0	19
Raspberry Lemonade	100	0	0	0	0	28	0	0	0	0	26
KIDS' DESSERTS											
Strawberry Smoothie	200	0	0	0	110	45	0	3	0	less than 5 mg	39
Wild Berry Smoothie	190	0	0	0	105	43	0	3	0	less than 5 mg	39
Peach-Mango Smoothie	190	0	0	0	110	43	0	3	0	less than 5 mg	37
Sundae	190	8	6	0	50	26	0	4	70	0	0