













	Number of Servings	Cals	Cals from Fat	Fat Total g	Saturated Fat g	Trans Fatty Acids g	Cholesterol mg	Sodium mg	Total Carbs g	Dietary Fiber g	Sugars g	Protein g
CLASSIC NOODLES												
Penne Rosa with parmesan-crust chicken	Eight	530	180	20	8	0.5	70	1490	60	4	8	29
	Pan	4260	1430	159	63	6	560	11890	478	32	66	232
Buttered Noodles 	Eight	570	260	29	13	1	165	440	69	3	4	15
	Pan	4570	2060	231	107	6	1315	3500	552	22	32	123
Mushroom Stroganoff with marinated steak 	Eight	660	340	38	18	1	185	850	57	3	8	27
	Pan	5260	2710	301	145	10	1490	6840	456	20	62	215
Spaghetti with oven-roasted meatballs	Eight	710	290	32	11	2	55	1170	79	3	14	24
	Pan	5650	2330	258	91	17	455	9340	632	21	116	191
Alfredo MontAmoré® with parmesan-crust chicken	Eight	930	450	51	26	1.5	170	1340	78	4	8	36
	Pan	7430	3640	404	210	13	1345	10730	626	34	66	286
Pesto Cavatappi with naturally raised pork	Eight	650	330	37	13	0.5	70	1120	50	4	4	31
	Pan	5230	2660	295	101	5	570	8970	401	35	29	251

ZOODLES AND CAULIFLOODLES												
Zucchini Pesto with grilled chicken 	Eight	360	210	23	8	0	115	1470	12	3	5	29
	Pan	2890	1690	188	65	4	905	11760	94	27	42	229
Cauliflower Rigatoni Fresca with sautéed shrimp	Eight	630	270	30	6	0	110	1570	65	5	7	29
	Pan	5040	2150	239	46	1.5	895	12530	521	44	55	229

WORLD FAMOUS MACS												
Wisconsin Mac & Cheese with oven-roasted meatballs	Eight	830	430	47	24	2	125	1710	65	3	7	38
	Pan	6670	3410	379	190	15	1010	13700	516	23	56	303
Gluten-Sensitive Pipette Mac 	Eight	600	250	28	15	1	75	1220	65	2	4	24
	Pan	4800	1990	221	119	7	615	9760	522	14	29	191
Zucchini Truffle Mac 	Eight	370	220	24	12	0.5	60	2020	19	2	8	18
	Pan	2940	1750	195	96	5	465	16170	153	15	64	148
Buffalo Chicken Mac with parmesan-crust chicken	Eight	720	280	31	15	1	110	3020	69	3	7	43
	Pan	5790	2230	247	120	6	870	24150	549	24	59	340
BBQ Pork Mac with naturally raised pork	Eight	830	330	36	17	1	100	1950	79	3	20	44
	Pan	6600	2600	289	138	7	810	15580	633	23	157	354

ASIAN NOODLES												
Orange Chicken Lo Mein with grilled chicken	Eight	500	140	16	3	0	80	2190	61	2	27	27
	Pan	3960	1120	125	23	1.5	635	17540	487	19	215	217
Pad Thai with sautéed shrimp 	Eight	750	260	29	5	0	255	2070	97	3	42	25
	Pan	6030	2080	231	42	2	2030	16580	773	21	334	201
Spicy Korean Noodles with marinated steak 	Eight	470	160	18	3.5	0	30	1510	58	3	24	20
	Pan	3800	1290	143	29	2.5	255	12060	460	21	196	160

SALADS												
The Med Salad with grilled chicken	Eight	320	110	13	4.5	0	100	1200	24	2	4	28
	Pan	2560	910	101	37	2.5	780	9640	194	18	35	223
Veracruz Salad with chili-lime chicken	Eight	340	190	21	3.5	0	80	820	18	3	5	22
	Pan	2680	1540	171	29	1	625	6580	142	24	39	173

EXTRAS & DESSERTS												
Cheesy Garlic Bread with marinara 	Each	110	45	5	2.5	0	10	270	15	0	1	3
	Pan	2860	930	105	67	5	280	6860	364	12	32	87
Caesar Salad 	Eight	240	170	19	4.5	0	20	600	13	1	2	6
	Pan	1960	1340	148	37	2.5	175	4820	106	10	17	49
Tossed Green Salad 	Eight	100	80	8	1.5	0	0	180	5	1	4	1
	Pan	810	610	68	10	0	0	1450	41	11	28	9
Snoodle Doodle Cookie 	Each	450	180	20	8	0	25	290	64	3	36	6
Chocolate Chunk Cookie 	Each	450	190	21	9	0	25	290	64	3	36	6
Rice Crispy	Each	270	90	10	6	0	25	230	44	0	20	3

	ALLERGENS							
	Peanuts	Tree Nuts	Soy	Milk	Eggs	Fish	Shellfish	Wheat & Gluten
CLASSIC NOODLES								
Penne Rosa with parmesan-crust chicken			•	•				•
Buttered Noodles				•	•			•
Mushroom Stroganoff with marinated steak w			•	•	•			•
Spaghetti with oven-roasted meatballs				•				•
Alfredo MontAmoré® with parmesan-crust chicken			•	•				•
Pesto Cavatappi with naturally raised pork				•				•
ZOODLES AND CAULIFLOODLES								
Zucchini Pesto with grilled chicken				•				
Cauliflower Rigatoni Fresca with sautéed shrimp				•			•	•
WORLD FAMOUS MACS								
Wisconsin Mac & Cheese with oven-roasted meatballs				•				•
Gluten-Sensitive Pipette Mac				•				
Zucchini Truffle Mac				•				•
Buffalo Chicken Mac with parmesan-crust chicken			•	•				•
BBQ Pork Mac with naturally raised pork				•				•
ASIAN NOODLES								
Orange Chicken Lo Mein with grilled chicken			•					•
Pad Thai with sautéed shrimp	•				•	•	•	
Spicy Korean Noodles with marinated steak a			•					•
SALADS								
The Med Salad with grilled chicken				•				•
Veracruz Salad with chili-lime chicken				•	•			•
EXTRAS & DESSERTS								
Cheesy Garlic Bread with marinara				•				•
Caesar Salad w				•	•	•		•
Tossed Green Salad								
Snoodle Doodle Cookie		•	•	•	•			•
Chocolate Chunk Cookie			•	•	•			•
Rice Crispy				•				•

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GLUTEN SENSITIVE

Made without gluten-containing ingredients but potential for cross-contact exists.



VEGETARIAN

Excludes meat & fish.

w = Contains wine in sauce or dressing

a = Contains alcohol in sauce