

MENU	Calories	Saturated Fat	Trans Fat	Total Fat	Sodium
Spaghetti	260	4	0	9	300
Toaster Pastry	420	5	0	14	340
Jelly/Jam	140	0	0	0	0
Toffee Roll	50	0	0	1	5
Crackers/Bread	180	1	2	6	115
TOTALS:	1,050	10	2	30	760
Cheese Tortellini	265	2	0	6	125
Toaster Pastry	420	5	0	14	340
Jelly/Jam	140	0	0	0	0
Toffee Roll	50	0	0	1	5
Crackers/Bread	180	1	2	6	115
TOTALS:	1,055	8	2	27	585
Penne Pasta	260	1	0	4	160
Toaster Pastry	420	5	0	14	340
Jelly/Jam	140	0	0	0	0
Toffee Roll	50	0	0	1	5
Crackers/Bread	180	1	2	6	115
TOTALS:	1,050	7	2	25	620
Chili Macaroni	260	3	0	7	320
Toaster Pastry	420	5	0	14	340
Jelly/Jam	140	0	0	0	0
Toffee Roll	50	0	0	1	5
Crackers/Bread	180	1	2	6	115
TOTALS:	1,050	9	2	28	780
Vegetarian Lasagna	270	3	0	6	230
Toaster Pastry	420	5	0	14	340
Jelly/Jam	140	0	0	0	0
Toffee Roll	50	0	0	1	5
Crackers/Bread	180	1	2	6	115
TOTALS:	1,060	9	2	27	690
Beef Ravioli	270	3	0	7	340
Toaster Pastry	420	5	0	14	340
Jelly/Jam	140	0	0	0	0
Toffee Roll	100	0	0	1	5
Crackers/Bread	180	1	2	6	115
TOTALS:	1,110	9	2	28	800