



### **Chicken & Marinara Primavera (Lunch)**

Calories: 439 • Total Fat 9g • Saturated Fat: 2g • Trans Fat: 0g • Sodium: 609mg  
Carbohydrate: 64g • Protein: 25g • Fiber: 6g

### **Chicken & Marinara Primavera (Dinner)**

Calories: 563 • Total Fat 11g • Saturated Fat: 2g • Trans Fat: 0g • Sodium: 707mg  
Carbohydrate: 87g • Protein: 30g • Fiber: 8g

### **Angel Hair, Bowtie Pasta, Fettuccine, or Spaghetti with Marinara Sauce**

Calories: 295 • Total Fat 3g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 280mg  
Carbohydrate: 57g • Protein: 11g • Fiber: 4g

### **Angel Hair, Bowtie Pasta, Fettuccine, or Spaghetti with Tomato Sauce**

Calories: 294 • Total Fat 3g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 316mg  
Carbohydrate: 58g • Protein: 10g • Fiber: 4g

### **Vegetable Medley Plate**

Calories: 102 • Total Fat 2g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 182mg  
Carbohydrate: 15g • Protein: 7g • Fiber: 5g

### **Vegetable Medley Side**

Calories: 52 • Total Fat 1g • Saturated Fat: 0g • Trans Fat: 0g • Sodium: 88mg  
Carbohydrate: 8g • Protein: 3g • Fiber: 3g

