

Appetizers and Sides

Item	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs Total	Dietary Fiber	Protein	Vitamin A	Vitamin C	Calcium	Iron
Garlic Bread	1 ea	724	42	8	15	583	77	2	13	28%	0%	2%	6%
Garlic Bread w/ Mozzarella	1 ea	825	53	14	49	966	79	2	31	37%	0%	47%	6%
Meatballs (4) w/ Meat Sauce	1 ea	421	27	10	130	343	17	3	25	19%	11%	7%	20%
Fried Mozzarella Sticks w/ Marinara Sauce	1 ea	452	26	12	41	1285	36	2	22	28%	7%	42%	3%
Fried Onion Rings	1 ea	534	27	4	0	987	67	3	5	0%	11%	0%	11%
Fried Mushrooms w/ Ranch Dressing	1 ea	679	53	9	32	1806	49	3	10	1%	1%	4%	11%
Chicken Tenders (4)	1 ea	500	20	3	80	1000	44	8	38	4%	0%	4%	12%
Italian Bread-Loaf	1 ea	813	11	2	31	486	154	5	25	1%	0%	4%	12%
Bread Chips	1 oz	406	6	1	15	243	77	2	13	0%	0%	2%	6%
Cheese Spread	1 oz	90	7	4	22	180	2	0	4	6%	0%	11%	0%
Ruffles	1 bag	160	10	3	0	160	14	1	2	0%	10%	0%	2%
Lay's KC Masterpice Chips	1 bag	150	10	3	0	200	15	1	2	0%	10%	0%	0%
Lay's Sour Cream & Onion Chips	1 bag	160	10	3	0	210	15	1	2	0%	10%	0%	0%
Meat Sauce Side	3 oz	87	4	2	12	97	7	2	4	11%	6%	1%	5%
Meat Sauce Pint	16 oz	465	24	8	63	520	38	11	22	59%	30%	7%	24%
Meat Sauce Quart	32 oz	930	48	17	127	1040	75	22	44	117%	60%	14%	48%
Marinara Sauce Side	3 oz	52	2	0	1	85	8	2	2	12%	7%	2%	3%
Marinara Sauce Pint	16 oz	277	9	2	4	455	40	11	9	67%	37%	9%	17%
Marinara Sauce Quart	32 oz	555	17	5	7	911	81	22	18	133%	74%	19%	33%
Alfredo Sauce Side	3 oz	56	3	2	12	149	3	0	4	3%	1%	14%	1%
Alfredo Sauce Pint	16 oz	299	17	12	66	797	14	0	22	18%	3%	77%	4%
Alfredo Sauce Quart	32 oz	598	34	24	132	1594	28	0	43	36%	6%	153%	8%
Pepperoncini	4 ea	13	0	0	0	609	3	1	0	0%	0%	0%	0%
BBQ	1 oz	60	0	0	0	180	14	0	0	0%	0%	0%	0%
Salad Dressing Packets	1 pkt	30	2.7	0.3	6	78	1.8	0	0	0%	0%	0%	0%
Mustard Packets	1 pkt	3	0.16	0	0	56	0.39	0.2	0.2	0%	0%	0%	0%
Heinz Ketchup Packets	1 pkt	26	0	0	0	67	1.43	0.04	0.05	0%	0%	0%	0%

This nutritional information is based on standard recipes and product formulas. Some variation may occur due to season, supplier, and minor differences in product assembly.