



Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Appetizers--Entire Dish																			
Appetizer, D&D Tortellini Hot	Serving	1436	1066	118.5	26.5	0.0	92	2633	72	3.8	9	24	4505	24	460	4	609		
						182%	132%		31%	110%	24%	15%							
Appetizer, D&D Tortellini Hot w/ Chicken	Serving	1556	1098	122.0	27.5	0.0	147	3273	73	5.8	9	47	4605	25	460	5	609		
						188%	137%		49%	136%	24%	23%							
Appetizer, D&D Tortellini Hot w/ Chicken & Mushroom	Serving	1734	1236	137.3	30.9	0.0	147	4415	80	8.1	12	53	5272	30	468	6	1209		
						211%	155%		49%	184%	27%	33%							
Appetizer, D&D Tortellini Hot w/ Chicken & Sausage	Serving	1926	1395	155.0	37.5	0.0	242	4232	76	5.8	10	65	4605	25	460	6	859		
						238%	187%		81%	176%	25%	23%							
Appetizer, D&D Tortellini Hot w/ Chicken & Sausage & Mushroom	Serving	2104	1533	170.3	40.9	0.0	242	5374	83	8.1	13	71	5272	30	468	7	1459		
						262%	205%		81%	224%	28%	33%							
Appetizer, D&D Tortellini Hot w/ Mushrooms	Serving	1614	1204	133.8	29.9	0.0	92	3775	79	6.1	12	30	5172	29	468	5	1209		
						206%	150%		31%	157%	26%	25%							
Appetizer, D&D Tortellini Hot w/ Sausage	Serving	1806	1363	151.5	36.5	0.0	187	3592	75	3.8	10	42	4505	24	460	5	859		
						233%	182%		62%	150%	25%	15%							
Appetizer, D&D Tortellini Hot w/ Sausage & Mushroom	Serving	1984	1501	166.8	39.9	0.0	187	4734	82	6.1	13	48	5172	29	468	6	1459		
						257%	200%		62%	197%	27%	25%							
Appetizer, D&D Tortellini Nuc w/ Chicken & Sausage & Mushroom	Serving	2104	1533	170.3	40.9	0.0	242	5374	83	8.1	13	71	5273	30	468	7	1459		
						262%	205%		81%	224%	28%	33%							

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Appetizer, D&D Tortellini Nuclear	Serving	1436	1066	118.5	26.5	0.0	92	2634	72	3.8	9	24	4506	24	460	4	609		
				182%	132%		31%	110%	24%	15%									
Appetizer, D&D Tortellini Nuclear w/ Chicken	Serving	1556	1098	122.0	27.5	0.0	147	3274	73	5.8	9	47	4606	25	460	5	609		
				188%	137%		49%	136%	24%	23%									
Appetizer, D&D Tortellini Nuclear w/ Chicken & Mushroom	Serving	1734	1236	137.3	30.9	0.0	147	4415	80	8.1	12	53	5273	30	468	6	1209		
				211%	155%		49%	184%	27%	33%									
Appetizer, D&D Tortellini Nuclear w/ Chicken & Sausage	Serving	1926	1395	155.0	37.5	0.0	242	4233	76	5.8	10	65	4606	25	460	6	859		
				238%	187%		81%	176%	25%	23%									
Appetizer, D&D Tortellini Nuclear w/ Mushrooms	Serving	1614	1204	133.8	29.9	0.0	92	3775	79	6.1	12	30	5173	29	468	5	1209		
				206%	150%		31%	157%	26%	25%									
Appetizer, D&D Tortellini Nuclear w/ Sausage	Serving	1806	1363	151.5	36.5	0.0	187	3593	75	3.8	10	42	4506	24	460	5	859		
				233%	182%		62%	150%	25%	15%									
Appetizer, D&D Tortellini Nuclear w/ Sausage & Mushroom	Serving	1984	1501	166.8	39.9	0.0	187	4734	82	6.1	13	48	5173	29	468	6	1459		
				257%	200%		62%	197%	27%	25%									
Appetizer, Mafia Queso	Serving	1493	785	87.2	42.3	0.0	197	2871	137	12.7	4	47	3388	49	124	5	475		
				134%	211%		66%	120%	46%	51%					2				
Appetizer, Pepperoni Cheese Bread	Serving	1903	1077	119.7	43.4	0.0	168	4959	137	12.9	15	67	4975	26	103	8	349		
				184%	217%		56%	207%	46%	51%					6				
Appetizer, Pesto Bruschetta Full	Serving	2397	1529	169.9	44.1	0.0	113	4528	152	12.2	15	68	5692	24	110	7	588		
				261%	221%		38%	189%	51%	49%					0				

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Appetizer, Pesto Bruschetta Half	Serving	1199	764	84.9	22.1	0.0	57	2264	76	6.1	7	34	2846	12	550	4	294		
				131%	110%		19%	94%	25%	24%									
Combo Appetizer Platter	Serving	1346	647	71.9	18.0	0.0	153	4079	118	4.4	20	50	857	13	374	4	70		
				111%	90%		51%	170%	39%	18%									
Fried Mozzarella Sticks	Serving	1081	616	68.4	23.1	0.0	123	3001	71	1.5	29	34	529	10	703	0	70		
				105%	115%		41%	125%	24%	6%									
Fried Mushrooms	Serving	674	395	43.9	6.5	0.0	43	1717	54	0.0	2	10	164	0	53	0	44		
				68%	33%		14%	72%	18%	0%									
Fried Ravioli	Serving	852	454	50.4	8.9	0.0	91	2121	75	3.2	6	21	484	2	181	3	44		
				78%	45%		30%	88%	25%	13%									
Fried Zucchini	Serving	800	398	44.2	6.5	0.0	43	2425	86	3.6	13	16	164	5	53	3	44		
				68%	33%		14%	101%	29%	14%									
Garlic Parmesan Cheese Bread	Serving	1718	933	103.7	37.0	0.0	121	4249	136	12.3	15	59	4975	26	1028	7	224		
				159%	185%		40%	177%	45%	49%									
Hot Wings	Serving	1141	802	89.1	19.8	0.0	243	2698	18	0.8	2	65	836	14	130	4	69		
				137%	99%		81%	112%	6%	3%									
Appetizers--NUT=Shared by 3!																			
NUT Appetizer, Combo Platter	Serving	453	124	13.8	5.5	0.0	55	1499	55	1.4	8	24	164	1	156	2	0		
				21%	27%		18%	62%	18%	6%									

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NUT Appetizer, D&D Tortellini	Serving	571	400	44.5	10.7	0.0	24	967	33	1.3	3	11	2018	3	196	2	227		
				68%	54%		8%	40%	11%	5%									
NUT Appetizer, Fried Mozzarella Sticks	Serving	380	167	18.5	8.7	0.0	40	960	32	0.0	12	16	0	0	320	0	0		
				28%	44%		13%	40%	11%	0%									
NUT Appetizer, Fried Ravioli	Serving	284	95	10.5	2.0	0.0	24	712	36	1.6	2	10	160	1	64	1	0		
				16%	10%		8%	30%	12%	6%									
NUT Appetizer, Fried Zucchini	Serving	258	67	7.4	0.7	0.0	0	864	41	1.8	5	7	0	2	0	1	0		
				11%	4%		0%	36%	14%	7%									
NUT Appetizer, Hot Wings	Serving	481	322	35.7	8.1	0.0	100	1000	7	0.0	0	32	333	0	33	2	0		
				55%	40%		33%	42%	2%	0%									
NUT Appetizer, Mafia Queso	Serving	537	310	34.5	19.3	0.0	99	1045	41	4.1	1	19	1370	24	539	1	195		
				53%	96%		33%	44%	14%	16%									
NUT Appetizer, Pesto Bruschetta	Serving	599	382	42.5	11.0	0.0	28	1132	38	3.0	4	17	1423	6	275	2	147		
				65%	55%		9%	47%	13%	12%									
Queso Refill	Serving	745	587	65.3	38.1	0.0	197	1852	12	0.4	1	30	2737	48	818	1	162		
				100%	191%		66%	77%	4%	2%									
Soups																			
Soup, Bowl of Cheddar	Serving	1388	918	102.0	42.0	0.0	105	5985	107	5.3	37	26	1050	0	787	0	0		
				157%	210%		35%	249%	36%	21%									

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Soup, Bowl of Minestrone	Serving	119	25	2.8	0.6	0.0	0	870	20	1.0	3	4	2719	5	33	1	0	X	
				4%	3%		0%	36%	7%	4%									
Soup, Bowl of Potato	Serving	1292	824	91.5	42.0	0.0	184	4937	104	3.0	12	27	1320	74	4	2	78		
				141%	210%		61%	206%	35%	12%									
Soup, Cup of Cheedar	Serving	694	459	51.0	21.0	0.0	53	2993	54	2.6	18	13	525	0	394	0	0		
				78%	105%		18%	125%	18%	11%									
Soup, Cup of Minestrone	Serving	60	13	1.4	0.3	0.0	0	435	10	0.5	1	2	1359	2	16	0	0	X	
				2%	1%		0%	18%	3%	2%									
Soup, Cup of Potato	Serving	646	412	45.8	21.0	0.0	92	2468	52	1.5	6	13	660	37	2	1	39		
				70%	105%		31%	103%	17%	6%									
Salads with Salad Dressing																			
Salad, Caesar Large	Serving	1714	1410	156.7	31.5	0.0	128	3712	55	4.8	14	23	11870	54	481	2	627		
				241%	157%		43%	155%	18%	19%									
Salad, Caesar Small	Serving	936	734	81.5	15.8	0.0	64	2022	37	3.3	8	13	8569	38	256	1	426		
				125%	79%		21%	84%	12%	13%									
Salad, Chicken Caesar	Serving	1073	766	85.2	16.8	0.0	119	2682	42	6.5	10	37	12079	45	268	3	591		
				131%	84%		40%	112%	14%	26%									
Salad, Chicken Crossroads	Serving	1396	900	100.0	21.4	0.0	149	3217	76	10.0	13	48	10100	57	520	5	851		
				154%	107%		50%	134%	25%	40%									

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Salad, Cholula Chicken	Serving	1396	900	100.0	21.4	0.0	149	3277	76	10.0	13	48	1010	57	520	6	851		
				154%	107%		50%	137%	25%	40%			0						
Salad, Large Antipasto	Serving	1974	1473	163.7	31.6	0.0	169	4099	91	10.3	22	32	1375	68	626	4	1270		
				252%	158%		56%	171%	30%	41%			6						
Salad, Large Antipasto TOGO	Serving	1533	1266	140.7	28.1	0.0	169	3081	44	10.2	21	25	1663	99	579	4	1535		
				216%	140%		56%	128%	15%	41%			8						
Salad, Meat Lovers	Serving	1204	911	101.2	24.7	0.0	208	2991	26	7.9	12	50	9483	57	445	4	962		
				156%	123%		69%	125%	9%	32%									
Salad, Party Pack	Serving	5189	4375	486.1	96.4	0.0	581	9717	130	30.9	66	78	5700	299	192	10	4629		
				748%	482%		194%	405%	43%	124%			0		4				
Salad, Side	Serving	295	235	26.1	4.8	0.0	29	507	11	2.3	4	4	4450	25	112	1	324		
				40%	24%		10%	21%	4%	9%									
Salad, Small Antipasto	Serving	1318	899	99.9	21.6	0.0	102	2749	76	8.2	14	27	1030	60	524	4	875		
				154%	108%		34%	115%	25%	33%			6						
Salad, Spicy Fried Chicken	Serving	1418	964	107.1	22.5	0.0	119	3264	83	8.0	13	33	1000	56	520	4	851		
				165%	113%		40%	136%	28%	32%			0						
Salads--NUT=No Dressing Added!																			
NUT Salad, Caesar Large	Serving	172	96	10.6	6.5	0.0	28	288	9	4.8	4	11	1187	54	281	2	627		
				16%	32%		9%	12%	3%	19%			0						

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NUT Salad, Caesar Small	Serving	94	49	5.4	3.3	0.0	14	148	6	3.3	3	6	8569	38	156	1	426			
				8%	16%		5%	6%	2%	13%										
NUT Salad, Chicken Crossroads	Serving	389	177	19.7	9.1	0.0	90	1244	20	7.6	7	37	9231	57	361	3	776			
				30%	45%		30%	52%	7%	31%										
NUT Salad, Cholula Chicken	Serving	389	177	19.7	9.1	0.0	90	1304	20	7.6	7	37	9231	57	361	4	776			
				30%	45%		30%	54%	7%	31%										
NUT Salad, Meat Lovers	Serving	583	323	35.9	14.7	0.0	141	1918	22	7.9	8	48	9231	57	364	4	895			
				55%	73%		47%	80%	7%	31%										
NUT Salad, Side	Serving	51	20	2.3	1.3	0.0	6	68	6	2.1	2	3	2947	27	80	1	300	X		
				3%	7%		2%	3%	2%	8%										
NUT Salad, Small Antipasto	Serving	311	176	19.5	9.3	0.0	44	775	20	5.8	8	16	9438	59	364	2	800			
				30%	46%		15%	32%	7%	23%										
NUT Salad, Spicy Fried Chicken	Serving	377	237	26.4	10.2	0.0	61	1266	21	2.4	5	21	4068	11	301	1	370			
				41%	51%		20%	53%	7%	10%										
Soup & Salad	Serving	1909	1213	134.8	50.4	0.0	213	6153	150	7.5	18	37	6417	100	204	5	419			
				207%	252%		71%	256%	50%	30%										
Soup & Salad Combo, Minestrone	Serving	737	415	46.1	8.9	0.0	29	2087	67	5.6	9	15	7816	30	232	3	341			
				71%	45%		10%	87%	22%	22%										
Soup & Salad Combo, Wisconsin Cheddar	Serving	2005	1307	145.3	50.4	0.0	134	7202	153	9.8	43	37	6147	26	987	2	341			
				223%	252%		45%	300%	51%	39%										

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Salad Dressings																			
1000 Island 2 OZ	Serving	190	160	17.8	2.5	0.0	16	378	8	0.3	4	1	146	2	17	0	70		
				27%	12%		5%	16%	3%	1%									
1000 Island 5 OZ	Serving	475	401	44.6	6.2	0.0	41	945	19	0.8	9	2	364	6	42	0	175		
				69%	31%		14%	39%	6%	3%									
Blue Cheese 2 OZ	Serving	319	278	30.9	8.6	0.0	49	760	2	0.0	1	7	392	0	180	0	23		
				48%	43%		16%	32%	1%	0%									
Blue Cheese 5 OZ	Serving	824	733	81.4	20.1	0.0	118	1842	5	0.0	4	14	860	0	385	0	68		
				125%	101%		39%	77%	2%	0%									
Creamy Italian 2 OZ	Serving	217	212	23.5	4.7	0.0	16	302	1	0.1	1	1	62	0	22	0	20		
				36%	24%		5%	13%	0%	0%									
Creamy Italian 5 OZ	Serving	543	529	58.8	11.8	0.0	39	755	3	0.1	2	1	156	0	55	0	50		
				90%	59%		13%	31%	1%	1%									
Fat Free Italian 2 OZ	Serving	18	0	0.0	0.0	0.0	0	309	5	0.1	4	0	0	0	1	0	6		X
				0%	0%		0%	13%	2%	0%									
Fat Free Italian 5 OZ	Serving	45	0	0.0	0.0	0.0	0	773	11	0.2	11	0	1	0	2	0	15		X
				0%	0%		0%	32%	4%	1%									
Honey Dijon 2 OZ	Serving	220	144	16.0	2.0	0.0	10	300	18	0.0	14	0	0	0	0	0	0		
				25%	10%		3%	13%	6%	0%									

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Honey Dijon 5 OZ	Serving	550	360	40.0	5.0	0.0	25	750	45	0.0	35	0	0	0	0	0	0		
				62%	25%		8%	31%	15%	0%									
Italian 2 OZ	Serving	217	224	24.9	7.1	0.0	0	155	1	0.2	0	0	11	0	9	0	14		
				38%	36%		0%	6%	0%	1%									
Italian 5 OZ	Serving	542	560	62.3	17.8	0.0	0	388	2	0.4	1	0	27	1	22	1	36		
				96%	89%		0%	16%	1%	2%									
Ranch Dressing 2 OZ	Serving	217	206	22.8	3.5	0.0	23	375	2	0.0	1	1	88	0	29	0	23		
				35%	18%		8%	16%	1%	0%									
Ranch Dressing 5 OZ	Serving	622	587	65.2	10.0	0.0	67	1073	5	0.0	4	2	252	0	82	0	68		
				100%	50%		22%	45%	2%	0%									
Sandwiches with Chips																			
Sandwich, Cholula Chicken	Serving	1032	525	58.4	10.3	0.0	110	2146	90	9.9	7	43	945	10	469	8	361		
				90%	52%		37%	89%	30%	40%									
Sandwich, Cold Roast	Serving	1320	784	87.1	30.6	0.0	270	3213	50	7.3	4	86	1286	13	543	9	1467		
				134%	153%		90%	134%	17%	29%									
Sandwich, Grilled Chicken	Serving	850	341	37.9	9.0	0.0	86	2048	91	10.0	8	44	1007	11	491	6	381		
				58%	45%		29%	85%	30%	40%									
Sandwich, Half Submarine	Serving	700	459	51.0	13.1	0.0	62	1525	46	6.7	7	18	5076	33	391	2	581		
				78%	65%		21%	64%	15%	27%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Sandwich, Half Submarine Soup Combo	Serving	1046	636	70.6	29.3	0.0	125	3158	86	5.6	9	28	1240	44	279	3	267		
				109%	146%		42%	132%	29%	22%									
Sandwich, Jumbo Roast Beef	Serving	1168	586	65.1	26.2	0.0	255	3567	61	8.2	6	87	1369	184	557	10	1509		
				100%	131%		85%	149%	20%	33%									
Sandwich, Meatball	Serving	1013	579	64.4	26.4	0.0	241	2482	61	8.5	7	48	813	20	358	6	751		
				99%	132%		80%	103%	20%	34%									
Sandwich, Muffuletta	Serving	605	324	36.0	14.6	0.0	80	1758	45	5.0	4	29	941	3	570	2	177		
				55%	73%		27%	73%	15%	20%									
Sandwich, Submarine	Serving	707	438	48.7	16.4	0.0	66	1637	49	6.3	6	26	1205	14	480	3	418		
				75%	82%		22%	68%	16%	25%									
Sandwich, Turkey w/ Pesto Mayo	Serving	809	307	34.1	8.6	0.0	75	2410	90	8.0	7	39	1058	9	619	5	370		
				53%	43%		25%	100%	30%	32%									
Sandwiches--NUT=No Chips!																			
Mini Submarine Pack	Serving	1415	876	97.3	32.7	0.0	132	3275	98	12.6	12	53	2410	27	960	5	836		
				150%	164%		44%	136%	33%	51%									
NUT Sandwich, Cholula Chicken	Serving	842	507	56.3	10.1	0.0	110	1945	50	5.9	7	38	3430	19	323	6	270		
				87%	50%		37%	81%	17%	24%									
NUT Sandwich, Cold Roast Beef	Serving	1420	990	110.0	30.8	0.0	270	3613	65	6.3	7	91	3772	22	496	11	1376		
				169%	154%		90%	151%	22%	25%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
NUT Sandwich, Grilled Chicken	Serving	659	322	35.8	8.8	0.0	86	1907	51	6.0	8	39	3493	20	345	5	290		
				55%	44%		29%	79%	17%	24%									
NUT Sandwich, Jumbo Roast Beef	Serving	1226	787	87.5	26.3	0.0	255	3939	68	5.8	7	91	1367	184	473	12	1348		
				135%	132%		85%	164%	23%	23%									
NUT Sandwich, Meatball	Serving	1071	781	86.8	26.6	0.0	241	2854	68	6.1	9	52	811	20	275	7	590		
				133%	133%		80%	119%	23%	24%									
NUT Sandwich, Submarine	Serving	807	644	71.6	16.6	0.0	66	2037	65	5.3	8	32	3691	23	433	4	327		
				110%	83%		22%	85%	22%	21%									
NUT Sandwich, Turkey w/ Pesto Mayo	Serving	619	288	32.1	8.3	0.0	75	2270	50	4.0	7	34	3544	18	473	4	278		
				49%	42%		25%	95%	17%	16%									
Party Submarine Pack	Serving	7074	4379	486.6	163.6	0.0	658	16373	491	63.1	62	263	12052	136	4798	26	4179		
				749%	818%		219%	682%	164%	253%									
Submarine Pack	Serving	2829	1752	194.6	65.4	0.0	263	6549	196	25.3	25	105	4821	55	1919	10	1672		
				299%	327%		88%	273%	65%	101%									
Pasta Dish--NUT=No Bread/Salad																			
Chicken Lasagne	Serving	1124	625	69.4	22.6	0.0	168	2815	76	8.8	13	47	6725	44	880	4	395		
				107%	113%		56%	117%	25%	35%									
Chicken Spaghetti	Serving	1237	644	71.5	25.4	0.0	156	2105	102	8.3	11	47	6528	37	571	5	646		
				110%	127%		52%	88%	34%	33%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Fettuccine Ham & Mozz	Serving	2025	1342	149.2	49.4	0.0	251	2337	178	11.0	12	51	7752	26	705	9	443		
				229%	247%		84%	97%	59%	44%									
Fettuccine Sausage & Mushroom	Serving	2235	1534	170.4	53.6	0.0	267	3234	183	12.8	13	55	8040	30	605	10	1012		
				262%	268%		89%	135%	61%	51%									
Fettuccine Shrimp	Serving	2222	1514	168.3	51.8	0.0	352	2870	180	11.3	10	64	8548	28	674	9	478		
				259%	259%		117%	120%	60%	45%									
Fettuccine Side	Serving	1238	773	85.9	28.8	0.0	129	1181	132	7.8	5	29	2281	14	365	6	111		
				132%	144%		43%	49%	44%	31%									
Fettuccine Side w/ Chicken	Serving	1358	804	89.4	29.8	0.0	184	1821	133	9.8	5	52	2381	15	365	7	111		
				137%	149%		61%	76%	44%	39%									
Fettuccine Side w/ Shrimp	Serving	1386	885	98.4	31.6	0.0	194	1655	134	8.0	5	40	2785	15	402	6	128		
				151%	158%		65%	69%	45%	32%									
Fettuccine, Chicken & Broccoli	Serving	2067	1322	146.9	47.3	0.0	277	2583	182	14.7	11	67	8051	83	628	10	640		
				226%	236%		92%	108%	61%	59%									
Lasagne, 1/2 Order	Serving	1365	844	93.8	30.9	0.0	290	2764	75	7.7	13	53	6261	41	688	6	641		
				144%	155%		97%	115%	25%	31%									
Lasagne, Full Order	Serving	1738	1071	119.0	42.2	0.0	420	3537	89	9.3	16	74	6842	49	932	8	791		
				183%	211%		140%	147%	30%	37%									
Lasagne, Neapolitan	Serving	1428	924	102.7	36.2	0.0	316	3778	64	9.3	16	59	9044	56	955	5	650		
				158%	181%		105%	157%	21%	37%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Manicotti, 1/2 Order	Serving	1184	669	74.4	23.1	0.0	173	2774	87	7.9	16	41	6563	49	716	5	461		
				114%	116%		58%	116%	29%	32%									
Manicotti, Full Order	Serving	1405	769	85.4	28.2	0.0	233	3335	105	9.0	20	52	7081	57	919	6	501		
				131%	141%		78%	139%	35%	36%									
NUT Cannelloni, 1/2 Order	Serving	513	226	25.1	11.8	0.0	104	1903	37	6.0	6	28	2366	26	276	5	120		
				39%	59%		35%	79%	12%	24%									
NUT Cannelloni, Full	Serving	704	298	33.1	15.3	0.0	144	2574	54	8.2	8	39	3334	35	359	7	160		
				51%	77%		48%	107%	18%	33%									
NUT Fettuccine Alfredo	Serving	1309	900	99.9	37.9	0.0	193	705	130	6.5	4	31	2442	1	399	6	102		
				154%	189%		64%	29%	43%	26%									
NUT Fettuccine Side	Serving	913	618	68.6	25.3	0.0	129	470	95	4.7	3	22	1628	0	266	4	68		
				106%	126%		43%	20%	32%	19%									
NUT Jumbo Cheese Ravioli 1/2	Serving	575	210	23.3	11.6	0.0	86	1421	65	4.8	15	26	1073	23	220	3	120		
				36%	58%		29%	59%	22%	19%									
NUT Lasagne, 1/2 Order	Serving	747	455	50.5	22.5	0.0	261	1547	28	3.1	6	42	1163	16	488	4	300		
				78%	113%		87%	64%	9%	13%									
NUT Lasagne, Full Order	Serving	1121	682	75.8	33.8	0.0	391	2321	43	4.7	10	63	1745	23	733	6	450		
				117%	169%		130%	97%	14%	19%									
NUT Manicotti, 1/2 order	Serving	567	280	31.1	14.8	0.0	144	1557	40	3.4	10	30	1466	23	516	2	120		
				48%	74%		48%	65%	13%	13%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
NUT Manicotti, Full Order	Serving	787	379	42.1	19.8	0.0	204	2118	59	4.5	14	41	1984	31	719	3	160		
				65%	99%		68%	88%	20%	18%									
NUT Pasta Sampler	Serving	778	335	37.2	17.2	0.0	192	1332	68	3.9	7	41	1359	9	490	5	189		
				57%	86%		64%	56%	23%	16%									
NUT Penne Pasta Half Order	Serving	383	118	13.1	4.6	0.0	30	1083	41	15.4	7	24	653	23	10	1	120		
				20%	23%		10%	45%	14%	61%									
NUT Ravioli 1/2 Order	Serving	529	193	21.5	8.6	0.0	70	1383	62	6.0	13	22	653	23	63	3	120		
				33%	43%		23%	58%	21%	24%									
NUT Ravioli, Beef Full Order	Serving	885	344	38.3	15.2	0.0	120	2525	99	10.7	22	37	1307	47	99	5	240		
				59%	76%		40%	105%	33%	43%									
NUT Ravioli, Jumbo Cheese Full Order	Serving	1037	391	43.5	21.2	0.0	156	2693	115	9.1	27	47	2027	47	379	6	240		
				67%	106%		52%	112%	38%	36%									
NUT Rigatoni 1/2 Order	Serving	445	121	13.4	4.6	0.0	30	903	63	6.0	7	16	653	23	10	3	120		
				21%	23%		10%	38%	21%	24%									
NUT Rigatoni, Full	Serving	828	239	26.6	9.2	0.0	60	1805	113	11.3	15	29	1307	47	19	6	240		
				41%	46%		20%	75%	38%	45%									
NUT Spaghetti, 1/2 order	Serving	447	121	13.5	4.6	0.0	30	903	66	6.0	7	17	653	23	10	3	120		
				21%	23%		10%	38%	22%	24%									
NUT Spaghetti, Full Order	Serving	781	237	26.3	9.2	0.0	60	1805	108	10.9	14	30	1307	47	19	6	240		
				41%	46%		20%	75%	36%	43%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free	
NUT Tortellini, 1/2 order	Serving	700	265	29.5	14.0	0.0	96	1635	76	5.4	10	35	2413	28	528	5	532			
				45%	70%		32%	68%	25%	22%										
NUT Tortellini, Full	Serving	1043	443	49.2	23.1	0.0	151	2799	101	9.2	17	51	3605	53	731	6	739			
				76%	115%		50%	117%	34%	37%										
Pasta Sampler	Serving	2791	1449	161.0	51.1	0.0	443	5098	228	16.9	26	103	12913	69	1379	15	1060			
				248%	256%		148%	212%	76%	68%										
Pesto Linguine Almondine	Serving	1684	1071	119.0	17.1	0.0	45	1975	123	11.2	8	34	5247	39	250	6	568			
				183%	85%		15%	82%	41%	45%										
Pesto Linguine w/ Chicken	Serving	1804	1103	122.5	18.1	0.0	100	2615	124	13.2	8	57	5347	41	250	7	568			
				188%	90%		33%	109%	41%	53%										
Pesto Linguine w/ Shrimp	Serving	1980	1297	144.1	22.6	0.0	175	2923	126	11.5	8	56	6255	40	325	7	603			
				222%	113%		58%	122%	42%	46%										
Ravioli, Beef 1/2 Order	Serving	1147	583	64.7	17.0	0.0	99	2599	109	10.6	19	33	5751	49	263	6	461			
				100%	85%		33%	108%	36%	42%										
Ravioli, Beef Full Order	Serving	1503	734	81.5	23.5	0.0	149	3742	145	15.3	29	48	6404	72	299	8	581			
				125%	118%		50%	156%	48%	61%										
Ravioli, Jumbo Cheese	Serving	1192	599	66.6	20.0	0.0	115	2637	111	9.3	21	37	6171	49	419	6	461			
				102%	100%		38%	110%	37%	37%										
Ravioli, Jumbo Cheese Full Order	Serving	1655	781	86.7	29.5	0.0	185	3910	161	13.7	33	57	7124	72	579	9	581			
				133%	148%		62%	163%	54%	55%										

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

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Rigatoni, 1/2 Order	Serving	1062	510	56.7	13.0	0.0	59	2119	109	10.5	14	26	5751	49	209	6	461		
				87%	65%		20%	88%	36%	42%									
Rigatoni, Full	Serving	1445	629	69.8	17.5	0.0	89	3022	160	15.9	21	40	6404	72	219	8	581		
				107%	88%		30%	126%	53%	64%									
Sizzle Shrimp	Serving	1257	631	70.1	13.9	0.0	159	2165	120	9.1	8	43	6111	40	285	6	401		
				108%	70%		53%	90%	40%	36%									
Spaghetti, 1/2 Order	Serving	1064	510	56.7	13.0	0.0	59	2119	112	10.6	14	28	5751	49	209	6	461		
				87%	65%		20%	88%	37%	42%									
Spaghetti, Full	Serving	1398	626	69.6	17.5	0.0	89	3022	154	15.4	21	41	6404	72	219	8	581		
				107%	88%		30%	126%	51%	62%									
Tortellini, 1/2 Order	Serving	1318	655	72.7	22.3	0.0	125	2852	123	10.0	16	45	7510	54	728	7	873		
				112%	112%		42%	119%	41%	40%									
Tortellini, Full	Serving	1660	832	92.4	31.4	0.0	180	4016	147	13.8	24	62	8703	78	931	9	1080		
				142%	157%		60%	167%	49%	55%									
Pasta Dishes W/Salad & Bread																			
Cannelloi, 1/2 Order	Serving	1131	615	68.4	20.1	0.0	133	3120	84	10.6	12	39	7463	51	476	7	461		
				105%	101%		44%	130%	28%	42%									
Cannelloni, Full Order	Serving	1322	688	76.4	23.7	0.0	173	3791	100	12.7	14	50	8431	60	559	9	501		
				118%	118%		58%	158%	33%	51%									

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Orlandos

Saleable Item Nutrition Report

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Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Pizzas																			
NUT Pizza, 10" Cheese Wheat	Serving	1140	470	52.2	28.4	0.0	119	2427	117	9.6	15	51	2499	12	874	6	248		
				80%	142%		40%	101%	39%	39%									
NUT Pizza, 10" Cheese White	Serving	1129	441	49.0	26.8	0.0	113	2406	119	3.5	9	50	2417	12	853	6	3		
				75%	134%		38%	100%	40%	14%									
Pizza, 10" Cheese White	Serving	1704	500	55.6	27.8	0.0	113	3355	234	6.1	16	65	2417	12	854	11	3		
				86%	139%		38%	140%	78%	24%									
Pizza, 14" Cheese White	Serving	2301	907	100.8	54.1	0.0	227	5193	242	8.1	22	101	5551	35	1708	12	9		
				155%	270%		76%	216%	81%	32%									
Pizza, 14" Queso Base White	Serving	2916	1420	157.8	91.0	0.0	424	5905	242	5.4	14	128	6139	48	2521	12	163		
				243%	455%		141%	246%	81%	22%									
Pasta Packs!																			
Pack Mini Spaghetti	Serving	2974	1523	169.2	40.9	0.0	182	6575	285	27.0	38	79	1334	122	725	14	1229		
				260%	205%		61%	274%	95%	108%			4						
Pack, Chicken Spag	Serving	5301	2901	322.4	110.3	0.1	676	9475	411	34.4	49	197	2494	146	2418	21	2824		
				496%	551%		225%	395%	137%	138%			9		8				
Pack, Lasagne	Serving	5810	3703	411.4	132.4	0.0	1212	12109	300	32.0	57	221	2388	163	2885	25	2804		
				633%	662%		404%	505%	100%	128%			2		5				

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Pack, Mini Chicken Spag	Serving	3202	1717	190.7	62.7	0.0	356	5945	259	20.2	28	113	1446	83	144	13	1520		
				293%	313%		119%	248%	86%	81%			2		3				
Pack, Mini Lasagne	Serving	3457	2117	235.2	73.7	0.0	624	7263	203	19.0	31	125	1392	91	167	15	1509		
				362%	369%		208%	303%	68%	76%			8		7				
Pack, Party Lasagne	Serving	14691	9784	1087.1	328.1	0.0	2908	29428	697	77.6	142	512	7286	427	710	59	7402		
				1673%	1640%		969%	1226%	232%	310%			3		6				
Pack, Party Spaghetti	Serving	13158	7212	801.3	180.8	0.0	900	26444	1184	117.9	170	325	7044	551	290	62	6079		
				1233%	904%		300%	1102%	395%	472%			6		7				
Pack, Spaghetti	Serving	5036	2663	295.9	69.2	0.0	346	11002	471	47.9	69	132	2277	223	995	25	2214		
				455%	346%		115%	458%	157%	192%			5						
Party Garlic Bread	Serving	3220	1546	171.7	35.4	0.0	0	7099	355	23.1	25	67	6477	3	882	16	172		
				264%	177%		0%	296%	118%	92%									
Specialties-NUT=No Salad/Bread																			
Chicken Broccoli Cassrole	Serving	1453	803	89.2	30.4	0.0	193	2975	106	10.9	9	61	7122	130	669	6	834		
				137%	152%		64%	124%	35%	44%									
Chicken Caldo Uncle Louies Low Carb	Serving	691	451	50.1	16.0	0.0	123	2514	28	10.9	13	37	5499	124	286	3	924		
				77%	80%		41%	105%	9%	44%									
Chicken Caldo, Uncle Louies	Serving	1233	525	58.3	14.0	0.0	98	2937	126	13.7	13	50	6310	51	330	7	404		
				90%	70%		33%	122%	42%	55%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Chicken Dijon	Serving	1680	906	100.6	24.9	0.0	93	3364	146	12.5	25	49	5748	97	335	8	580		
				155%	125%		31%	140%	49%	50%									
Chicken Marinata	Serving	1162	616	68.5	18.7	0.0	138	3195	86	12.2	15	52	6281	58	319	6	501		
				105%	93%		46%	133%	29%	49%									
Chicken Parmesan	Serving	1443	688	76.5	22.0	0.0	138	4293	130	14.2	19	58	6826	75	435	7	581		
				118%	110%		46%	179%	43%	57%									
Eggplant Parmesan	Serving	1974	741	82.4	22.1	0.0	103	4091	277	82.2	67	64	7153	116	504	13	5206		
				127%	110%		34%	170%	92%	329%									
Fettuccine Broccoli & Mushroom	Serving	2081	1395	155.0	48.9	0.0	222	2799	186	14.4	14	48	8451	86	634	10	1090		
				238%	244%		74%	117%	62%	58%									
Fettuccine Chicken	Serving	2046	1320	146.7	47.2	0.0	277	2562	177	13.0	10	65	7639	28	599	10	443		
				226%	236%		92%	107%	59%	52%									
Green Chile Chicken Linguine	Serving	1504	726	80.7	25.3	0.0	170	2492	131	14.3	12	66	7046	223	844	9	786		
				124%	127%		57%	104%	44%	57%									
Italian Chicken Enchiladas	Serving	56754	18671	2074.5	1077.6	0.0	22352	14885	1170	70.3	650	8250	108191	4731	67962	53	8613		
				3192%	5388%		7451%	6202%	390%	281%									
Italian Enchiladas Florentine	Serving	1388	804	89.3	31.6	0.0	190	3366	91	11.4	13	54	8489	40	980	5	410		
				137%	158%		63%	140%	30%	45%									
Italian Sausage Casserole	Serving	1968	1133	125.9	40.2	0.0	260	4856	132	13.9	25	76	7391	66	926	8	1034		
				194%	201%		87%	202%	44%	56%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
NUT Chicken Brocc Cassrole	Serving	832	413	45.9	22.0	0.0	164	1758	58	5.5	3	50	2020	91	459	4	468		
				71%	110%		55%	73%	19%	22%									
NUT Chicken Caldo	Serving	616	136	15.1	5.6	0.0	69	1720	79	9.1	7	40	1213	26	130	5	63		
				23%	28%		23%	72%	26%	37%									
NUT Chicken Caldo Low Carb	Serving	391	195	21.7	10.6	0.0	91	2016	20	8.9	10	33	2451	97	173	2	597		
				33%	53%		30%	84%	7%	35%									
NUT Chicken Dijon	Serving	1060	516	57.3	16.5	0.0	64	2147	97	7.2	19	38	646	57	125	5	214		
				88%	83%		21%	89%	32%	29%									
NUT Chicken Lasagne	Serving	506	235	26.2	14.2	0.0	139	1598	30	4.2	6	36	1627	18	680	2	54		
				40%	71%		46%	67%	10%	17%									
NUT Chicken Marinata	Serving	544	227	25.2	10.3	0.0	109	1978	40	7.7	9	42	1184	32	119	3	160		
				39%	52%		36%	82%	13%	31%									
NUT Chicken Marinata Low Carb	Serving	361	188	20.8	10.8	0.0	100	1372	13	6.2	6	34	1769	80	153	2	573		
				32%	54%		33%	57%	4%	25%									
NUT Chicken Parmesan	Serving	825	299	33.2	13.6	0.0	109	3077	84	9.7	13	48	1729	49	235	5	240		
				51%	68%		36%	128%	28%	39%									
NUT Chicken Spaghetti	Serving	620	254	28.2	17.0	0.0	127	888	56	3.7	4	36	1430	11	372	3	305		
				43%	85%		42%	37%	19%	15%									
NUT Eggplant Parmesan	Serving	1357	352	39.1	13.7	0.0	74	2874	231	77.6	61	53	2056	90	304	10	4865		
				60%	68%		25%	120%	77%	310%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
NUT Green Chili Chicken Linguine	Serving	883	337	37.4	17.0	0.0	141	1274	83	9.0	6	55	1944	184	633	6	420		
				58%	85%		47%	53%	28%	36%									
NUT Italian Sausage Casserole	Serving	1351	744	82.6	31.9	0.0	231	3639	86	9.3	19	65	2294	41	726	5	694		
				127%	159%		77%	152%	29%	37%									
NUT Original Rigatoni Rigala	Serving	1108	498	55.3	22.3	0.0	195	3295	78	11.7	12	67	1423	56	154	9	834		
				85%	111%		65%	137%	26%	47%									
NUT Penne Primavera Chicken	Serving	464	117	13.0	6.1	0.0	76	966	54	10.2	9	38	2155	241	56	3	769		
				20%	30%		25%	40%	18%	41%									
NUT Pesto Linguine Almondine	Serving	1064	681	75.7	8.7	0.0	16	758	75	5.8	2	23	144	0	40	4	202		
				116%	43%		5%	32%	25%	23%									
NUT Shrimp, Scampi	Serving	761	321	35.6	10.9	0.0	166	1285	71	3.7	2	43	1363	1	430	3	35		
				55%	54%		55%	54%	24%	15%									
NUT Shrimp, Sizzle	Serving	636	241	26.8	5.5	0.0	130	948	71	3.7	2	32	1009	1	75	3	35		
				41%	28%		43%	40%	24%	15%									
NUT Trout Alfredo	Serving	1330	862	95.8	27.6	0.0	66	3236	98	5.5	4	22	3685	47	250	5	347		
				147%	138%		22%	135%	33%	22%									
NUT Trout Alfredo, Low Carb	Serving	1029	926	102.9	32.6	0.0	87	1909	18	5.4	5	12	4643	73	231	2	746		
				158%	163%		29%	80%	6%	22%									
NUT Veal Parmesan	Serving	741	330	36.7	14.5	0.0	157	2403	63	6.7	11	44	1302	39	139	4	598		
				56%	72%		52%	100%	21%	27%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
NUT Vegetable Dijon	Serving	1133	624	69.4	19.0	0.0	9	2653	107	8.6	25	21	1962	72	141	5	1027		
				107%	95%		3%	111%	36%	34%									
Original Rigatoni Rigala	Serving	1725	887	98.6	30.6	0.0	224	4512	125	16.2	18	78	6520	82	353	12	1175		
				152%	153%		75%	188%	42%	65%									
Shrimp Caldo Uncle Louies	Serving	1409	719	79.9	18.5	0.0	173	3245	128	12.0	14	49	7218	51	405	6	439		
				123%	92%		58%	135%	43%	48%									
Shrimp Caldo Uncle Louies Low Carb	Serving	867	645	71.6	20.5	0.0	198	2822	30	9.2	14	36	6407	124	361	2	959		
				110%	103%		66%	118%	10%	37%									
Shrimp, Scampi	Serving	1257	631	70.1	13.9	0.0	159	2165	120	9.1	8	43	6111	40	285	6	401		
				108%	70%		53%	90%	40%	36%									
Trout Alfredo	Serving	1950	1252	139.1	35.9	0.0	95	4453	146	10.9	11	33	8788	86	460	8	713		
				214%	180%		32%	186%	49%	43%									
Trout Alfredo, Low Carb	Serving	1332	1182	131.3	37.9	0.0	120	2407	27	8.3	9	17	7696	113	354	3	1099		
				202%	190%		40%	100%	9%	33%									
Veal Parmesan	Serving	1677	801	89.0	25.9	0.0	206	4222	157	15.5	23	67	6835	80	345	9	1019		
				137%	130%		69%	176%	52%	62%									
Vegetable, Dijon	Serving	1754	1014	112.7	27.4	0.0	38	3870	155	14.0	31	32	7065	111	351	8	1394		
				173%	137%		13%	161%	52%	56%									

Side Orders

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Alfredo Sauce Bowl	Serving	1810	1643	182.5	101.0	0.0	514	1881	11	0.5	1	33	6512	2	1065	1	273		
				281%	505%		171%	78%	4%	2%									
Alfredo Sauce Cup	Serving	905	821	91.3	50.5	0.0	257	940	6	0.2	1	16	3256	1	532	1	136		
				140%	253%		86%	39%	2%	1%									
Anchovies	Serving	25	12	1.3	0.0	0.0	10	508	1	0.0	0	4	0	0	41	0	0	X	
				2%	0%		3%	21%	0%	0%									
Fries--Full Order	Serving	976	559	62.2	12.2	0.0	0	4380	93	9.3	3	9	0	20	2	2	1167		
				96%	61%		0%	183%	31%	37%									
Garlic Bread Order (pieces)	Serving	322	155	17.2	3.5	0.0	0	710	35	2.3	2	7	648	0	88	2	17		
				26%	18%		0%	30%	12%	9%									
Meatball	Serving	197	146	16.2	6.6	0.0	69	416	1	0.2	1	11	39	1	20	1	160		
				25%	33%		23%	17%	0%	1%									
Mushroom, Bowl	Serving	355	276	30.7	6.9	0.0	0	2283	14	4.7	7	12	1334	9	15	2	1200		
				47%	35%		0%	95%	5%	19%									
Mushroom, Cup	Serving	178	138	15.4	3.5	0.0	0	1142	7	2.3	4	6	667	5	7	1	600		
				24%	17%		0%	48%	2%	9%									
Sausage Link	Serving	370	297	33.0	10.0	0.0	95	959	3	0.0	1	18	0	0	0	1	250		
				51%	50%		32%	40%	1%	0%									
Spaghetti Sauce Bowl	Serving	487	291	32.4	12.2	0.0	80	2407	28	9.0	16	20	1742	62	25	2	320		
				50%	61%		27%	100%	9%	36%									

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Orlandos

Saleable Item Nutrition Report

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Spaghetti Sauce Bowl (Mari)	Serving	183	88	9.8	2.8	0.0	0	1890	21	7.5	11	4	1799	49	48	1	127		
				15%	14%		0%	79%	7%	30%									
Spaghetti Sauce Cup	Serving	244	146	16.2	6.1	0.0	40	1204	14	4.5	8	10	871	31	13	1	160		
				25%	31%		13%	50%	5%	18%									
Spaghetti Sauce Cup (Mari)	Serving	91	44	4.9	1.4	0.0	0	945	10	3.7	6	2	900	24	24	0	63		
				8%	7%		0%	39%	3%	15%									
Spaghetti, Side Order	Serving	640	236	26.2	6.6	0.0	20	1312	84	6.5	8	19	1083	16	95	4	97		
				40%	33%		7%	55%	28%	26%									
Wheat Loaf	Serving	290	86	9.5	1.0	0.0	0	590	44	2.0	4	9	500	0	150	3	0		
				15%	5%		0%	25%	15%	8%									
White Loaf	Serving	60	63	7.0	1.0	0.0	0	110	0	0.0	0	0	500	0	0	0	0		
				11%	5%		0%	5%	0%	0%									
Kids Menu--NUT=No Drink/Bread																			
Burger, Child	Serving	1083	786	87.4	23.1	0.0	130	1426	46	5.7	3	28	1082	7	268	3	310		
				134%	115%		43%	59%	15%	23%									
Child Raviloi	Serving	864	310	34.4	10.5	0.0	50	1898	119	7.0	12	22	1301	24	138	4	142		
				53%	52%		17%	79%	40%	28%									
Child Spaghetti	Serving	887	277	30.7	8.5	0.0	30	1658	134	7.6	10	21	1301	24	111	5	142		
				47%	42%		10%	69%	45%	31%									

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Corn Dog Meal	Serving	1027	559	62.1	15.6	0.0	35	6661	103	9.1	28	17	1022	27	21	3	1002		
				96%	78%		12%	278%	34%	36%									
Lasagne, Child	Serving	1003	459	51.0	18.2	0.0	150	2131	104	6.1	10	33	1665	24	352	4	252		
				78%	91%		50%	89%	35%	24%									
NUT Corn Dog Meal	Serving	922	553	61.5	15.5	0.0	35	4434	77	7.7	5	15	0	10	2	2	584		
				95%	78%		12%	185%	26%	31%									
NUT Lasagne, Child	Serving	495	300	33.3	14.3	0.0	150	1375	21	3.8	7	26	1017	23	251	3	230		
				51%	72%		50%	57%	7%	15%									
NUT Ravioli, Child	Serving	356	151	16.8	6.6	0.0	50	1143	36	4.7	9	15	653	23	36	2	120		
				26%	33%		17%	48%	12%	19%									
NUT Rigatoni, Child	Serving	396	119	13.2	4.6	0.0	30	903	53	5.5	7	14	653	23	10	3	120		
				20%	23%		10%	38%	18%	22%									
NUT Spaghetti, Child	Serving	318	82	9.1	3.1	0.0	20	602	48	4.2	5	12	436	16	6	2	80		
				14%	15%		7%	25%	16%	17%									
Rigatoni, Child	Serving	904	277	30.8	8.5	0.0	30	1658	136	7.8	10	21	1301	24	111	5	142		
				47%	42%		10%	69%	45%	31%									
Desserts																			
Dessert, Chocolate Rum Cake Slice	Serving	1285	616	68.4	47.4	0.0	191	866	154	2.7	114	11	772	0	218	3	430		
				105%	237%		64%	36%	51%	11%									

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Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Dessert, Colossal Cheesecake	Serving	929	554	61.5	37.5	0.0	305	610	78	0.5	61	15	2000	0	150	2	0		
				95%	188%		102%	25%	26%	2%									
Ice Cream, Scoop	Serving	222	99	11.0	9.1	0.0	31	69	25	0.0	19	3	250	0	100	0	144		
				17%	46%		10%	3%	8%	0%									
Ice Cream, Scoop w/ Straw&Cream	Serving	372	99	11.0	9.1	0.0	31	69	63	2.0	54	3	250	48	120	0	304		
				17%	46%		10%	3%	21%	8%									
Ice Cream, Spumoni Scoop	Serving	234	110	12.3	9.1	0.0	31	88	27	0.0	22	3	250	0	75	0	0		
				19%	46%		10%	4%	9%	0%									
Ice Cream, Spumoni Scoop w/ Straw & Cream	Serving	384	110	12.3	9.1	0.0	31	88	65	2.0	57	3	250	48	95	0	160		
				19%	46%		10%	4%	22%	8%									
Kentucky Pie Slice	Serving	720	425	47.3	22.3	0.0	96	304	65	2.0	43	8	625	0	90	1	72		
				73%	112%		32%	13%	22%	8%									
Beverage																			
Diet Coke	Serving	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0	0	0	0	0	0		X
				0%	0%		0%	0%	0%	0%									
Diet Dr. Pepper!	Serving	0	0	0.0	0.0	0.0	0	5	0	0.0	0	0	0	0	1	0	1		X
				0%	0%		0%	0%	0%	0%									
Dr. Pepper!	Serving	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0	0	0	0	0	0		X
				0%	0%		0%	0%	0%	0%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

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Hi-C Lemonade!	Serving	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0	0	0	0	0	0		X
				0%	0%		0%	0%	0%	0%									
Hot Chocolate!	Serving	4	0	0.0	0.0	0.0	0	5	1	0.0	1	0	0	0	1	0	7		X
				0%	0%		0%	0%	0%	0%									
Hot Tea!	Serving	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0	0	0	0	0	0		X
				0%	0%		0%	0%	0%	0%									
Iced Tea!	Serving	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0	0	0	0	0	0		X
				0%	0%		0%	0%	0%	0%									
Root Beer!	Serving	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0	0	0	0	0	0		X
				0%	0%		0%	0%	0%	0%									
Sprite	Serving	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0	0	0	0	0	0		X
				0%	0%		0%	0%	0%	0%									
Strawberry Freeze	Serving	209	44	4.9	3.1	0.0	16	18	42	2.8	35	2	156	62	75	1	241		
				8%	15%		5%	1%	14%	11%									
Bar																			
Virgin Mary	Serving	5	0	0.0	0.0	0.0	0	0	2	0.4	0	0	2	5	5	0	16		X
				0%	0%		0%	0%	1%	2%									
Virgin Pina Colada	Serving	11	0	0.0	0.0	0.0	0	0	2	0.0	2	0	0	0	0	0	0		X
				0%	0%		0%	0%	1%	0%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Virgin Strawberry Daquiri	Serving	134	0	0.0	0.0	0.0	0	6	32	2.3	26	0	0	67	0	0	0		X
				0%	0%		0%	0%	11%	9%									
Liquor																			
LiquorWell, Rum-SKOL	Serving	65	0	0.0	0.0	0.0	0	0	0	0.0	0	0	0	0	0	0	1		X
				0%	0%		0%	0%	0%	0%									
Unassigned																			
Burger Patty Ala Carte	Serving	330	243	27.0	11.0	0.0	75	260	1	0.0	1	18	0	0	2	2	0		
				42%	55%		25%	11%	0%	0%									
Burger, American Cheese	Serving	1490	1084	120.4	38.1	0.0	220	1927	50	6.0	5	50	1410	8	375	5	343		
				185%	191%		73%	80%	17%	24%									
Burger, Border	Serving	1446	1013	112.6	36.4	0.0	220	1762	57	7.3	9	52	2279	193	389	6	659		
				173%	182%		73%	73%	19%	29%									
Burger, Bun-less Border	Serving	1548	1248	138.7	41.4	0.0	252	2118	23	4.6	12	51	5176	218	347	6	809		
				213%	207%		84%	88%	8%	18%									
Burger, Bun-less Paradise	Serving	1528	1247	138.6	41.4	0.0	252	2115	18	3.9	9	49	4441	39	339	5	617		
				213%	207%		84%	88%	6%	16%									
Burger, Orlando	Serving	1118	660	73.3	30.1	0.0	194	2279	56	9.6	9	54	915	24	275	6	284		
				113%	150%		65%	95%	19%	38%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Burger, Paradise	Serving	1417	1011	112.4	36.3	0.0	220	1753	50	5.9	6	50	1249	11	369	5	355		
				173%	182%		73%	73%	17%	24%									
Burger, Sausage	Serving	1198	768	85.3	28.1	0.0	234	3677	60	9.6	9	54	915	24	271	5	784		
				131%	140%		78%	153%	20%	38%									
Casserole 1	Serving	19384	1200	133.4	17.1	1.1	2631	70866	2386	864.4	188	214	3848	6434	273	89	2901		
				205%	86%		877%	2953%	795%	3458%		1	2	1		8			
Chicken Breast Ala Carte	Serving	120	32	3.5	1.0	0.0	55	640	1	2.0	0	23	100	1	0	1	0		
				5%	5%		18%	27%	0%	8%									
Chicken Marinata Low-Carb	Serving	660	443	49.2	16.1	0.0	133	1869	21	8.3	10	38	4816	107	266	3	901		
				76%	81%		44%	78%	7%	33%									
Chicken Wing Party Pack	Serving	3443	2434	270.5	60.0	0.0	734	8146	49	0.1	7	195	2504	1	363	11	135		
				416%	300%		245%	339%	16%	0%									
Chocolate Rum Cake Whole--Works	Serving	11058	5251	583.5	405.8	0.0	1677	7257	1325	21.7	979	102	7379	0	222	23	4133		
				898%	2029%		559%	302%	442%	87%				5					
Dessert, Chocolate Mousse Cake Slice	Serving	499	266	29.5	19.5	0.0	55	250	52	3.0	47	6	500	0	60	3	0		
				45%	98%		18%	10%	17%	12%									
Dessert, Colossal Cheesecake w/ Straw&Cream	Serving	1069	554	61.5	37.5	0.0	305	610	114	2.5	94	16	2000	48	170	2	160		
				95%	188%		102%	25%	38%	10%									
Dessert, Kentucky Pie Slice	Serving	639	392	43.5	19.5	0.0	80	270	55	2.0	36	7	500	0	40	1	0		
				67%	98%		27%	11%	18%	8%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Dessert, Tiramisu 12 Slices	Serving	49	32	3.5	3.5	0.0	0	0	4	0.0	3	0	0	0	0	0	0		
				5%	18%		0%	0%	1%	0%									
Dressing, Italian Gallon	Serving	13870	14345	1593.9	454.6	0.0	0	9937	50	9.9	15	10	681	15	555	13	914		
				2452%	2273%		0%	414%	17%	40%									
Dressing, Ranch	Serving	55651	52611	5845.6	896.9	0.0	5992	96124	409	1.4	330	200	2259	41	731	2	5909		
				8993%	4484%		1997%	4005%	136%	6%			1	1					
Dressing, Thousand Island	Serving	60747	51331	5703.4	792.5	0.0	5272	12091	2408	97.9	117	220	4663	724	537	58	2239		
				8775%	3963%		1757%	5038%	803%	392%	8		4	2	2	9			
Fettuccine Alfredo	Serving	1926	1289	143.2	46.2	0.0	222	1922	176	11.0	10	42	7539	26	599	9	443		
				220%	231%		74%	80%	59%	44%									
Fries Side	Serving	602	391	43.5	7.5	0.0	0	3564	47	4.7	1	5	0	10	2	1	584		
				67%	38%		0%	148%	16%	19%									
Garlic Bread	Serving	161	77	8.6	1.8	0.0	0	355	18	1.2	1	3	324	0	44	1	9		
				13%	9%		0%	15%	6%	5%									
Hot Sauce, Moanin Lisa	Serving	0	0	0.0	0.0	0.0	0	33600	0	0.0	0	0	1008	1210	0	0	0		X
				0%	0%		0%	1400%	0%	0%			00						
Ice Cream Hot Fudge Spumoni	Serving	236	111	12.3	9.2	0.0	31	90	28	0.0	23	3	250	0	76	0	3		
				19%	46%		10%	4%	9%	0%									
Ice Cream, Hot Fudge Vanilla	Serving	224	100	11.1	9.2	0.0	31	71	25	0.0	19	3	250	0	101	0	146		
				17%	46%		10%	3%	8%	0%									

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Orlandos

Saleable Item Nutrition Report

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Ice Cream, Scoop Ave Q	Serving	59	32	3.5	3.5	0.0	0	0	6	0.0	5	0	0	0	0	0	0		
				5%	18%		0%	0%	2%	0%									
Italian Burger, Raw	Serving	197	146	16.2	6.6	0.0	69	416	1	0.2	1	11	39	1	20	1	160		
				25%	33%		23%	17%	0%	1%									
LOYD Light Plate	Serving	366	102	11.3	3.1	0.0	110	2045	21	11.2	7	52	1997	172	98	4	585		
				17%	16%		37%	85%	7%	45%									
Lunch, Beef Ravioli	Serving	1147	583	64.7	17.0	0.0	99	2599	109	10.6	19	33	5751	49	263	6	461		
				100%	85%		33%	108%	36%	42%									
Lunch, Cannelloni	Serving	1131	615	68.4	20.1	0.0	133	3120	84	10.6	12	39	7463	51	476	7	461		
				105%	101%		44%	130%	28%	42%									
Lunch, Cheese Ravioli	Serving	1192	599	66.6	20.0	0.0	115	2637	111	9.3	21	37	6171	49	419	6	461		
				102%	100%		38%	110%	37%	37%									
Lunch, Chicken Broccoli Cassrole	Serving	1453	803	89.2	30.4	0.0	193	2975	106	10.9	9	61	7122	130	669	6	834		
				137%	152%		64%	124%	35%	44%									
Lunch, Chicken Caldo Uncle Louies	Serving	1233	525	58.3	14.0	0.0	98	2937	126	13.7	13	50	6310	51	330	7	404		
				90%	70%		33%	122%	42%	55%									
Lunch, Chicken Caldo Uncle Louies Low Carb	Serving	691	451	50.1	16.0	0.0	123	2514	28	10.9	13	37	5499	124	286	3	924		
				77%	80%		41%	105%	9%	44%									
Lunch, Chicken Dijon	Serving	1680	906	100.6	24.9	0.0	93	3364	146	12.5	25	49	5748	97	335	8	580		
				155%	125%		31%	140%	49%	50%									

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Lunch, Chicken Spaghetti	Serving	1237	644	71.5	25.4	0.0	156	2105	102	8.3	11	47	6528	37	571	5	646		
				110%	127%		52%	88%	34%	33%									
Lunch, Green Chile Chicken Linguine	Serving	1504	726	80.7	25.3	0.0	170	2492	131	14.3	12	66	7046	223	844	9	786		
				124%	127%		57%	104%	44%	57%									
Lunch, Lasagne	Serving	1365	844	93.8	30.9	0.0	290	2764	75	7.7	13	53	6261	41	688	6	641		
				144%	155%		97%	115%	25%	31%									
Lunch, Manicotti	Serving	1184	669	74.4	23.1	0.0	173	2774	87	7.9	16	41	6563	49	716	5	461		
				114%	116%		58%	116%	29%	32%									
Lunch, Pesto Linguine Almondine	Serving	1684	1071	119.0	17.1	0.0	45	1975	123	11.2	8	34	5247	39	250	6	568		
				183%	85%		15%	82%	41%	45%									
Lunch, Pesto Linguine w/ Chicken	Serving	1804	1103	122.5	18.1	0.0	100	2615	124	13.2	8	57	5347	41	250	7	568		
				188%	90%		33%	109%	41%	53%									
Lunch, Pesto Linguine w/ Shrimp	Serving	1980	1297	144.1	22.6	0.0	175	2923	126	11.5	8	56	6255	40	325	7	603		
				222%	113%		58%	122%	42%	46%									
Lunch, Rigatoni	Serving	1062	510	56.7	13.0	0.0	59	2119	109	10.5	14	26	5751	49	209	6	461		
				87%	65%		20%	88%	36%	42%									
Lunch, Spaghetti	Serving	1064	510	56.7	13.0	0.0	59	2119	112	10.6	14	28	5751	49	209	6	461		
				87%	65%		20%	88%	37%	42%									
Lunch, Tortellini	Serving	1318	655	72.7	22.3	0.0	125	2852	123	10.0	16	45	7510	54	728	7	873		
				112%	112%		42%	119%	41%	40%									

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Lunch, Trout Alfredo	Serving	1950	1252	139.1	35.9	0.0	95	4453	146	10.9	11	33	8788	86	460	8	713		
				214%	180%		32%	186%	49%	43%									
Lunch, Trout Alfredo, Low Carb	Serving	1332	1182	131.3	37.9	0.0	120	2407	27	8.3	9	17	7696	113	354	3	1099		
				202%	190%		40%	100%	9%	33%									
Lunch, Vegetable Dijon	Serving	1754	1014	112.7	27.4	0.0	38	3870	155	14.0	31	32	7065	111	351	8	1394		
				173%	137%		13%	161%	52%	56%									
Meat Sauce, GALLON	Serving	3898	2330	258.9	97.9	0.0	639	19257	223	71.7	131	164	13939	497	204	20	2557		
				398%	490%		213%	802%	74%	287%									
NUT Appetizer, Garlic Parmesan Cheese Bread	Serving	768	412	45.8	16.2	0.0	45	1673	63	4.5	4	25	2161	1	509	3	52		
				70%	81%		15%	70%	21%	18%									
NUT Burger, American	Serving	1484	1091	121.2	38.3	0.0	230	1806	42	3.3	7	52	4373	13	327	7	197		
				186%	192%		77%	75%	14%	13%									
NUT Burger, Border	Serving	1540	1218	135.4	36.6	0.0	220	1842	71	5.6	10	57	5443	199	341	8	514		
				208%	183%		73%	77%	24%	22%									
NUT Burger, Bun-less Border	Serving	850	597	66.4	30.1	0.0	180	1022	15	2.6	8	47	5443	199	241	5	514		
				102%	150%		60%	43%	5%	10%									
NUT Burger, Bun-less Paradise/Amer	Serving	830	596	66.3	30.1	0.0	180	1346	11	2.0	6	46	4606	19	233	4	309		
				102%	150%		60%	56%	4%	8%									
NUT Burger, Child	Serving	676	398	44.2	17.3	0.0	100	1023	38	3.0	5	30	3443	11	219	5	160		
				68%	86%		33%	43%	13%	12%									

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NUT Burger, Paradise	Serving	1509	1216	135.2	36.5	0.0	220	1824	64	4.1	7	55	1200	10	314	7	191		
				208%	183%		73%	76%	21%	16%									
NUT Burger, Sausage	Serving	1229	936	104.1	26.8	0.0	224	3447	71	6.6	8	56	648	16	213	6	580		
				160%	134%		75%	144%	24%	26%									
NUT Chicken Primavera w/Marinara	Serving	532	150	16.7	7.1	0.0	76	1675	62	13.0	13	40	2830	259	74	3	816		
				26%	36%		25%	70%	21%	52%									
NUT Pesto Penne w/Chicken/Toms	Serving	960	642	71.3	9.0	0.0	71	1576	35	14.8	1	49	245	1	0	1	92		
				110%	45%		24%	66%	12%	59%									
Penne Chicken & Broccoli	Serving	410	76	8.4	2.1	0.0	55	1549	44	18.4	6	42	1186	75	47	2	245		
				13%	10%		18%	65%	15%	74%									
Penne Chicken Pack	Serving	5501	2910	323.4	110.3	0.1	676	10375	398	86.4	50	249	2494	146	241	14	2824		
				497%	551%		225%	432%	133%	346%			9		8				
Penne Loyd Lunch	Serving	584	148	16.5	7.1	0.0	131	1761	48	20.2	9	67	2255	242	56	4	769		
				25%	35%		44%	73%	16%	81%									
Penne Mini Chicken Pack	Serving	3302	1721	191.2	62.7	0.0	356	6395	253	46.2	28	139	1446	83	144	9	1520		
				294%	313%		119%	266%	84%	185%			2		3				
Penne Party Pack	Serving	12958	7203	800.3	180.8	0.0	900	28784	999	245.9	169	435	7044	551	290	37	6079		
				1231%	904%		300%	1199%	333%	984%			6		7				
Penne Pasta Full Order	Serving	1387	646	71.8	18.1	0.0	92	3373	126	35.1	21	58	5002	74	220	4	584		
				110%	90%		31%	141%	42%	140%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Penne Pasta Full Pack	Serving	5538	2686	298.4	69.2	0.0	346	12442	488	133.0	71	221	22775	223	995	15	2214		
				459%	346%		115%	518%	163%	532%									
Penne Pasta Half Order	Serving	1004	528	58.7	13.5	0.0	62	2290	84	19.8	13	34	4349	51	211	3	465		
				90%	67%		21%	95%	28%	79%									
Penne Pasta Mini-Pack	Serving	3250	1535	170.6	40.9	0.0	182	7295	299	69.7	39	125	13344	122	725	9	1229		
				262%	205%		61%	304%	100%	279%									
Penne Primavera Chicken	Serving	1085	527	58.5	14.9	0.0	109	2173	97	14.6	15	49	5850	268	257	5	1114		
				90%	75%		36%	91%	32%	58%									
Penne Primavera Chicken Marinara	Serving	1154	560	62.2	16.0	0.0	109	2882	105	17.4	19	50	6525	286	275	6	1161		
				96%	80%		36%	120%	35%	69%									
Penne Primavera Chicken Pesto Alfredo	Serving	1085	527	58.5	14.9	0.0	109	2173	97	14.6	15	49	5850	268	257	5	1114		
				90%	75%		36%	91%	32%	58%									
Penne Primavera Shrimp	Serving	1261	721	80.1	19.5	0.0	184	2636	93	20.8	15	54	6759	268	332	4	1149		
				123%	97%		61%	110%	31%	83%									
Pizza, 14" Greek Chicken	Serving	2298	830	92.2	31.9	0.0	234	6639	262	21.7	28	114	4660	55	679	16	369		
				142%	160%		78%	277%	87%	87%									
Pizza, Chicken Broccoli	Serving	3112	1152	128.0	63.4	0.0	356	7275	327	16.2	26	164	7021	168	2036	17	650		
				197%	317%		119%	303%	109%	65%									
Salad, Greek	Serving	1100	858	95.4	26.5	0.0	26	1933	58	10.7	11	16	6752	61	201	4	837		
				147%	133%		9%	81%	19%	43%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

Item Name	Unit	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Salad, Side Low Carb	Serving	300	255	28.3	5.3	0.0	32	497	7	2.1	4	4	3048	27	113	1	328		
				44%	27%		11%	21%	2%	8%									
Salad, Side with Pre-Cut Lettuce	Serving	355	258	28.6	4.8	0.0	29	636	17	2.7	4	5	7382	31	117	1	385		
				44%	24%		10%	27%	6%	11%									
Salad, Small Antipasto with Per-Cut Lettuce	Serving	1328	901	100.1	21.6	0.0	102	2764	77	9.4	15	28	1900	67	539	4	998		
				154%	108%		34%	115%	26%	37%			1						
Shrimp (6)	Serving	148	113	12.5	2.8	0.0	65	474	2	0.1	0	11	504	1	38	0	18		
				19%	14%		22%	20%	1%	1%									
Snacks, Goldfish	Serving	2419	1088	120.9	22.7	0.0	0	4988	272	15.1	15	45	0	0	0	5	0		
				186%	113%		0%	208%	91%	60%									
Snacks, Peanuts Tray	Serving	746	570	63.4	8.8	0.0	0	1037	27	10.2	5	30	0	0	69	3	839		
				97%	44%		0%	43%	9%	41%									
Snacks, Ranch Mix Tray	Serving	0	0	0.0	0.0	0.0	0	0	0	0.0	0	0	0	0	0	0	0		X
				0%	0%		0%	0%	0%	0%									
Spaghetti Pack Complete	Serving	4894	2516	279.6	66.7	0.0	329	10735	473	48.4	69	131	2271	225	982	25	2243		
				430%	334%		110%	447%	158%	194%			3						
Vegetable Medley FINAL	Serving	116	75	8.3	5.1	0.0	21	296	9	3.1	4	4	1238	71	43	1	533		
				13%	25%		7%	12%	3%	12%									

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