



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, Combo Platter	Serving	1353	648	72.0	18.0	0.0	158	3819	118	4.3	20	51	858	13	376	4	88		
				111%	90%		53%	159%	39%	17%									
Appetizer, D&D Tortellini Hot	Serving	1356	982	109.1	24.8	0.0	92	2300	71	3.1	9	24	4601	11	451	4	599		
				168%	124%		31%	96%	24%	12%									
Appetizer, D&D Tortellini Hot w/ Chicken	Serving	1430	983	109.2	24.8	0.0	92	2321	90	8.8	18	26	4708	69	459	6	925		
				168%	124%		31%	97%	30%	35%									
Appetizer, D&D Tortellini Hot w/ Chicken & Mushroom	Serving	1607	1121	124.6	34.3	0.0	132	3437	97	11.2	22	32	5242	74	467	7	1525		
				192%	171%		44%	143%	32%	45%									
Appetizer, D&D Tortellini Hot w/ Chicken & Sausage	Serving	1800	1280	142.2	34.8	0.0	187	3280	93	8.8	19	44	4708	69	459	7	1175		
				219%	174%		62%	137%	31%	35%									
Appetizer, D&D Tortellini Hot w/ Chicken & Sausage & Mushroom	Serving	1977	1418	157.6	44.3	0.0	227	4396	100	11.2	23	50	5242	74	467	8	1775		
				242%	221%		76%	183%	33%	45%									
Appetizer, D&D Tortellini Hot w/ Mushrooms	Serving	1533	1120	124.4	34.3	0.0	132	3415	78	5.5	12	30	5135	16	458	5	1199		
				191%	171%		44%	142%	26%	22%									
Appetizer, D&D Tortellini Hot w/ Sausage	Serving	1726	1279	142.1	34.8	0.0	187	3259	74	3.1	10	42	4601	11	451	5	849		
				219%	174%		62%	136%	25%	12%									
Appetizer, D&D Tortellini Hot w/ Sausage & Mushroom	Serving	1903	1417	157.4	44.3	0.0	227	4374	81	5.5	13	48	5135	16	458	6	1449		
				242%	221%		76%	182%	27%	22%									

All percentages represent US Reference Daily Intakes (RDI) for a 2000 Caories/day diet.

Fat Free is defined as having less than .5 grams of fat per serving. Low Fat is between .5 and 3 grams of fat per serving.

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Appetizer, D&D Tortellini Nuc w/ Chicken & Sausage & Mushroom	Serving	1977	1418	157.6	44.3	0.0	227	4396	100	11.2	23	50	5242	74	467	8	1775		
				242%	221%		76%	183%	33%	45%									
Appetizer, D&D Tortellini Nuclear	Serving	1356	982	109.1	24.8	0.0	92	2300	71	3.1	9	24	4601	11	451	4	599		
				168%	124%		31%	96%	24%	12%									
Appetizer, D&D Tortellini Nuclear w/ Chicken	Serving	1430	983	109.2	24.8	0.0	92	2321	90	8.8	18	26	4708	69	459	6	925		
				168%	124%		31%	97%	30%	35%									
Appetizer, D&D Tortellini Nuclear w/ Chicken & Mushroom	Serving	1607	1121	124.6	34.3	0.0	132	3437	97	11.2	22	32	5242	74	467	7	1525		
				192%	171%		44%	143%	32%	45%									
Appetizer, D&D Tortellini Nuclear w/ Chicken & Sausage	Serving	1800	1280	142.2	34.8	0.0	187	3280	93	8.8	19	44	4708	69	459	7	1175		
				219%	174%		62%	137%	31%	35%									
Appetizer, D&D Tortellini Nuclear w/ Mushrooms	Serving	1533	1120	124.4	34.3	0.0	132	3415	78	5.5	12	30	5135	16	458	5	1199		
				191%	171%		44%	142%	26%	22%									
Appetizer, D&D Tortellini Nuclear w/ Sausage	Serving	1726	1279	142.1	34.8	0.0	187	3259	74	3.1	10	42	4601	11	451	5	849		
				219%	174%		62%	136%	25%	12%									
Appetizer, D&D Tortellini Nuclear w/ Sausage & Mushroom	Serving	1903	1417	157.4	44.3	0.0	227	4374	81	5.5	13	48	5135	16	458	6	1449		
				242%	221%		76%	182%	27%	22%									
Appetizer, Fried Mozzarella Sticks	Serving	1088	616	68.5	23.1	0.0	129	2741	72	1.5	29	35	530	10	705	0	88		
				105%	115%		43%	114%	24%	6%									
Appetizer, Fried Mushrooms	Serving	675	395	43.9	6.5	0.0	43	1457	54	0.1	3	10	164	0	53	0	45		
				68%	33%		14%	61%	18%	0%									

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Appetizer, Fried Ravioli	Serving	853	454	50.4	8.9	0.0	91	1861	75	3.3	6	21	484	2	181	3	45		
				78%	45%		30%	78%	25%	13%									
Appetizer, Fried Zucchini	Serving	801	398	44.2	6.5	0.0	43	2165	86	3.7	13	16	164	5	53	3	45		
				68%	33%		14%	90%	29%	15%									
Appetizer, Garlic Parmesan Cheese Bread	Serving	1283	1005	111.7	45.5	0.0	161	3422	17	5.0	8	48	6065	26	101	2	262		
				172%	227%		54%	143%	6%	20%					3				
Appetizer, Hot Wings	Serving	1138	802	89.1	19.8	0.0	243	2437	17	0.1	3	65	831	0	120	4	45		
				137%	99%		81%	102%	6%	0%									
Appetizer, Mafia Queso	Serving	1301	754	83.8	41.9	0.0	197	2487	103	10.6	2	41	3414	49	115	4	478		
				129%	209%		66%	104%	34%	42%					6				
Appetizer, Mafia Queso Butter	Serving	1301	754	83.8	44.6	0.0	215	2475	103	10.6	2	41	3354	49	115	4	478		
				129%	223%		72%	103%	34%	42%					6				
Appetizer, Pepperoni Cheese Bread	Serving	1495	1169	129.9	52.8	0.0	214	4233	18	5.7	8	57	6065	27	102	3	405		
				200%	264%		71%	176%	6%	23%					3				
Appetizer, Pesto Bruschetta Full	Serving	1100	882	97.9	39.9	0.0	122	2466	12	2.9	6	39	6015	24	938	1	510		
				151%	200%		41%	103%	4%	11%									
Appetizer, Pesto Bruschetta Half	Serving	550	441	49.0	20.0	0.0	61	1233	6	1.4	3	20	3007	12	469	0	255		
				75%	100%		20%	51%	2%	6%									
Pack, Party D&D Tortellini Hot w/ Chicken	Serving	5718	3931	436.8	99.3	0.0	366	9286	359	35.2	72	102	1883	276	183	23	3700		
				672%	496%		122%	387%	120%	141%			4		6				

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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%									
NUT Appetizer, D&D Tortellini	Serving	532	358	39.8	9.9	0.0	24	930	33	1.3	3	11	2068	3	197	2	234		
				61%	49%		8%	39%	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	248	201	22.4	8.6	0.0	24	559	3	0.7	2	8	1413	6	189	0	127		
				34%	43%		8%	23%	1%	3%									
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%									

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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%									
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	1989	1551	172.4	38.8	0.0	161	4277	74	7.2	18	35	1917	66	748	2	959		
				265%	194%		54%	178%	25%	29%			6						
Salad, Caesar Small	Serving	1096	827	91.9	21.7	0.0	91	2347	44	4.5	10	22	1237	44	465	2	591		
				141%	109%		30%	98%	15%	18%			4						

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Salad, Chicken Caesar	Serving	1027	736	81.8	15.8	0.0	64	2063	60	10.2	19	15	1208	102	276	3	918		
				126%	79%		21%	86%	20%	41%			6						
Salad, Chicken Crossroads	Serving	1160	839	93.2	20.0	0.0	94	1864	60	11.6	20	20	1013	114	443	4	1182		
				143%	100%		31%	78%	20%	46%			3						
Salad, Cholula Chicken	Serving	1160	839	93.2	20.0	0.0	94	1924	60	11.6	20	20	1013	114	443	5	1182		
				143%	100%		31%	80%	20%	46%			3						
Salad, Large Antipasto	Serving	1784	1443	160.3	31.1	0.0	169	3014	57	8.3	20	26	1378	68	540	3	1276		
				247%	156%		56%	126%	19%	33%			3						
Salad, Large Antipasto TOGO	Serving	1535	1266	140.7	28.1	0.0	169	2381	45	10.3	21	25	1663	99	579	4	1538		
				216%	140%		56%	99%	15%	41%			9						
Salad, Meat Lovers	Serving	1160	880	97.8	23.7	0.0	153	1972	45	11.6	21	29	9492	114	454	4	1290		
				150%	119%		51%	82%	15%	47%									
Salad, Meat Lovers DOUBLE MEAT	Serving	268	147	16.4	5.6	0.0	51	695	20	5.9	10	12	107	58	12	2	445		
				25%	28%		17%	29%	7%	24%									
Salad, Party Pack	Serving	5196	4376	486.2	96.4	0.0	581	7157	131	31.3	67	78	5700	299	192	10	4640		
				748%	482%		194%	298%	44%	125%			5		5				
Salad, Side	Serving	361	281	31.2	8.1	0.0	44	505	11	2.3	4	8	4669	25	221	1	324		
				48%	41%		15%	21%	4%	9%									
Salad, Side Caesar	Serving	465	336	37.4	8.2	0.0	34	990	22	2.7	4	9	7679	27	185	1	328		
				57%	41%		11%	41%	7%	11%									

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Salad, Small Antipasto	Serving	1128	868	96.5	21.2	0.0	102	2014	42	6.1	12	21	1033	60	438	2	880		
				148%	106%		34%	84%	14%	24%			3						
Salad, Spicy Fried Chicken	Serving	1086	838	93.1	20.0	0.0	94	1843	41	5.9	11	19	1002	56	434	2	856		
				143%	100%		31%	77%	14%	23%			6						
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						
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	343	147	16.3	8.1	0.0	35	625	38	11.3	17	16	9239	113	369	4	1102		
				25%	41%		12%	26%	13%	45%									
NUT Salad, Cholula Chicken	Serving	343	147	16.3	8.1	0.0	35	685	38	11.3	17	16	9239	113	369	5	1102		
				25%	41%		12%	29%	13%	45%									
NUT Salad, Meat Lovers	Serving	537	293	32.5	13.7	0.0	86	1299	40	11.6	17	26	9239	113	372	4	1221		
				50%	68%		29%	54%	13%	46%									
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%									

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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	1422	948	105.3	45.1	0.0	184	5262	105	3.1	12	27	1993	75	6	2	99		
				162%	226%		61%	219%	35%	13%									
Soup & Salad Combo, Minestrone	Serving	249	149	16.6	3.7	0.0	0	1196	22	1.2	3	5	3392	5	35	1	21		
				26%	18%		0%	50%	7%	5%									
Soup & Salad Combo, Wisconsin Cheddar	Serving	1879	1323	147.0	53.2	0.0	149	6816	119	7.7	41	35	6392	26	101	1	345		
				226%	266%		50%	284%	40%	31%					1				
Salad Dressings																			
Dressing, 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%									
Dressing, 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%									
Dressing, Blue Cheese 2 OZ	Serving	319	278	30.9	8.6	0.0	49	620	2	0.0	1	7	392	0	180	0	24		
				48%	43%		16%	26%	1%	0%									
Dressing, Blue Cheese 5 OZ	Serving	825	733	81.4	20.1	0.0	118	1442	5	0.1	4	14	861	0	386	0	69		
				125%	101%		39%	60%	2%	0%									
Dressing, Creamy Italian 2 OZ	Serving	217	212	23.5	4.7	0.0	16	209	1	0.1	1	1	63	0	22	0	21		
				36%	24%		5%	9%	0%	0%									

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Dressing, Creamy Italian 5 OZ	Serving	544	529	58.8	11.8	0.0	39	522	3	0.2	2	1	156	0	55	0	51		
				90%	59%		13%	22%	1%	1%									
Dressing, 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%									
Dressing, 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%									
Dressing, 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%									
Dressing, 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%									
Dressing, 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%									
Dressing, 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%									
Dressing, Ranch Dressing 2 OZ	Serving	218	206	22.8	3.5	0.0	23	235	2	0.0	1	1	89	0	29	0	24		
				35%	18%		8%	10%	1%	0%									
Dressing, Ranch Dressing 5 OZ	Serving	623	587	65.2	10.0	0.0	67	673	5	0.1	4	2	253	0	82	0	69		
				100%	50%		22%	28%	2%	0%									

Sandwiches with Chips

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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, Cholula Chicken	Serving	986	495	55.0	9.3	0.0	55	1528	108	13.6	16	22	952	67	478	8	687		
				85%	47%		18%	64%	36%	55%									
Sandwich, Cold Roast	Serving	1334	792	88.0	30.9	0.0	274	3159	50	7.3	4	87	1287	13	544	9	1486		
				135%	155%		91%	132%	17%	29%									
Sandwich, Grilled Chicken	Serving	804	311	34.5	8.1	0.0	31	1336	109	13.7	17	22	1015	67	500	6	708		
				53%	40%		10%	56%	36%	55%									
Sandwich, Half Submarine	Serving	755	502	55.8	16.4	0.0	72	1436	45	6.7	7	21	5295	33	500	2	582		
				86%	82%		24%	60%	15%	27%									
Sandwich, Half Submarine Soup Combo	Serving	1035	633	70.3	29.3	0.0	120	3070	86	5.6	8	26	1240	44	279	2	267		
				108%	146%		40%	128%	29%	22%									
Sandwich, Jumbo Roast Beef	Serving	1181	594	66.0	26.6	0.0	259	3606	61	8.3	6	88	1369	184	557	10	1528		
				102%	133%		86%	150%	20%	33%									
Sandwich, Meatball	Serving	972	537	59.6	24.5	0.0	223	2582	64	8.9	8	45	806	22	368	5	779		
				92%	122%		74%	108%	21%	35%									
Sandwich, Muffuletta	Serving	583	318	35.4	14.6	0.0	71	1583	44	5.0	3	26	941	3	570	2	177		
				54%	73%		24%	66%	15%	20%									
Sandwich, Submarine	Serving	685	432	48.0	16.4	0.0	56	1462	48	6.3	5	23	1205	14	480	2	418		
				74%	82%		19%	61%	16%	25%									
Sandwich, Turkey w/ Pesto Mayo	Serving	749	251	27.9	7.8	0.0	73	2340	90	7.9	7	38	1045	9	619	5	361		
				43%	39%		24%	97%	30%	32%									

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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
Sandwiches--NUT=No Chips!																			
Mini Submarine Pack	Serving	1371	865	96.1	32.7	0.0	113	2925	96	12.6	10	46	2410	27	960	5	836		
				148%	164%		38%	122%	32%	51%									
NUT Sandwich, Cholula Chicken	Serving	796	476	52.9	9.1	0.0	55	1327	68	9.6	16	17	3438	76	331	6	596		
				81%	45%		18%	55%	23%	38%									
NUT Sandwich, Cold Roast Beef	Serving	1143	773	85.9	30.7	0.0	274	3018	10	3.3	5	82	3772	22	397	9	1395		
				132%	153%		91%	126%	3%	13%									
NUT Sandwich, Grilled Chicken	Serving	614	292	32.4	7.8	0.0	31	1196	69	9.7	17	17	3500	76	353	5	617		
				50%	39%		10%	50%	23%	39%									
NUT Sandwich, Jumbo Roast Beef	Serving	949	570	63.4	26.2	0.0	259	3438	12	2.8	5	82	1367	184	374	9	1367		
				97%	131%		86%	143%	4%	11%									
NUT Sandwich, Meatball	Serving	740	513	57.0	24.1	0.0	223	2413	16	3.4	8	39	804	22	185	4	618		
				88%	121%		74%	101%	5%	14%									
NUT Sandwich, Submarine	Serving	495	413	45.9	16.1	0.0	56	1322	8	2.3	5	18	3691	23	333	1	327		
				71%	80%		19%	55%	3%	9%									
NUT Sandwich, Turkey w/ Pesto Mayo	Serving	559	232	25.8	7.6	0.0	73	2199	50	3.9	7	34	3530	18	473	4	270		
				40%	38%		24%	92%	17%	16%									
Pack, Party Submarine	Serving	6855	4323	480.3	163.6	0.0	565	14623	478	63.1	50	232	1205	136	479	23	4179		
				739%	818%		188%	609%	159%	253%			2		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
Pack, Submarine Pack	Serving	2742	1729	192.1	65.4	0.0	226	5849	191	25.3	20	93	4821	55	1919	9	1672		
				296%	327%		75%	244%	64%	101%									
Pasta Dish--NUT=No Bread/Salad																			
Cheese on Pasta Dishes	Serving	182	128	14.2	9.1	0.0	41	385	0	0.0	0	12	607	0	304	0	0		
				22%	46%		14%	16%	0%	0%									
Chicken Lasagne	Serving	1034	643	71.4	25.5	0.0	217	2429	43	6.0	11	51	6972	45	915	4	500		
				110%	128%		72%	101%	14%	24%									
Chicken Spaghetti	Serving	943	649	72.1	28.1	0.0	209	1977	30	4.0	8	43	6763	38	608	3	636		
				111%	141%		70%	82%	10%	16%									
Chicken Spaghetti RAW	Serving	980	654	72.7	28.3	0.0	227	1888	30	4.0	8	49	6777	38	615	4	816		
				112%	142%		76%	79%	10%	16%									
Chicken Spaghetti SIDE	Serving	764	550	61.1	21.3	0.0	146	1514	22	3.2	6	30	6160	32	473	3	526		
				94%	106%		49%	63%	7%	13%									
Fettuccine Ham & Mozz	Serving	1877	1352	150.2	52.3	0.0	256	1776	143	8.9	8	46	7997	27	729	7	447		
				231%	262%		85%	74%	48%	36%									
Fettuccine Sausage & Mushroom	Serving	2109	1549	172.1	61.0	0.0	312	2828	149	10.7	11	53	8184	30	628	8	1016		
				265%	305%		104%	118%	50%	43%									
Fettuccine Shrimp	Serving	2066	1497	166.3	54.0	0.0	367	2456	146	9.3	8	62	8832	28	698	7	488		
				256%	270%		122%	102%	49%	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
Fettuccine Side	Serving	1043	742	82.4	28.4	0.0	129	796	96	4.9	3	22	2301	1	268	5	89		
				127%	142%		43%	33%	32%	20%									
Fettuccine Side w/ Chicken	Serving	1117	743	82.5	28.4	0.0	129	817	115	10.6	12	24	2409	59	277	6	415		
				127%	142%		43%	34%	38%	42%									
Fettuccine Side w/ Shrimp	Serving	1176	838	93.1	30.8	0.0	194	1256	98	5.1	3	33	2825	1	306	5	109		
				143%	154%		65%	52%	33%	20%									
Fettuccine, Chicken & Broccoli	Serving	1896	1307	145.2	49.2	0.0	236	1578	165	16.2	18	43	8303	140	660	9	971		
				223%	246%		79%	66%	55%	65%									
Lasagne, 1/2 Order	Serving	1344	920	102.2	36.3	0.0	325	2880	46	7.4	14	56	6869	54	718	5	722		
				157%	182%		108%	120%	15%	30%									
Lasagne, Full Order	Serving	1771	1178	130.9	48.9	0.0	465	3904	63	9.8	19	79	7632	69	966	8	911		
				201%	244%		155%	163%	21%	39%									
Lasagne, Neapolitan	Serving	1296	930	103.4	38.6	0.0	330	3415	31	7.2	14	57	9288	56	982	4	670		
				159%	193%		110%	142%	10%	29%									
Manicotti, 1/2 Order	Serving	1061	685	76.1	26.0	0.0	191	2388	53	5.8	14	39	6808	49	740	3	474		
				117%	130%		64%	100%	18%	23%									
Manicotti, Full Order	Serving	1283	784	87.1	31.0	0.0	252	2949	71	6.9	18	51	7326	57	944	4	516		
				134%	155%		84%	123%	24%	27%									
NUT Cannelloni, 1/2 Order	Serving	554	229	25.4	11.8	0.0	143	1904	39	5.3	6	36	2369	27	290	6	233		
				39%	59%		48%	79%	13%	21%									

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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 Cannelloni, Full	Serving	746	301	33.5	15.4	0.0	184	2575	56	7.4	8	46	3337	36	373	8	276		
				52%	77%		61%	107%	19%	30%									
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	578	210	23.4	11.6	0.0	89	1421	65	4.7	15	26	1074	23	221	4	129		
				36%	58%		30%	59%	22%	19%									
NUT Lasagne, 1/2 Order	Serving	853	516	57.3	25.1	0.0	281	2049	34	4.9	10	47	1527	29	495	4	377		
				88%	125%		94%	85%	11%	20%									
NUT Lasagne, Full Order	Serving	1279	773	85.9	37.6	0.0	422	3073	52	7.4	15	71	2290	43	743	7	565		
				132%	188%		141%	128%	17%	30%									
NUT Manicotti, 1/2 order	Serving	570	280	31.1	14.8	0.0	147	1557	41	3.3	10	30	1466	23	517	2	129		
				48%	74%		49%	65%	14%	13%									
NUT Manicotti, Full Order	Serving	792	380	42.2	19.8	0.0	208	2118	59	4.4	14	42	1984	31	720	4	171		
				65%	99%		69%	88%	20%	18%									
NUT Pasta Sampler	Serving	762	363	40.3	18.5	0.0	226	1666	52	3.8	8	45	1543	16	501	5	296		
				62%	93%		75%	69%	17%	15%									
NUT Penne 1/2 MARINARA	Serving	289	52	5.8	1.1	0.0	10	734	46	6.6	6	14	676	19	22	1	78		
				9%	5%		3%	31%	15%	26%									

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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 Penne Pasta Half Order	Serving	396	127	14.2	4.6	0.0	33	928	49	7.3	8	18	654	23	11	1	129		
				22%	23%		11%	39%	16%	29%									
NUT Ravioli 1/2 Order	Serving	532	193	21.5	8.6	0.0	73	1383	63	6.0	13	23	654	23	64	3	129		
				33%	43%		24%	58%	21%	24%									
NUT Ravioli, Beef Full Order	Serving	892	345	38.3	15.2	0.0	126	2525	99	10.6	22	38	1307	47	101	6	257		
				59%	76%		42%	105%	33%	42%									
NUT Ravioli, Jumbo Cheese Full Order	Serving	1044	392	43.5	21.2	0.0	162	2693	115	9.0	27	48	2027	47	381	6	257		
				67%	106%		54%	112%	38%	36%									
NUT Rigatoni 1/2 Order	Serving	448	121	13.5	4.6	0.0	33	903	63	5.9	7	16	654	23	11	3	129		
				21%	23%		11%	38%	21%	24%									
NUT Rigatoni, Full	Serving	834	240	26.6	9.2	0.0	66	1805	114	11.2	15	30	1307	47	21	6	257		
				41%	46%		22%	75%	38%	45%									
NUT Spaghetti, 1/2 order	Serving	263	115	12.7	4.7	0.0	96	1125	15	3.3	6	21	659	25	34	3	313		
				20%	24%		32%	47%	5%	13%									
NUT Spaghetti, Full Order	Serving	494	227	25.2	9.4	0.0	165	2155	28	6.6	12	36	1315	49	57	6	548		
				39%	47%		55%	90%	9%	26%									
NUT Tortellini, 1/2 order	Serving	703	265	29.5	14.0	0.0	99	1635	77	5.4	10	35	2413	28	529	5	541		
				45%	70%		33%	68%	26%	21%									
NUT Tortellini, Full	Serving	1049	443	49.2	23.1	0.0	157	2799	101	9.1	17	52	3606	53	733	7	757		
				76%	115%		52%	117%	34%	36%									

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Orlandos

Saleable Item Nutrition Report

Nutrition Summary

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Pasta Sampler	Serving	2506	1535	170.6	59.5	0.0	539	4994	128	12.6	24	107	1376	84	144	12	1283		
				262%	297%		180%	208%	43%	50%			9	9					
Pesto Linguine Almondine	Serving	916	485	53.9	11.9	0.0	44	833	83	7.4	6	22	5342	26	263	5	455		
				83%	60%		15%	35%	28%	30%									
Pesto Linguine w/ Chicken	Serving	990	486	54.0	11.9	0.0	44	854	102	13.1	15	23	5449	84	272	6	781		
				83%	60%		15%	36%	34%	53%									
Pesto Linguine w/ Shrimp	Serving	1181	678	75.3	16.8	0.0	174	1753	87	7.8	6	44	6390	27	339	5	495		
				116%	84%		58%	73%	29%	31%									
Ravioli, Beef 1/2 Order	Serving	1024	598	66.4	19.8	0.0	117	2214	75	8.4	17	31	5996	49	287	4	474		
				102%	99%		39%	92%	25%	34%									
Ravioli, Beef Full Order	Serving	1383	750	83.3	26.4	0.0	169	3356	111	13.1	26	47	6649	73	324	7	602		
				128%	132%		56%	140%	37%	52%									
Ravioli, Jumbo Cheese 1/2	Serving	1069	615	68.3	22.8	0.0	133	2252	77	7.2	19	35	6416	49	444	4	474		
				105%	114%		44%	94%	26%	29%									
Ravioli, Jumbo Cheese Full Order	Serving	1535	796	88.5	32.4	0.0	205	3524	127	11.5	31	56	7369	73	604	7	602		
				136%	162%		68%	147%	42%	46%									
Rigatoni, 1/2 Order	Serving	940	526	58.4	15.8	0.0	77	1734	75	8.4	12	25	5996	49	234	4	474		
				90%	79%		26%	72%	25%	34%									
Rigatoni, Full	Serving	1325	644	71.6	20.4	0.0	109	2636	126	13.7	19	39	6649	73	244	7	602		
				110%	102%		36%	110%	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
Sizzle Shrimp	Serving	1098	613	68.1	16.1	0.0	174	1751	84	6.2	6	41	6390	27	298	4	386		
				105%	81%		58%	73%	28%	25%									
Spaghetti, 1/2 Order	Serving	755	519	57.7	15.9	0.0	139	1956	27	5.8	10	29	6001	51	257	4	659		
				89%	80%		46%	82%	9%	23%									
Spaghetti, Full	Serving	985	631	70.2	20.6	0.0	208	2986	40	9.1	16	45	6657	75	280	7	893		
				108%	103%		69%	124%	13%	36%									
Tortellini, 1/2 Order	Serving	1089	644	71.6	23.8	0.0	130	2327	73	7.3	13	38	7394	53	656	5	790		
				110%	119%		43%	97%	24%	29%									
Tortellini, Full	Serving	1424	819	91.0	32.7	0.0	187	3477	96	11.0	20	55	8553	77	851	7	996		
				140%	164%		62%	145%	32%	44%									
Pasta Dishes W/Salad & Bread																			
Cannelloni, 1/2 Order	Serving	1045	634	70.4	23.1	0.0	186	2735	51	7.8	10	44	7711	52	513	7	579		
				108%	115%		62%	114%	17%	31%									
Cannelloni, Full Order	Serving	1237	706	78.5	26.6	0.0	227	3406	68	9.9	12	55	8679	61	597	9	621		
				121%	133%		76%	142%	23%	39%									
Pizzas																			
Calzone	Serving	2794	2256	250.6	41.0	0.0	139	4983	91	15.6	21	80	3508	49	1170	14	2554		
				386%	205%		46%	208%	30%	63%									

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Orlando's

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 Pizza, 10" Cheese Wheat	Serving	1383	901	100.1	32.9	0.0	119	2436	75	11.3	14	55	2499	12	109	6	862		
				154%	165%		40%	101%	25%	45%					2				
NUT Pizza, 10" Cheese White	Serving	1582	1245	138.4	35.3	0.0	113	2423	40	6.6	7	58	2417	13	126	6	1149		
				213%	177%		38%	101%	13%	26%					1				
Pizza, 10" Cheese White	Serving	2610	2109	234.3	44.7	0.0	113	3389	76	12.2	11	81	2417	14	167	12	2295		
				360%	224%		38%	141%	25%	49%					0				
Pizza, 14" Cheese White	Serving	3207	2516	279.5	71.0	0.0	227	5227	84	14.2	17	117	5551	37	252	12	2301		
				430%	355%		76%	218%	28%	57%					5				
Pizza, 14" Queso Base White	Serving	3822	3028	336.5	107.9	0.0	424	5938	84	11.6	9	143	6139	51	333	12	2455		
				518%	540%		141%	247%	28%	46%					7				
Pasta Packs!																			
Pack, Chicken Spag	Serving	3862	2739	304.3	108.1	0.0	831	8266	121	17.3	37	162	2501	148	212	14	2784		
				468%	540%		277%	344%	40%	69%			5		6				
Pack, Lasagne	Serving	5466	3824	424.9	140.9	0.0	1293	11878	187	30.7	62	215	2543	215	256	22	3130		
				654%	705%		431%	495%	62%	123%			9		8				
Pack, Mini Chicken Spag	Serving	2291	1604	178.3	61.2	0.0	433	4957	80	9.5	19	89	1452	84	121	7	1503		
				274%	306%		144%	207%	27%	38%			1		1				
Pack, Mini Lasagne	Serving	3093	2147	238.6	77.6	0.0	664	6763	113	16.3	32	115	1473	117	143	11	1676		
				367%	388%		221%	282%	38%	65%			3		2				

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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 Spaghetti	Serving	2038	1418	157.6	39.9	0.0	315	5515	81	15.2	29	68	1343	125	516	10	1632		
				242%	199%		105%	230%	27%	61%			3						
Pack, Party Garlic Bread	Serving	1302	1239	137.6	31.3	0.0	0	3256	11	1.8	3	3	6732	4	22	1	208		
				212%	156%		0%	136%	4%	7%									
Pack, Party Lasagne	Serving	13917	10057	1117.5	347.3	0.0	3088	27924	444	75.0	154	498	7636	544	639	50	8135		
				1719%	1737%		1029%	1164%	148%	300%			9		2				
Pack, Party Spaghetti	Serving	9303	6836	759.5	177.9	0.0	1598	22402	303	68.3	136	302	7076	568	230	47	8179		
				1168%	890%		533%	933%	101%	273%			5		3				
Pack, Spaghetti	Serving	3512	2513	279.3	68.0	0.0	623	9591	122	28.2	55	123	2290	229	753	19	3047		
				430%	340%		208%	400%	41%	113%			2						
Specialties-NUT=No Salad/Bread																			
Chicken Broccoli Cassrole	Serving	1323	818	90.8	33.3	0.0	208	2589	70	7.9	7	59	7362	116	682	5	813		
				140%	166%		69%	108%	23%	32%									
Chicken Caldo Uncle Louies Low Carb	Serving	660	421	46.8	15.0	0.0	82	1735	46	14.4	23	18	5507	181	300	4	1292		
				72%	75%		27%	72%	15%	58%									
Chicken Caldo, Uncle Louies	Serving	1076	511	56.8	15.9	0.0	72	1932	110	15.0	21	29	6563	109	367	7	776		
				87%	79%		24%	81%	37%	60%									
Chicken Dijon	Serving	1505	890	98.9	26.8	0.0	53	2359	127	13.3	32	25	5995	140	356	7	885		
				152%	134%		18%	98%	42%	53%									

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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 Marinata	Serving	912	598	66.5	20.6	0.0	130	2289	47	12.5	22	31	6536	116	362	5	925		
				102%	103%		43%	95%	16%	50%									
Chicken Parmesan	Serving	1185	699	77.6	24.9	0.0	205	4073	58	10.1	16	60	7075	76	477	6	740		
				119%	125%		68%	170%	19%	40%									
Eggplant Parmesan	Serving	985	672	74.7	23.7	0.0	170	2936	36	9.1	16	39	6866	74	368	5	740		
				115%	118%		57%	122%	12%	36%									
Fettuccine Broccoli & Mushroom	Serving	1955	1410	156.6	56.2	0.0	266	2393	152	12.3	12	46	8596	86	657	8	1095		
				241%	281%		89%	100%	51%	49%									
Fettuccine Chicken	Serving	1875	1305	145.0	49.1	0.0	236	1558	161	14.6	17	41	7891	85	631	9	774		
				223%	246%		79%	65%	54%	58%									
Green Chile Chicken Linguine	Serving	1328	711	79.0	27.2	0.0	129	1487	113	15.1	19	42	7293	267	865	8	1092		
				121%	136%		43%	62%	38%	60%									
Green Chile Chicken Linguine SIDE	Serving	999	562	62.4	19.2	0.0	86	1160	80	9.8	13	28	6420	167	546	5	748		
				96%	96%		29%	48%	27%	39%									
Italian Chicken Enchiladas	Serving	56831	18718	2079.7	1080.9	0.0	22377	14884	1170	70.1	651	825	1083	4731	680	54	8644		
				3200%	5405%		7459%	6202%	390%	280%	6	92	75						
Italian Enchiladas Florentine	Serving	1286	821	91.2	34.5	0.0	228	2981	58	8.8	11	56	8736	40	101	4	484		
				140%	172%		76%	124%	19%	35%				3					
Italian Sausage Casserole	Serving	1847	1149	127.6	45.5	0.0	296	4459	98	11.7	23	74	7582	67	951	7	1053		
				196%	228%		99%	186%	33%	47%									

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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	584	106	11.8	4.6	0.0	28	1101	98	12.6	16	21	1221	83	144	6	431		
				18%	23%		9%	46%	33%	50%									
NUT Chicken Caldo Low Carb	Serving	360	166	18.4	9.7	0.0	49	1398	39	12.3	19	14	2459	154	187	4	964		
				28%	48%		16%	58%	13%	49%									
NUT Chicken Dijon	Serving	1014	485	53.9	15.6	0.0	9	1528	115	10.8	28	16	653	114	133	6	540		
				83%	78%		3%	64%	38%	43%									
NUT Chicken Lasagne	Serving	542	238	26.5	14.3	0.0	174	1598	31	3.5	6	43	1630	19	692	3	155		
				41%	71%		58%	67%	10%	14%									
NUT Chicken Marinata	Serving	420	194	21.5	9.4	0.0	86	1458	35	10.1	17	22	1194	90	139	4	580		
				33%	47%		29%	61%	12%	40%									
NUT Chicken Marinata Low Carb	Serving	316	157	17.5	9.8	0.0	46	753	31	9.9	15	12	1776	137	162	3	902		
				27%	49%		15%	31%	10%	40%									
NUT Chicken Parmesan	Serving	693	294	32.7	13.7	0.0	162	3242	46	7.6	12	51	1733	50	254	5	394		
				50%	68%		54%	135%	15%	30%									
NUT Chicken Spaghetti	Serving	452	244	27.1	16.9	0.0	165	1146	18	1.6	3	34	1421	12	385	3	291		
				42%	84%		55%	48%	6%	6%									
NUT Eggplant Parmesan	Serving	1338	549	61.0	15.9	0.0	127	3044	173	76.3	60	59	2060	92	425	10	5306		
				94%	79%		42%	127%	58%	305%									

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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	837	306	34.0	16.0	0.0	86	656	101	12.6	15	34	1951	241	642	7	746		
				52%	80%		29%	27%	34%	51%									
NUT Italian Sausage Casserole	Serving	1356	744	82.7	34.3	0.0	252	3628	86	9.2	19	66	2240	41	728	6	708		
				127%	172%		84%	151%	29%	37%									
NUT Original Rigatoni Rigala	Serving	1242	512	56.9	22.7	0.0	318	3319	84	9.4	12	91	1433	59	198	13	1201		
				88%	113%		106%	138%	28%	37%									
NUT Penne Primavera Chicken	Serving	428	95	10.6	5.1	0.0	21	348	72	13.9	19	17	2162	297	64	3	1095		
				16%	25%		7%	14%	24%	55%									
NUT Pesto Linguine Almondine	Serving	424	80	8.9	0.7	0.0	0	2	71	5.0	2	13	0	0	40	4	110		
				14%	3%		0%	0%	24%	20%									
NUT Shrimp, Scampi	Serving	730	288	32.0	10.2	0.0	166	1257	72	3.7	2	43	1403	1	430	3	41		
				49%	51%		55%	52%	24%	15%									
NUT Shrimp, Sizzle	Serving	606	208	23.1	4.9	0.0	130	920	72	3.7	2	32	1048	1	75	3	41		
				36%	25%		43%	38%	24%	15%									
NUT Trout Alfredo	Serving	1252	778	86.5	25.9	0.0	66	3164	99	5.6	4	23	3788	47	251	5	361		
				133%	129%		22%	132%	33%	22%									
NUT Trout Alfredo, Low Carb	Serving	951	842	93.6	30.9	0.0	87	1837	18	5.5	5	12	4745	73	231	2	760		
				144%	155%		29%	77%	6%	22%									
NUT Veal Parmesan	Serving	848	512	56.9	16.4	0.0	162	2407	45	7.3	11	47	1302	39	233	4	870		
				87%	82%		54%	100%	15%	29%									

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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	25.0	0.0	49	2626	107	8.6	25	21	1829	72	141	5	1027		
				107%	125%		16%	109%	36%	34%									
Original Rigatoni Rigala	Serving	1733	917	101.9	33.9	0.0	362	4150	96	11.8	16	99	6775	85	421	14	1546		
				157%	170%		121%	173%	32%	47%									
Pack, Green Chile Chicken Linguine	Serving	5651	3162	351.4	107.6	0.0	512	6941	464	59.5	83	163	24280	1034	3117	32	4345		
				541%	538%		171%	289%	155%	238%									
Pack, Mini Green Chile Chicken Linguine	Serving	3061	1728	192.0	59.4	0.0	273	3977	245	31.7	43	89	15581	542	1726	17	2415		
				295%	297%		91%	166%	82%	127%									
Shrimp Caldo Uncle Louies	Serving	1267	703	78.1	20.7	0.0	202	2831	95	9.6	12	50	7503	52	434	5	490		
				120%	104%		67%	118%	32%	39%									
Shrimp Caldo Uncle Louies Low Carb	Serving	851	613	68.1	19.9	0.0	212	2634	31	9.0	14	39	6448	124	367	3	1007		
				105%	99%		71%	110%	10%	36%									
Shrimp, Scampi	Serving	1098	613	68.1	16.1	0.0	174	1751	84	6.2	6	41	6390	27	298	4	386		
				105%	81%		58%	73%	28%	25%									
Trout Alfredo	Serving	1743	1183	131.4	37.1	0.0	110	3995	111	8.0	8	31	9130	73	474	6	707		
				202%	186%		37%	166%	37%	32%									
Trout Alfredo, Low Carb	Serving	1251	1098	122.0	36.3	0.0	120	2174	26	7.6	9	16	7793	100	345	3	1089		
				188%	181%		40%	91%	9%	30%									
Veal Parmesan	Serving	1521	993	110.3	30.8	0.0	275	4005	68	12.0	19	71	7084	82	480	8	1439		
				170%	154%		92%	167%	23%	48%									

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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
Vegetable, Dijon	Serving	1625	1029	114.3	36.3	0.0	93	3457	119	11.0	29	30	7171	98	364	6	1372		
				176%	181%		31%	144%	40%	44%									
Side Orders																			
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	1059	597	66.3	13.2	0.0	0	4562	104	10.4	3	10	0	22	2	2	1297		
				102%	66%		0%	190%	35%	41%									
Garlic Bread Order (pieces)	Serving	130	124	13.8	3.1	0.0	0	326	1	0.2	0	0	673	0	2	0	21		
				21%	16%		0%	14%	0%	1%									
Meatball	Serving	183	132	14.6	6.0	0.0	62	449	2	0.3	1	10	36	2	23	1	167		
				23%	30%		21%	19%	1%	1%									
Mushroom, Bowl	Serving	355	276	30.7	18.9	0.0	80	2230	14	4.7	7	12	1067	9	15	2	1200		
				47%	95%		27%	93%	5%	19%									
Mushroom, Cup	Serving	178	138	15.4	9.5	0.0	40	1115	7	2.3	4	6	533	5	7	1	600		
				24%	47%		13%	46%	2%	9%									

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Saleable Item Nutrition Report

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Rice, Brown Bowl	Serving	373	26	2.9	0.6	0.0	0	7	78	3.5	1	8	0	0	23	1	225	X	
				5%	3%		0%	0%	26%	14%									
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	495	292	32.4	12.3	0.0	88	2407	28	8.8	16	22	1743	62	28	3	343		
				50%	61%		29%	100%	9%	35%									
Spaghetti Sauce Bowl (Mari)	Serving	212	91	10.1	2.8	0.0	28	1890	22	6.9	11	9	1802	49	58	2	209		
				15%	14%		9%	79%	7%	28%									
Spaghetti Sauce Cup	Serving	248	146	16.2	6.1	0.0	44	1204	14	4.4	8	11	872	31	14	1	171		
				25%	31%		15%	50%	5%	18%									
Spaghetti Sauce Cup (Mari)	Serving	106	45	5.0	1.4	0.0	14	945	11	3.5	6	5	901	25	29	1	104		
				8%	7%		5%	39%	4%	14%									
Spaghetti, Side Order	Serving	312	201	22.3	6.3	0.0	69	1093	12	2.4	4	15	1113	17	26	3	244		
				34%	31%		23%	46%	4%	10%									
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

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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, Child	Serving	1019	722	80.2	18.9	0.0	115	1179	49	6.0	3	24	1030	7	170	4	337		
				123%	94%		38%	49%	16%	24%									
Child Lasagne	Serving	866	459	51.0	19.1	0.0	162	1997	73	4.8	9	29	1872	30	270	3	300		
				78%	95%		54%	83%	24%	19%									
Child Ravioli	Serving	675	279	31.0	10.0	0.0	53	1514	85	4.8	10	16	1327	24	53	3	154		
				48%	50%		18%	63%	28%	19%									
Child Rigatoni	Serving	715	247	27.4	8.0	0.0	33	1274	102	5.6	8	15	1327	24	26	3	154		
				42%	40%		11%	53%	34%	22%									
Child Spaghetti	Serving	560	241	26.8	8.1	0.0	80	1439	62	3.5	6	18	1331	25	43	3	291		
				41%	41%		27%	60%	21%	14%									
Corn Dog Meal	Serving	1172	584	64.9	16.2	0.0	35	6962	134	11.0	50	19	2044	44	41	3	1485		
				100%	81%		12%	290%	45%	44%									
NUT Corn Dog Meal	Serving	1068	578	64.2	16.1	0.0	35	5743	108	9.6	28	17	1022	28	21	3	1067		
				99%	81%		12%	239%	36%	38%									
NUT Lasagne, Child	Serving	550	331	36.7	15.6	0.0	162	1626	24	4.7	9	29	1199	30	255	3	274		
				57%	78%		54%	68%	8%	19%									
NUT Ravioli, Child	Serving	359	151	16.8	6.6	0.0	53	1143	37	4.6	9	16	654	23	37	2	129		
				26%	33%		18%	48%	12%	19%									
NUT Rigatoni, Child	Serving	399	119	13.2	4.6	0.0	33	903	53	5.4	7	15	654	23	11	3	129		
				20%	23%		11%	38%	18%	22%									

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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 Spaghetti, Child	Serving	182	77	8.5	3.1	0.0	69	767	10	2.2	4	15	440	17	24	2	223		
				13%	16%		23%	32%	3%	9%									
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%									
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%									
Dessert, Kentucky Pie Slice Ala Mode	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%									
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%									

Beverage

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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
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%									
Beverage, 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%									
Beverage, 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%									
Beverage, 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%									
Beverage, 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%									
Beverage, 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%									
Beverage, Iced Sweet Tea Gallon Jug with 10 Cups!	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%									
Beverage, Iced Sweet Tea Gallon Jug!	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%									
Beverage, Iced Sweet 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%									
Beverage, Iced Tea Gallon Jug Cups!	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

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
Beverage, Iced Tea Gallon Jug only	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%									
Beverage, Iced Tea Gallon Jug with Ice and Cups!	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%									
Beverage, 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%									
Beverage, 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%									
Beverage, 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%									
Beverage, Strawberry Freeze	Serving	205	44	4.9	3.0	0.0	16	17	40	2.0	35	2	151	48	65	0	215		
				8%	15%		5%	1%	13%	8%									
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%									
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%									

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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
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																			
Brown Rlce, 1/2 Order	Serving	1050	541	60.1	16.4	0.0	77	1741	100	9.3	11	25	5996	49	257	3	698		
				92%	82%		26%	73%	33%	37%									
Brown Rlce, Full Order	Serving	1609	676	75.2	21.6	0.0	109	2650	189	16.1	18	41	6649	73	291	6	1052		
				116%	108%		36%	110%	63%	64%									
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	1371	965	107.3	29.9	0.0	190	1442	56	6.6	5	42	1294	9	179	5	396		
				165%	149%		63%	60%	19%	26%									
Burger, Border	Serving	1337	905	100.6	28.4	0.0	190	1287	63	7.9	9	44	2151	194	192	6	710		
				155%	142%		63%	54%	21%	32%									
Burger, Bun-less Border	Serving	1440	1141	126.7	33.4	0.0	222	1483	29	5.2	12	43	5047	219	151	6	861		
				195%	167%		74%	62%	10%	21%									
Burger, Bun-less Paradise	Serving	1420	1140	126.6	33.4	0.0	222	1479	24	4.5	9	42	4312	40	142	5	669		
				195%	167%		74%	62%	8%	18%									

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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, Orlando	Serving	1228	697	77.4	31.0	0.0	268	2361	60	8.2	9	68	1089	26	302	9	508		
				119%	155%		89%	98%	20%	33%									
Burger, Paradise	Serving	1309	904	100.4	28.3	0.0	190	1278	56	6.5	6	42	1120	12	173	5	406		
				154%	142%		63%	53%	19%	26%									
Burger, Sausage	Serving	1276	774	86.0	28.2	0.0	308	3677	63	8.1	9	68	921	26	298	7	1002		
				132%	141%		103%	153%	21%	33%									
Casserole 1	Serving	7542	674	74.9	17.1	1.1	2631	60084	555	147.4	130	118	3848	6434	273	89	2901		
				115%	86%		877%	2504%	185%	590%		9	2		1		8		
Chicken Breast Ala Carte	Serving	74	1	0.1	0.0	0.0	0	21	19	5.7	9	2	107	58	9	2	326		X
				0%	0%		0%	1%	6%	23%									
Chicken Chipotle Penne	Serving	776	424	47.1	11.2	0.0	44	877	69	12.1	15	20	5449	84	232	3	671		
				72%	56%		15%	37%	23%	49%									
Chicken Marinata Low-Carb	Serving	616	412	45.8	15.1	0.0	79	1091	39	12.0	19	16	4824	164	275	4	1231		
				70%	76%		26%	45%	13%	48%									
Chicken Pesto Alfredo Primavera	Serving	858	474	52.7	13.5	0.0	54	1011	81	16.1	23	21	5884	325	180	4	1444		
				81%	68%		18%	42%	27%	65%									
Chicken Wing Party Pack	Serving	3445	2434	270.5	60.0	0.0	734	7346	50	0.2	8	195	2506	1	364	11	139		
				416%	300%		245%	306%	17%	1%									
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				

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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, 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%									
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%									
Dessert, Tiramisu Cheesecake Slice	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%									
Dessert, WHOLE Chocolate Rum Cake	Serving	5651	2358	262.0	108.6	0.0	1277	6360	780	21.6	589	70	4178	0	940	23	2271		
				403%	543%		426%	265%	260%	86%									
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	55746	52617	5846.3	897.0	0.0	5992	60286	433	5.7	350	201	22669	41	7320	3	6067		
				8994%	4485%		1997%	2512%	144%	23%									
Dressing, Thousand Island	Serving	60747	51331	5703.4	792.5	0.0	5272	12091	2408	97.9	1178	220	46634	724	5372	58	22399		
				8775%	3963%		1757%	5038%	803%	392%									
Fettuccine Alfredo	Serving	1800	1304	144.9	49.1	0.0	236	1536	142	8.9	8	40	7784	27	622	7	447		
				223%	246%		79%	64%	47%	36%									

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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 Alfredo Plain Butter	Serving	1800	1304	144.9	54.2	0.0	270	1514	142	8.9	8	40	7671	27	622	7	447		
				223%	271%		90%	63%	47%	36%									
Fries Side	Serving	748	416	46.2	8.1	0.0	0	4873	78	6.6	24	7	1022	28	21	2	1067		
				71%	41%		0%	203%	26%	26%									
Garlic Bread	Serving	65	62	6.9	1.6	0.0	0	163	1	0.1	0	0	337	0	1	0	10		
				11%	8%		0%	7%	0%	0%									
Hot Sauce, Moanin Lisa	Serving	0	0	0.0	0.0	0.0	0	33600	0	0.0	0	0	100800	1210	0	0	0		X
				0%	0%		0%	1400%	0%	0%									
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%									
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%									
LOYD Light Plate	Serving	285	42	4.6	1.2	0.0	10	808	57	18.4	25	12	2013	286	119	5	1268		
				7%	6%		3%	34%	19%	74%									
Lunch, Beef Ravioli	Serving	1024	598	66.4	19.8	0.0	117	2214	75	8.4	17	31	5996	49	287	4	474		
				102%	99%		39%	92%	25%	34%									
Lunch, Cannelloni	Serving	1045	634	70.4	23.1	0.0	186	2735	51	7.8	10	44	7711	52	513	7	579		
				108%	115%		62%	114%	17%	31%									

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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
Lunch, Cheese Ravioli	Serving	1069	615	68.3	22.8	0.0	133	2252	77	7.2	19	35	6416	49	444	4	474		
				105%	114%		44%	94%	26%	29%									
Lunch, Chicken Broccoli Cassrole	Serving	1323	818	90.8	33.3	0.0	208	2589	70	7.9	7	59	7362	116	682	5	813		
				140%	166%		69%	108%	23%	32%									
Lunch, Chicken Caldo Uncle Louies	Serving	1076	511	56.8	15.9	0.0	72	1932	110	15.0	21	29	6563	109	367	7	776		
				87%	79%		24%	81%	37%	60%									
Lunch, Chicken Caldo Uncle Louies Low Carb	Serving	660	421	46.8	15.0	0.0	82	1735	46	14.4	23	18	5507	181	300	4	1292		
				72%	75%		27%	72%	15%	58%									
Lunch, Chicken Dijon	Serving	1505	890	98.9	26.8	0.0	53	2359	127	13.3	32	25	5995	140	356	7	885		
				152%	134%		18%	98%	42%	53%									
Lunch, Chicken Spaghetti	Serving	943	649	72.1	28.1	0.0	209	1977	30	4.0	8	43	6763	38	608	3	636		
				111%	141%		70%	82%	10%	16%									
Lunch, Green Chile Chicken Lingunie	Serving	1328	711	79.0	27.2	0.0	129	1487	113	15.1	19	42	7293	267	865	8	1092		
				121%	136%		43%	62%	38%	60%									
Lunch, Lasagne	Serving	1344	920	102.2	36.3	0.0	325	2880	46	7.4	14	56	6869	54	718	5	722		
				157%	182%		108%	120%	15%	30%									
Lunch, Manicotti	Serving	1061	685	76.1	26.0	0.0	191	2388	53	5.8	14	39	6808	49	740	3	474		
				117%	130%		64%	100%	18%	23%									
Lunch, Pesto Linguine Almondine	Serving	916	485	53.9	11.9	0.0	44	833	83	7.4	6	22	5342	26	263	5	455		
				83%	60%		15%	35%	28%	30%									

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Orlandos

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Lunch, Pesto Linguine w/ Chicken	Serving	990	486	54.0	11.9	0.0	44	854	102	13.1	15	23	5449	84	272	6	781		
				83%	60%		15%	36%	34%	53%									
Lunch, Pesto Linguine w/ Shrimp	Serving	1181	678	75.3	16.8	0.0	174	1753	87	7.8	6	44	6390	27	339	5	495		
				116%	84%		58%	73%	29%	31%									
Lunch, Rigatoni	Serving	940	526	58.4	15.8	0.0	77	1734	75	8.4	12	25	5996	49	234	4	474		
				90%	79%		26%	72%	25%	34%									
Lunch, Spaghetti	Serving	755	519	57.7	15.9	0.0	139	1956	27	5.8	10	29	6001	51	257	4	659		
				89%	80%		46%	82%	9%	23%									
Lunch, Tortellini	Serving	1089	644	71.6	23.8	0.0	130	2327	73	7.3	13	38	7394	53	656	5	790		
				110%	119%		43%	97%	24%	29%									
Lunch, Trout Alfredo	Serving	1743	1183	131.4	37.1	0.0	110	3995	111	8.0	8	31	9130	73	474	6	707		
				202%	186%		37%	166%	37%	32%									
Lunch, Trout Alfredo, Low Carb	Serving	1251	1098	122.0	36.3	0.0	120	2174	26	7.6	9	16	7793	100	345	3	1089		
				188%	181%		40%	91%	9%	30%									
Lunch, Vegetable Dijon	Serving	1625	1029	114.3	36.3	0.0	93	3457	119	11.0	29	30	7171	98	364	6	1372		
				176%	181%		31%	144%	40%	44%									
Meat Sauce, GALLON	Serving	3964	2335	259.5	98.1	0.0	702	19257	226	70.5	131	176	1394	498	226	22	2741		
				399%	490%		234%	802%	75%	282%			4						
NUT Appetizer, Garlic Parmesan Cheese Bread	Serving	432	358	39.8	15.5	0.0	45	1001	3	0.7	1	14	2205	1	359	1	58		
				61%	77%		15%	42%	1%	3%									

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Saleable Item Nutrition Report

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NUT Burger, American	Serving	1175	946	105.1	29.6	0.0	190	981	15	1.9	4	37	4257	14	31	4	250		
				162%	148%		63%	41%	5%	8%									
NUT Burger, Border	Serving	1141	886	98.4	28.1	0.0	190	826	21	3.2	8	39	5315	200	44	5	565		
				151%	140%		63%	34%	7%	13%									
NUT Burger, Bun-less Border	Serving	741	490	54.4	22.1	0.0	150	546	21	3.2	8	39	5315	200	44	5	565		
				84%	110%		50%	23%	7%	13%									
NUT Burger, Bun-less Paradise/Amer	Serving	722	489	54.3	22.1	0.0	150	870	17	2.6	6	38	4477	20	36	5	360		
				84%	110%		50%	36%	6%	10%									
NUT Burger, Child	Serving	422	306	34.0	12.6	0.0	75	436	8	1.3	2	19	3391	11	21	2	187		
				52%	63%		25%	18%	3%	5%									
NUT Burger, Paradise	Serving	1110	884	98.2	28.0	0.0	190	808	14	1.7	5	37	1071	11	18	4	242		
				151%	140%		63%	34%	5%	7%									
NUT Burger, Sausage	Serving	1016	717	79.7	26.4	0.0	297	2907	18	2.2	6	60	654	17	139	6	796		
				123%	132%		99%	121%	6%	9%									
NUT Chicken Primavera w/Marinara	Serving	507	129	14.4	6.2	0.0	32	1057	80	16.4	23	20	2838	316	86	4	1173		
				22%	31%		11%	44%	27%	66%									
NUT Pesto Penne w/Chicken/Toms	Serving	284	19	2.1	0.0	0.0	0	47	57	9.7	11	12	109	58	9	2	326	X	
				3%	0%		0%	2%	19%	39%									
Pack, Mini Penne	Serving	2723	1480	164.4	39.7	0.0	190	5173	224	31.2	37	83	1342	123	470	5	1265		
				253%	198%		63%	216%	75%	125%			2						

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Orlandos

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Pack, Party Penne	Serving	11210	7016	779.6	176.7	0.0	932	20367	750	120.3	162	298	7071	552	206	22	6219		
				1199%	884%		311%	849%	250%	481%			0		0				
Pack, Penne Chicken Spaghetti	Serving	4676	2813	312.6	107.7	0.0	640	7717	298	37.3	47	174	2499	143	205	7	2224		
				481%	539%		213%	322%	99%	149%			9		6				
Pack, Penne Mini Chicken Spaghetti	Serving	2698	1642	182.4	61.0	0.0	338	4682	168	19.5	24	95	1451	82	117	4	1223		
				281%	305%		113%	195%	56%	78%			3		6				
Pack, Penne Pasta	Serving	4869	2636	292.9	67.6	0.0	361	8865	408	60.2	71	150	2288	223	658	9	2279		
				451%	338%		120%	369%	136%	241%			1						
Pack, Spaghetti Complete	Serving	3369	2367	263.0	65.5	0.0	606	9424	124	28.7	56	123	2284	231	740	19	3076		
				405%	328%		202%	393%	41%	115%			0						
Penne Chicken & Broccoli	Serving	385	55	6.1	1.1	0.0	10	776	69	13.9	16	17	1195	132	60	3	602		
				9%	6%		3%	32%	23%	56%									
Penne Loyd Lunch	Serving	502	96	10.7	5.1	0.0	21	369	91	19.5	28	18	2270	355	73	5	1422		
				16%	26%		7%	15%	30%	78%									
Penne Pasta Full Order	Serving	1222	634	70.4	17.6	0.0	98	2518	106	16.9	21	41	5029	74	137	3	606		
				108%	88%		33%	105%	35%	68%									
Penne Pasta Half Order	Serving	826	507	56.3	13.1	0.0	65	1591	57	9.6	12	23	4375	51	126	2	478		
				87%	65%		22%	66%	19%	38%									
Penne Primavera Chicken	Serving	858	474	52.7	13.5	0.0	54	1011	81	16.1	23	21	5884	325	180	4	1444		
				81%	68%		18%	42%	27%	65%									

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Orlando's

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Penne Primavera Chicken Marinara	Serving	937	508	56.5	14.6	0.0	64	1720	89	18.7	27	25	6559	343	201	5	1523		
				87%	73%		21%	72%	30%	75%									
Penne Primavera Shrimp	Serving	1050	666	74.0	18.4	0.0	184	1909	66	10.8	14	42	6824	268	246	3	1159		
				114%	92%		61%	80%	22%	43%									
Pizza, 14" Greek Chicken	Serving	3112	2378	264.2	46.9	0.0	124	5435	140	35.3	42	86	4674	171	151	17	3314		
				406%	234%		41%	226%	47%	141%					2				
Pizza, Chicken Broccoli	Serving	4019	2760	306.7	80.3	0.0	356	7308	169	22.3	21	179	7021	170	285	18	2943		
				472%	402%		119%	304%	56%	89%					3				
Salad, Greek	Serving	908	828	92.0	26.1	0.0	26	1549	23	8.5	9	9	6777	61	115	3	840		
				141%	131%		9%	65%	8%	34%									
Salad, Side Low Carb	Serving	300	255	28.4	5.3	0.0	32	337	8	2.1	4	4	3048	27	113	1	328		
				44%	27%		11%	14%	3%	8%									
Salad, Side with Pre-Cut Lettuce	Serving	355	258	28.6	4.8	0.0	29	496	18	2.7	4	5	7383	31	117	1	385		
				44%	24%		10%	21%	6%	11%									
Salad, Small Antipasto with Pre-Cut Lettuce	Serving	1137	870	96.7	21.2	0.0	102	2029	43	7.3	13	21	1902	67	453	3	1003		
				149%	106%		34%	85%	14%	29%			7						
Sandwich, Chicken Parmesan	Serving	998	260	28.9	10.2	0.0	154	3458	123	11.2	11	62	1298	28	558	9	508		
				44%	51%		51%	144%	41%	45%									
Sandwich, Eggplant Parmesan	Serving	692	158	17.5	5.5	0.0	96	2127	99	9.5	9	36	1111	21	459	7	457		
				27%	27%		32%	89%	33%	38%									

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Sandwich, Veal Parmesan	Serving	1043	496	55.1	14.5	0.0	212	2609	85	10.0	8	61	1089	26	407	8	1164		
				85%	73%		71%	109%	28%	40%									
Shrimp (12)	Serving	266	193	21.4	4.9	0.0	130	920	4	0.3	1	22	1048	1	75	0	41		
				33%	25%		43%	38%	1%	1%									
Shrimp (6)	Serving	133	97	10.7	2.5	0.0	65	460	2	0.2	0	11	524	1	38	0	20		
				16%	12%		22%	19%	1%	1%									
Snacks, Goldfish	Serving	276	0	0.0	0.0	0.0	0	1	0	0.0	0	0	0	0	0	0	2		X
				0%	0%		0%	0%	0%	0%									
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, Side Recipe	Serving	182	77	8.5	3.1	0.0	69	767	10	2.2	4	15	440	17	24	2	223		
				13%	16%		23%	32%	3%	9%									
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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