Build Your Own Pasta

Choose Your Spices
- Garlic - 0 Cals
- Chili Pepper Flakes - 0 Cals
- Italian Seasoning - 20 Cals

Choose Your Vegetables
- Mushrooms - 0 Cals
- Red & Green Peppers - 0 Cals
- Onions - 5 Cals

Choose Your Protein
- Meatballs - 270 Cals
- Chicken - 100 Cals
- Tofu - 200 Cals
- Spicy Sausage - 250 Cals

Choose Your Sauce
- Tomato Sauce - 50 Cals
- Rose Sauce - 100 Cals
- White Cream Sauce - 150 Cals
- Vegetable Fusilli - 280 Cals
- Baby Shells - 250 Cals
- Gluten Free Penne - 220 Cals

$8.99
Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

Add salad for $2.50  120 cals

Add 16 oz Coca-Cola for $1  0-230 cals