**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

**Choose Your Noodles**
- VEGETABLE FUSILLI - 280 CALS
- BABY SHELLS - 250 CALS
- GLUTEN FREE PENNE - 220 CALS

**Price:** $9.29
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