Joe's Vegetable Lasagna made with Whole Wheat Noodles

Nutrition Facts
Serving Size: 1 serving (236.22g), Servings Per Container: 1, Amount Per Serving: Calories 200, Calories from Fat 10, Total Fat 2g (3% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 730mg (30% DV), Total Carbohydrate 26g (9% DV), Dietary Fiber 4g (16% DV), Sugars 5g, Protein 20g, Vitamin A (60% DV), Vitamin C (70% DV), Calcium (40% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Pizza Sauce, Monarch, Tomatoes, Red, Cottage Cheese, Low Fat 1%, Cheese, Mozzarella, Part Skim Milk, Squash, Summer, Zucchini, Carrots, Whole Wheat Lasagna Organic, Cauliflower, Chopped, Broccoli, Pepper, Bell or Sweet, Green, Cheese, Parmesan, Shredded; Oil, Olive

Whole Wheat Rotini

Nutrition Facts
Serving Size: 1.5 cups (300g), Servings Per Container: 1, Amount Per Serving: Calories 260, Calories from Fat 10, Total Fat 1.5g (2% DV), Saturated Fat, Trans Fat, Cholesterol 0mg (0% DV), Sodium 15mg (1% DV), Total Carbohydrate 46g (15% DV), Dietary Fiber 8g (32% DV), Sugars, Protein 12g, Vitamin A, Vitamin C, Calcium, Iron (20% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Organic Whole Wheat Spirals

Marinara Sauce

Nutrition Facts
Serving Size: 3.5 cup (125g), Servings Per Container: 1, Amount Per Serving: Calories 80, Calories from Fat 0, Total Fat 0g (0% DV), Saturated Fat 0g (0% DV), Trans Fat, Cholesterol 0mg (0% DV), Sodium 370mg (15% DV), Total Carbohydrate 7g (2% DV), Dietary Fiber 2g (8% DV), Sugars 4g, Protein 3g, Vitamin A (15% DV), Vitamin C (40% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Marinara Sauce Bell'Orto

Fresh Steamed Vegetable Blend

Nutrition Facts
Serving Size: 0.66 cup (119.95g), Servings Per Container: 1, Amount Per Serving: Calories 30, Calories from Fat 0, Total Fat 0g (0% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 25mg (1% DV), Total Carbohydrate 5g (2% DV), Dietary Fiber 3g (12% DV), Sugars 3g, Protein 2g, Vitamin A (40% DV), Vitamin C (80% DV), Calcium (4% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Squash, Summer, Crookneck; Squash, Summer, Crookneck, Broccoli, Cauliflower, Chopped, Mushrooms, Boiled, Drained, Carrots, Squash, Summer, Zucchini

Cranberry Wheat Roll $.40

Nutrition Facts
Serving Size: 1 item (35g), Servings Per Container: 1, Amount Per Serving: Calories 100, Calories from Fat 15, Total Fat 1.5g (2% DV), Saturated Fat 0.5g (3% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 125mg (5% DV), Total Carbohydrate 19g (6% DV), Dietary Fiber 2g (8% DV), Sugars 4g, Protein 3g, Vitamin A, Vitamin C, Calcium (2% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Cranberry Wheat Roll (Signature Breads)