

KID'S MENU

NUTRITIONAL INFORMATION

| KID'S MENU | CALORIES | SAT. FAT | CARBS | SODIUM |
|-------------------------------------|---------------|---------------|---------------|---------------|
| <i>Super Duper! Sandwich</i> | | | | |
| <i>with Turkey</i> | 730 | 14g | 62g | 2210mg |
| <i>with Ham</i> | 800 | 15g | 68g | 2610mg |
| <i>with Tuna</i> | 780 | 15g | 63g | 2030mg |
| <i>with Grilled Cheese</i> | 430 | 11g | 42g | 1660mg |
| <i>Soup</i> | <i>Varies</i> | <i>Varies</i> | <i>Varies</i> | <i>Varies</i> |
| <i>Moo... Burger</i> | 710 | 11g | 59g | 1670mg |
| <i>With Cheese</i> | 790 | 15g | 60g | 1950mg |
| <i>Golden Chicken Strips</i> | 730 | 10g | 52g | 1540mg |
| <i>Macaroni & Cheese</i> | 660 | 13g | 70g | 1240mg |
| <i>Curly Noodles with</i> | | | | |
| <i>Alfredo Sauce</i> | 880 | 37g | 53g | 1100mg |
| <i>Spaghetti & Meatball</i> | 440 | 4.5g | 55g | 630mg |
| <i>Gobble, Gobble Turkey Dinner</i> | 620 | 15g | 59g | 1290mg |
| <i>Shrimp & Fish Fiesta</i> | 780 | 11g | 52g | 1000mg |
| <i>Grilled Lemon Chicken</i> | 480 | 8g | 24g | 1890mg |
| <i>Kid's Sundae</i> | 270 | 8g | 35g | 95mg |
| <i>Kid's Root Beer Float</i> | 320 | 8g | 44g | 105mg |

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

Marie Callender's Restaurant & Bakery® nutritional information is based on representative values from manufacturers, USDA and other established data bases and lab testing. Nutritional analysis was performed by Guardian Food Group. Recipes are the property of Perkins and Marie Callender's Inc. Some menu items may not be available in all restaurants. While ingredient information is based on standard product formulations, variation may occur due to difference in suppliers, ingredient substitutions, changes in recipe, product assembly at the restaurant level, the region of the country and the season of the year. Serving sizes may vary from the quantity upon which the analysis was conducted.