

LUNCH

FRIDAY, DECEMBER 8, 2023

CHICKEN STRIPS



2 strips

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
312	425mg	31g	17.5g	6g	97mg	1g

GRILLED COD W/ DILL SAUCE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
190	200mg	19g	12g	3g	57mg	0g

CHIK'N STRIPS



3 strips

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
150	350mg	11g	7g	12g	0mg	2g

MAC & CHEEZE



cashew

gluten-free pasta

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
405	385mg	20g	11g	57g	0mg	4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

FRIDAY, DECEMBER 8, 2023

CHICKEN BROCCOLI CASSEROLE

CALORIES 220	SODIUM 740mg	PROTEIN 18g	FAT 11g	CARBS 11g	CHOLESTEROL 80mg	FIBER 3g
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BROCCOLI & CHEESE CASSEROLE

CALORIES 210	SODIUM 834mg	PROTEIN 11g	FAT 13g	CARBS 12g	CHOLESTEROL 25mg	FIBER 2g
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 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen