

LUNCH

MONDAY, JANUARY 20, 2020

TAMALE PIE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
212	615mg	11g	8g	24g	10mg	5g

ROASTED RED PEPPER PASTA



almond milk



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
130	750mg	5g	2g	23g	0mg	2g

BAKED HAM



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
150	1200mg	21g	5g	5g	50mg	0g

KOREAN BEEF



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
316	676mg	11g	17g	28g	30mg	1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

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ASPARAGUS CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
233	200mg	9g	13g	20g	19mg	3g

BEAN & VEGETABLE BURRITO (FILLING IS GF)



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
325	588mg	13g	5g	57g	0mg	8g

BURRITOS (BEEF) (FILLING IS GF)



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
357	1213mg	21g	12g	39g	48mg	3g

MEXICAN CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
515	615mg	24g	34g	28g	145mg	1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen