# LUNCH

### MONDAY, JANUARY 20, 2020

### TAMALE PIE VG







**CALORIES** 212

SODIUM 615mg

**PROTEIN** 11g

**FAT** 8g

**CARBS** 24g

**CHOLESTEROL** 10mg

**FIBER** 5g

#### **ROASTED RED PEPPER PASTA**







almond milk



**CALORIES** 130

**SODIUM** 750mg

**PROTEIN** 5g

**FAT** 2g

**CARBS** 23g

**CHOLESTEROL** 0mg

**FIBER** 2**g** 

### **BAKED HAM**



**CALORIES** 150

**SODIUM** 1200mg **PROTEIN** 21g

**FAT** 5g

**CARBS** 5g

**CHOLESTEROL** 50mg

**FIBER** 0g

### **KOREAN BEEF**



CALORIES 316

SODIUM 676mg

**PROTEIN** 11g

**FAT** 17g CARBS 28g

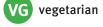
**CHOLESTEROL** 30mg

**FIBER** 1g

contains wheat



















## DINNER

## MONDAY, JANUARY 20, 2020

#### ASPARAGUS CASSEROLE









CALORIES 233

SODIUM 200mg

PROTEIN 9g

FAT 13g CARBS 20g

CHOLESTEROL 19mg FIBER 3g

### **BEAN & VEGETABLE BURRITO** (FILLING IS GF)







CALORIES 325

SODIUM 588mg PROTEIN 13g

FAT 5g CARBS 57g CHOLESTEROL Omg

FIBER 8g

## BURRITOS (BEEF) (FILLING IS GF)



CALORIES 357

SODIUM 1213mg

PROTEIN 21g

FAT 12g CARBS 39g CHOLESTEROL 48mg

FIBER 3g

### **MEXICAN CHICKEN**





CALORIES 515

SODIUM 615mg PROTEIN 24g

FAT 34g

CARBS 28g CHOLESTEROL 145mg FIBER 1g

contains wheat

















