

# LUNCH

## MONDAY, JANUARY 19, 2026

coconut oil

### ROASTED VEGETABLE ENCHILADA CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
220	650mg	7g	8g	30g	0mg	5g

### MEXICAN CHICKEN

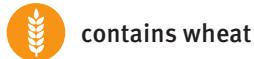


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
515	615mg	24g	34g	28g	145mg	1g

### BLACKENED TILAPIA



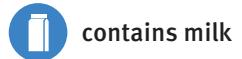
CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
111	760mg	21g	3g	0g	48mg	0g



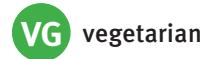
contains wheat



contains egg



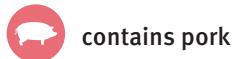
contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergens

# DINNER

## MONDAY, JANUARY 19, 2026

### SPICY 3-BEAN NACHOS

V

cashew queso



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
330	588mg	13g	15g	35g	0mg	8g

### BEEF NACHOS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
365	1213mg	21g	20g	25g	48mg	3g

### SANTA FE CHICKEN CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
267	480mg	22g	11g	20g	61mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen