

LUNCH

MONDAY, MARCH 30, 2026

coconut oil

ROASTED VEGETABLE ENCHILADA CASSEROLE



CALORIES
220

SODIUM
650mg

PROTEIN
7g

FAT
8g

CARBS
30g

CHOLESTEROL
0mg

FIBER
5g

MEXICAN CHICKEN



CALORIES
515

SODIUM
615mg

PROTEIN
24g

FAT
34g

CARBS
28g

CHOLESTEROL
145mg

FIBER
1g

BLACKENED TILAPIA



CALORIES
111

SODIUM
760mg

PROTEIN
21g

FAT
3g

CARBS
0g

CHOLESTEROL
48mg

FIBER
0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, MARCH 30, 2026

SPICY 3-BEAN NACHOS

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