

LUNCH

MONDAY, APRIL 28, 2025

BLACK BEAN NACHOS



CALORIES
240

SODIUM
700mg

PROTEIN
12g

FAT
12g

CARBS
21g

CHOLESTEROL
31mg

FIBER
4g

SHAWARMA BOWL w/ LEMON TAHINI SAUCE

sesame in tahini sauce



CALORIES
237

SODIUM
446mg

PROTEIN
7g

FAT
9g

CARBS
32g

CHOLESTEROL
0mg

FIBER
5g

BREADED CHEDDAR CHICKEN w/ CREAM SAUCE



CALORIES
432

SODIUM
650mg

PROTEIN
21g

FAT
32g

CARBS
15g

CHOLESTEROL
140mg

FIBER
0g

LEMON PEPPER TILAPIA



CALORIES
138

SODIUM
450mg

PROTEIN
21g

FAT
6g

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, APRIL 28, 2025

SOUTHWEST VEGETABLE WRAP



CALORIES
283

SODIUM
747mg

PROTEIN
14g

FAT
10g

CARBS
40g

CHOLESTEROL
19mg

FIBER
5g

SPICY LENTIL STEW



CALORIES
140

SODIUM
343mg

PROTEIN
10g

FAT
2g

CARBS
20g

CHOLESTEROL
0mg

FIBER
9g

BONELESS BUFFALO CHICKEN



CALORIES
350

SODIUM
1200mg

PROTEIN
13g

FAT
16g

CARBS
38g

CHOLESTEROL
40mg

FIBER
0g

CHEESEBURGER CASSEROLE



CALORIES
428

SODIUM
571mg

PROTEIN
22g

FAT
21g

CARBS
36g

CHOLESTEROL
75mg

FIBER
0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen