

# LUNCH

## MONDAY, FEBRUARY 16, 2026



### TORTELLINI PESTO W/ ROASTED VEGETABLES



CALORIES  
255

SODIUM  
970mg

PROTEIN  
25g

FAT  
14g

CARBS  
46g

CHOLESTEROL  
85mg

FIBER  
1g

### BLACKENED TOFU



CALORIES  
140

SODIUM  
700mg

PROTEIN  
8g

FAT  
9g

CARBS  
7g

CHOLESTEROL  
0mg

FIBER  
1g

### BREADED CHEDDAR CHICKEN W/ CREAM SAUCE



CALORIES  
432

SODIUM  
650mg

PROTEIN  
21g

FAT  
32g

CARBS  
15g

CHOLESTEROL  
140mg

FIBER  
0g

sesame

### BEEF & BROCCOLI W/ GARLIC SAUCE & RICE



CALORIES  
335

SODIUM  
820mg

PROTEIN  
15g

FAT  
17g

CARBS  
30g

CHOLESTEROL  
30mg

FIBER  
2g



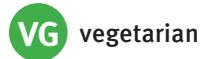
contains wheat



contains egg



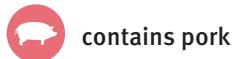
contains milk



vegetarian



vegan



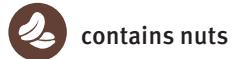
contains pork



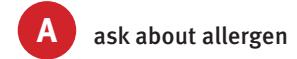
contains fish



contains shellfish



contains nuts



ask about allergens

# DINNER

## MONDAY, FEBRUARY 16, 2026

### SOUTHWEST VEGETABLE WRAP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
283	747mg	14g	10g	40g	19mg	5g

### SPICY LENTIL STEW



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
140	343mg	10g	2g	20g	0mg	9g

### BONELESS BUFFALO CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
350	1200mg	13g	16g	38g	40mg	0g

### CHEESEBURGER CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
428	571mg	22g	21g	36g	75mg	0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergens