

LUNCH

MONDAY, SEPTEMBER 21, 2026



TORTELLINI PESTO W/ ROASTED VEGETABLES



CALORIES

255

SODIUM

970mg

PROTEIN

25g

FAT

14g

CARBS

46g

CHOLESTEROL

85mg

FIBER

1g

TOFU AND BROCCOLI WITH RICE

sesame



CALORIES

270

SODIUM

750mg

PROTEIN

15g

FAT

5g

CARBS

41g

CHOLESTEROL

0mg

FIBER

4g

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 allergen

DINNER

MONDAY, SEPTEMBER 21, 2026

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