# LUNCH

### MONDAY, MAY 9, 2022

#### TOFU TURKEY V





**CALORIES** 160

SODIUM 378mg

**PROTEIN** 6g

**FAT** 4g

**CARBS** 25g

**CHOLESTEROL** 0mg

**FIBER** 5g

### CRUSTLESS GARDEN QUICHE











**CALORIES** 305

**SODIUM** 635mg

**PROTEIN** 20g

**FAT** 18g **CARBS** 16g

**CHOLESTEROL** 150mg

**FIBER** 4g

#### **TURKEY**

**CALORIES** 100

SODIUM 140mg

**PROTEIN** 22g

FAT 0g

**CARBS** 0g

**CHOLESTEROL** 50mg

**FIBER** 0g

#### **DRESSING**





**CALORIES** 144

SODIUM 15mg

**PROTEIN** 5g

FAT 8g

CARBS 13g

**CHOLESTEROL** 35mg

FIBER 1g

#### KOREAN BEEF OVER RICE



**CALORIES** 316

SODIUM 676mg

**PROTEIN** 11g

**FAT** 17g

**CARBS** 28g

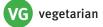
**CHOLESTEROL** 30mg

**FIBER** 1g























# DINNER

MONDAY, MAY 9, 2022

## SWEET & SAVORY BBQ NACHOS





cashew queso



CALORIES 270

SODIUM 430mg PROTEIN 13g

FAT 11g CARBS 30g CHOLESTEROL Omg

FIBER 2g

#### **CHICKEN CAESAR WRAP**







CALORIES 350

IES SODIUM 600mg

PROTEIN 23g

FAT 20g

CARBS 19g CHOLESTEROL 60mg

FIBER 1g

#### **BBQ NACHOS**







CALORIES 460

SODIUM 1,128mg

PROTEIN 25g

FAT 24g

CARBS 36g

CHOLESTEROL 77mg

FIBER 0g



















