

Monday October 3, 2016

Lunch

Turkey & Dressing





Korean Beef over Rice

Greek Pasta Salad Lacto Vegetarian



Tofu Turkey & Dressing Vegan



Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Turkey (4 oz)	100	1140mg	22g	1g	0g	50mg	0g
Dressing (3 oz) 	144	115mg	5g	8g	13g	35mg	1g
Korean Beef over Rice 	316	676mg	11g	17g	28g	30mg	1g
Greek Pasta Salad 	292	422mg	10g	12g	36g	20mg	2g
Tofu Turkey & Dressing 	170	300mg	7g	10g	13g	0mg	4g

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Dinner

Chicken Caesar Wrap

BBQ Nachos

Veggie Caesar Wrap Lacto Vegetarian 

Vegan BBQ Nachos Vegan 

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Caesar Wrap  	350	600mg	23g	20g	19g	60mg	1g
BBQ Nachos  	460	1,128mg	25g	24g	36g	77mg	0g
Veggie Caesar Wrap   	137	275mg	6g	5g	17g	3mg	3g
BBQ Nachos  	270	430mg	13g	11g	30g	0mg	3g