LUNCH

THURSDAY, FEBRUARY 2, 2023

JACKED UP CHICKEN



CALORIES 453

SODIUM 945mg

PROTEIN 26g

FAT 37g **CARBS** 4g

CHOLESTEROL 70mg

FIBER 0g

HAM QUICHE









CALORIES

281

SODIUM 862mg

PROTEIN 13g

FAT 17g **CARBS** 18g

CHOLESTEROL 137mg

FIBER 0g

GREEK WRAP







CALORIES

195

SODIUM 450mg

PROTEIN 6h

FAT 10g CARBS 20g

CHOLESTEROL 9mg

FIBER 3g

SPICY LENTILS W/ KALE & SWEET POTATO



CALORIES 200

SODIUM 312mg

PROTEIN 10g

FAT 2.5g **CARBS** 34g

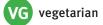
CHOLESTEROL 0mg

FIBER 8g

contains wheat



contains milk















DINNER

THURSDAY, FEBRUARY 2, 2023

PORK FRITTER W/ GRAVY (1) (1)







CALORIES 300

SODIUM 400mg

PROTEIN 22g

FAT 18g

CARBS 12g

CHOLESTEROL 92mg

FIBER 2g

TURKEY DIVAN CASSEROLE



CALORIES 228

SODIUM 950mg

PROTEIN 10g

FAT 12g

CARBS 20g

CHOLESTEROL 45mg

FIBER 2g

HEARTY VEGETABLE SOUP



CALORIES 142

SODIUM 140mg

PROTEIN 9g

FAT 2g

CARBS 22g

CHOLESTEROL 0mg

FIBER 5g

contains wheat





