LUNCH

THURSDAY, SEPTEMBER 18, 2025

ITALIAN SPAGHETTI



gluten-free pasta available per request

CALORIES 316

SODIUM 475mg

PROTEIN 16g

FAT 8g

CARBS 45g

CHOLESTEROL 40mg

FIBER 2g

BING BANG SHRIMP









CALORIES 376

SODIUM 922mg

PROTEIN 13g

FAT 21g **CARBS** 35g

CHOLESTEROL 96mg

FIBER 0g

CRUSTLESS BROCCOLI QUICHE







CALORIES 215

SODIUM 480mg

PROTEIN 15g

FAT 15g

CARBS 5g

CHOLESTEROL 220mg

FIBER 3g

HEARTY GARDEN SPAGHETTI





gluten-free pasta available per request

CALORIES

SODIUM

PROTEIN

FAT

CARBS

CHOLESTEROL

FIBER

260

675mg

15g

2g

48g

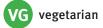
0mg

5g

contains wheat



















DINNER

THURSDAY, SEPTEMBER 18, 2025

sesame (bun)

KANSAS CITY BEEF SANDWICH







CALORIES SODIUM PROTEIN FAT CARBS CHOLESTEROL FIBER 555 745mg 37g 25g 45g 49mg 1g

HERBED ROASTED CHICKEN

CALORIES SODIUM PROTEIN FAT CARBS CHOLESTEROL FIBER 135 350mg 22g 5g 0g 105mg 0g

sesame (tahini sauce)

MUJADARA W/TAHINI SAUCE





CALORIES SODIUM PROTEIN FAT CARBS CHOLESTEROL FIBER 300 180mg 7g 6g 55g 0mg 5g



















