## LUNCH

## THURSDAY, NOVEMBER 20, 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

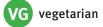
0mg

5g

contains wheat



















# DINNER

## THURSDAY, NOVEMBER 20, 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



















