LUNCH

THURSDAY, MAY 10, 2018

ITALIAN SPAGHETTI



CALORIES 316

SODIUM 475mg

PROTEIN 16g

FAT 8g

CARBS 45g

CHOLESTEROL 40mg

FIBER 2g

SWEET & SPICY CHICKEN W/ RICE



CALORIES 437

SODIUM 750mg

PROTEIN 23g

FAT 25g **CARBS** 30g

CHOLESTEROL 125mg

FIBER 1g

VEGGIE SPAGHETTI



CALORIES 210

SODIUM 475mg

PROTEIN 3g

FAT 2g

CARBS 45g

CHOLESTEROL 0mg

FIBER 3g

GINGER VEGETABLE STIR-FRY





CALORIES 200

SODIUM 650mg

PROTEIN 6g

FAT 4g

CARBS 35g

CHOLESTEROL 0mg

FIBER 5g

contains wheat





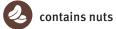














DINNER

THURSDAY, MAY 10, 2018

RAVIOLI





CALORIES 335

SODIUM 900mg

PROTEIN 9g

FAT 16g

CARBS 38g

CHOLESTEROL 25mg

FIBER 4g

CHICKEN TETRAZZINI





CALORIES 422

SODIUM 389mg

PROTEIN 25g

FAT 18g

CARBS 40g

CHOLESTEROL 65mg

FIBER 2g

BLACK BEAN PASTA



CALORIES 242

SODIUM 490g

PROTEIN 7**g**

FAT 10g

CARBS 31g

CHOLESTEROL 0mg

FIBER 5g

contains wheat



contains egg



contains milk



VG vegetarian



vegan









