

Thursday May 12, 2016










Lunch

Italian Spaghetti

Poppyseed Chicken

Spinach Quiche Lacto-Ovo Vegetarian

Veggie Spaghetti Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Italian Spaghetti 	316	475mg	16g	8g	45g	40mg	2g
Poppyseed Chicken  	360	650mg	17g	20g	28g	49mg	1g
Spinach Quiche    	280	292mg	12g	17g	20g	188mg	2g
Veggie Spaghetti  	210	475mg	3g	2g	45g	0mg	3g

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Dinner

Mexican Chicken w/Mexican Rice

Ravioli Bake

Black Bean Nachos *Lacto Vegetarian*

Vegetable Couscous w/Almonds *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Mexican Chicken w/ Rice  	515	615mg	24g	34g	28g	145mg	1g
Ravioli Bake  	342	890mg	20g	18g	25g	55mg	2g
Black Bean Nachos  	240	700mg	12g	12g	21g	31mg	4g
Vegetable Couscous w/Almonds   	148	126mg	4g	8g	15g	0mg	4g