

LUNCH

TUESDAY, SEPTEMBER 1, 2026

RAVIOLI BAKE



CALORIES
342

SODIUM
890mg

PROTEIN
20g

FAT
18g

CARBS
25g

CHOLESTEROL
55mg

FIBER
2g

HERBED ROASTED CHICKEN

CALORIES
310

SODIUM
350mg

PROTEIN
21g

FAT
25g

CARBS
0g

CHOLESTEROL
115mg

FIBER
0g

CHEESE RAVIOLI



CALORIES
285

SODIUM
580mg

PROTEIN
20g

FAT
12g

CARBS
24g

CHOLESTEROL
23mg

FIBER
1g

MUJADARA W/TAHINI SAUCE



tahini sauce contains sesame

CALORIES
300

SODIUM
180mg

PROTEIN
7g

FAT
6g

CARBS
55g

CHOLESTEROL
0mg

FIBER
5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

TUESDAY, SEPTEMBER 1, 2026

CHILI

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
146	560mg	14g	6g	9g	32mg	1g

GRILLED CHEESE



Bread may contain sesame

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
275	800mg	9g	15g	26g	26mg	1g

BACON RANCH MACARONI & CHEESE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
382	687mg	11g	22g	35g	46mg	1g

SPINACH & ARTICHOKE MAC & CHEESE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
260	388mg	14g	9g	31g	23mg	3g

3-BEAN CHILI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
115	625mg	6g	0g	23g	0mg	5g

GRILLED CHEEZE



cheeze contains coconut oil

Bread may contain sesame

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
210	430mg	4g	8g	30g	0mg	1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen