LUNCH

TUESDAY, NOVEMBER 3, 2026

RAVIOLI BAKE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
342	890mg	20g	18g	25g	55mg	2g

HERBED ROASTED CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	350mg	21g	25g	0g	115mg	0g

CHEESE RAVIOLI

VG

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
285	580mg	20g	12g	24g	23mg	1g

MUJADARA W/TAHINI SAUCE

V A tahini sauce contains sesame

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

contains wheat
contains egg
contains milk
VG vegetarian
V vegan
contains pork
contains fish
contains shellfish
contains nuts
A ask about allergen

DINNER

TUESDAY, NOVEMBER 3, 2026

CHILI

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

PORK TAMALES

1 tamale

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
130	183mg	2g	9g	9g	10mg	2g

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

contains wheat
contains egg
contains milk
VG vegetarian
V vegan
contains pork
contains fish
contains shellfish
contains nuts
A ask about allergen