LUNCH

TUESDAY, APRIL 29, 2025

BACON, CHEDDAR CHICKEN W/ RANCH 🕕 🕞 🧿







CALORIES 280

SODIUM 850mg

PROTEIN 25g

FAT 18g **CARBS** 4g

CHOLESTEROL 125mg

FIBER 0g

APPLE GLAZED PORK LOIN



CALORIES 250

SODIUM 450mg

PROTEIN 24g

FAT 14g **CARBS** 7g

CHOLESTEROL 69mg

FIBER 0g

BBQ GLAZED MEATLESS MEATLOAF





CALORIES 200

SODIUM 566mg

PROTEIN 21g

FAT 2g

CARBS 25g

CHOLESTEROL 6mg

FIBER 6g

sesame

PROTEIN POWER BOWL





CALORIES 353

SODIUM 220mg

PROTEIN 15g

FAT 9g

CARBS 53g

CHOLESTEROL 0mg

FIBER 9g

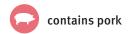
contains wheat



















DINNER

TUESDAY, APRIL 29, 2025

CHILI

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

GRILLED CHEESE







CALORIES 275

SODIUM 800mg

PROTEIN 9g

FAT 15g

CARBS 26g

CHOLESTEROL 26mg

FIBER 1g

1g

CHICKEN CAESAR SALAD WRAP







CALORIES 350

SODIUM 600mg

PROTEIN 23g

FAT 20g CARBS 19g

CHOLESTEROL 60mg

FIBER 1g

BROCCOLI & CHEESE BAKED POTATO CASSEROLE





CALORIES 245

SODIUM 145mg

PROTEIN 8g

FAT 11g **CARBS** 28g

CHOLESTEROL 20mg

FIBER 2g

3-BEAN CHILI



CALORIES 115

SODIUM 625mg

PROTEIN 6g

FAT 0g

CARBS 23g

CHOLESTEROL 0mg

FIBER 5g

coconut oil

GRILLED CHEEZE







CALORIES

FAT

CARBS

CHOLESTEROL

FIBER

210

SODIUM 430mg

PROTEIN 4g

8g

30g

0mg

1g

















