

LUNCH

TUESDAY, APRIL 29, 2025

BACON, CHEDDAR CHICKEN W/ RANCH



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
280	850mg	25g	18g	4g	125mg	0g

APPLE GLAZED PORK LOIN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
250	450mg	24g	14g	7g	69mg	0g

BBQ GLAZED MEATLESS MEATLOAF



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	566mg	21g	2g	25g	6mg	6g

sesame

PROTEIN POWER BOWL



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
353	220mg	15g	9g	53g	0mg	9g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

TUESDAY, APRIL 29, 2025

CHILI

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

GRILLED CHEESE



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

CHICKEN CAESAR SALAD WRAP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
350	600mg	23g	20g	19g	60mg	1g

BROCCOLI & CHEESE BAKED POTATO CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
245	145mg	8g	11g	28g	20mg	2g

3-BEAN CHILI



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

coconut oil

GRILLED CHEESE



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