

LUNCH

TUESDAY, NOVEMBER 23, 2021

BACON, CHEDDAR CHICKEN W/ RANCH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
430	850mg	25g	35g	4g	150mg	0g

BEEF STEW

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
261	477mg	19g	12g	17g	55mg	2g

BLACK BEAN NACHOS


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
240	700mg	12g	12g	21g	31mg	4g


MEXICAN STEW

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
145	430mg	6g	0g	30g	0mg	6g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen