LUNCH

TUESDAY, SEPTEMBER 24, 2019

BACON, CHEDDAR, BUFFALO CHICKEN W/ RANCH







CALORIES 430

SODIUM 850mg

PROTEIN 25g

FAT 35g **CARBS** 4g

CHOLESTEROL 150mg

FIBER 0g

BEEF STEW



CALORIES 261

SODIUM 477mg

PROTEIN 19g

FAT 12g **CARBS** 17g

CHOLESTEROL 55mg

FIBER 2g

WHITE BEAN CASSOULET





CALORIES 183

SODIUM 250mg

PROTEIN 9g

FAT 3g

CARBS 30g

CHOLESTEROL 0mg

FIBER 8g

ROASTED RED PEPPER PASTA







CALORIES 130

SODIUM 750mg

PROTEIN 5g

FAT 2g

CARBS 23g

CHOLESTEROL 0mg

FIBER 2g

contains wheat



















DINNER

TUESDAY, SEPTEMBER 24, 2019

CHILI

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

GRILLED CHEESE





CALORIES 275

SODIUM 800mg

PROTEIN 9g

FAT 15g CARBS 26g

CHOLESTEROL 26mg

FIBER 1g

CHICKEN CAESAR SALAD WRAP







CALORIES 350

SODIUM 600mg

PROTEIN 23g

FAT 20g **CARBS** 19g

CHOLESTEROL 60mg

FIBER 1g

SPAGHETTI BASIL BAKE









CALORIES 283

SODIUM 300mg

PROTEIN 16g

FAT 15g CARBS 21g

CHOLESTEROL 225mg

FIBER 2g

VEGAN CHILI



CALORIES 115

SODIUM 625mg

PROTEIN 6g

FAT 0g

CARBS 23g

CHOLESTEROL 0mg

FIBER 5g

contains wheat



contains egg



contains milk



VG vegetarian



vegan









