

# LUNCH

TUESDAY, SEPTEMBER 24, 2019

## BACON, CHEDDAR, BUFFALO 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

## WHITE BEAN CASSOULET



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
183	250mg	9g	3g	30g	0mg	8g

## ROASTED RED PEPPER PASTA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
130	750mg	5g	2g	23g	0mg	2g

contains wheat

contains egg

contains milk

vegetarian

vegan

contains pork

contains fish

contains shellfish

contains nuts

ask about allergen

# DINNER

TUESDAY, SEPTEMBER 24, 2019

## 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

## SPAGHETTI BASIL BAKE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
283	300mg	16g	15g	21g	225mg	2g

## VEGAN CHILI



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



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen