

LUNCH

TUESDAY, DECEMBER 9, 2025

CHICKEN TACO CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
333	657mg	21g	18g	22g	64mg	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

BUTTERNUT RISOTTO



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
182	270mg	5g	6g	27g	10mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen