

LUNCH

TUESDAY, OCTOBER 13, 2026

COUNTRY STYLE PORK CHOP



CALORIES
330

SODIUM
475mg

PROTEIN
24g

FAT
22g

CARBS
9g

CHOLESTEROL
85mg

FIBER
0g

SEARED CHICKEN SHAWARMA



sesame in tahini sauce

CALORIES
135

SODIUM
450 mg

PROTEIN
22g

FAT
5g

CARBS
0g

CHOLESTEROL
105mg

FIBER
0g

SHAWARMA BOWL



sesame in tahini sauce

CALORIES
237

SODIUM
446mg

PROTEIN
7g

FAT
9g

CARBS
32g

CHOLESTEROL
0mg

FIBER
5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

TUESDAY, OCTOBER 13, 2026

MAPLE PECAN CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	150mg	22g	17g	15g	105mg	0g

HAM, MAC & CHEESE CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
382	650mg	15g	18g	40g	50mg	1g

SPINACH & ARTICHOKE MAC & CHEESE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
260	388mg	14g	9g	31g	23mg	3g

EGGPLANT W/ HOMINY SALSA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
155	455mg	5g	6g	20g	0mg	3g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen