

LUNCH

TUESDAY, OCTOBER 21, 2025

GRILLED CHOPPED STEAK W/ ANCHO SAUCE



CALORIES
380

SODIUM
424mg

PROTEIN
37g

FAT
27g

CARBS
4g

CHOLESTEROL
130mg

FIBER
0g

PECAN CRUSTED TILAPIA



sesame



CALORIES
385

SODIUM
340mg

PROTEIN
20g

FAT
25g

CARBS
20g

CHOLESTEROL
50mg

FIBER
1g

cashew

BEAN ENCHILADA BAKE



CALORIES
260

SODIUM
900mg

PROTEIN
12g

FAT
6g

CARBS
40g

CHOLESTEROL
0mg

FIBER
7g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

TUESDAY, OCTOBER 21, 2025

BBQ GLAZED CHICKEN DRUMMIES 3 pcs

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
220	430mg	15g	14g	8g	85mg	0g

SHRIMP GUMBO W/ RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	471mg	11g	4g	30g	85mg	1g

SOUTHWEST SWEET POTATO BAKE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
315	950mg	11g	10g	45g	20mg	4g

PINEAPPLE SEARED TOFU

sesame



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
145	596mg	10g	9g	15g	0mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen