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











CALORIES

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







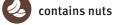














DINNER

TUESDAY, OCTOBER 21, 2025

BBQ GLAZED CHICKEN DRUMMIES 3 pcs

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

SHRIMP GUMBO W/ RICE





CALORIES 200

SODIUM 471mg

PROTEIN 11g

FAT 4g

CARBS 30g

CHOLESTEROL 85mg

FIBER 1g

SOUTHWEST SWEET POTATO BAKE





CALORIES 315

SODIUM 950mg

PROTEIN 11g

FAT 10g **CARBS** 45g

CHOLESTEROL 20mg

FIBER 4g

sesame





CALORIES

SODIUM

PROTEIN

FAT

CARBS

CHOLESTEROL

FIBER

145

596mg

10g

9g

15g

0mg

2g







