

LUNCH

WEDNESDAY, SEPTEMBER 9, 2026

POZOLE ROJO

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
260	550mg	25g	11g	15g	75mg	2g

SOUTHWEST CHICKEN WRAP

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
404	750mg	26g	16g	39g	70mg	4g

coconut oil

BEAN ENCHILADA BAKE new recipe made without cashews

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
260	900mg	12g	6g	40g	0mg	7g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

WEDNESDAY, SEPTEMBER 9, 2026

sesame in bun

BBQ PORK SANDWICH



CALORIES
410

SODIUM
970mg

PROTEIN
25g

FAT
14g

CARBS
46g

CHOLESTEROL
85mg

FIBER
1g

SALISBURY STEAK



CALORIES
400

SODIUM
450mg

PROTEIN
26g

FAT
29g

CARBS
8g

CHOLESTEROL
106mg

FIBER
0g

SOUTHWEST SWEET POTATO BAKE



CALORIES
315

SODIUM
950mg

PROTEIN
11g

FAT
10g

CARBS
45g

CHOLESTEROL
20mg

FIBER
4g

sesame in bun

SWEET & SAVORY BBQ SANDWICH



CALORIES
267

SODIUM
780mg

PROTEIN
13g

FAT
7g

CARBS
38g

CHOLESTEROL
0mg

FIBER
4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen