

LUNCH

WEDNESDAY, SEPTEMBER 23, 2026

CHICKEN TACO CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
333	657mg	21g	18g	22g	64mg	0g

CARNITAS (2 tortillas)



gluten-free option
request corn tortilla

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
437	827mg	26g	21g	36g	73mg	2g

BLACK BEAN NACHOS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
240	700mg	12g	12g	21g	31mg	4g

SOY/JACKFRUIT TACO DE CARNITAS



gluten-free option
request corn tortilla

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
152	850mg	23g	10g	39g	0mg	7g

(2 tortillas)



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

WEDNESDAY, SEPTEMBER 23, 2026

BEEF LO MEIN

sesame

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
285	950mg	20g	7g	35g	40mg	2g

CHICKEN FRIED CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	530mg	17g	19g	15g	30mg	0g

VEGGIE LO MEIN

sesame

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
265	950mg	10g	5g	45g	40mg	5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen