LUNCH

WEDNESDAY, APRIL 30, 2025

MEXICAN CHICKEN





CALORIES 415

SODIUM 415mg

PROTEIN 22g

FAT 34g **CARBS** 5g

CHOLESTEROL 145mg

FIBER 0g

CARNITAS (2 tortillas)





CALORIES 437

SODIUM 827mg

PROTEIN 26g

FAT 21g **CARBS** 36g

CHOLESTEROL 73mg

FIBER 2g

TORTELLINI PESTO W/ROASTED VEGETABLES









CALORIES 255

SODIUM 970mg

PROTEIN 25g

FAT 14g **CARBS** 46g

CHOLESTEROL 85mg

FIBER 1g

SOY TACO DE CARNITAS

(2 tortillas)





CALORIES 152

SODIUM 850mg

PROTEIN 23g

FAT 10g **CARBS** 39g

CHOLESTEROL 0mg

FIBER 7**g**

gluten-free corn tortilla per request



contains wheat



contains egg



contains milk



VG vegetarian



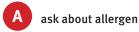
vegan











DINNER

WEDNESDAY, APRIL 30, 2025

sesame

BEEF LO MEIN





CALORIES 285

SODIUM 950mg

PROTEIN 20g

FAT 7**g**

CARBS 35g

CHOLESTEROL 40mg

FIBER 2g

CHICKEN FRIED CHICKEN



CALORIES 300

SODIUM 530mg

PROTEIN 17g

FAT 19g **CARBS** 15g

CHOLESTEROL 30mg

FIBER 0g

SPAGHETTI BASIL BAKE





FAT

15g





CARBS

21g

CALORIES

SODIUM 283 300mg

PROTEIN 16g

CHOLESTEROL 225mg

FIBER 2g

TOFU AND BROCCOLI WITH RICE





sesame

CALORIES 270

SODIUM

PROTEIN

FAT

CARBS

CHOLESTEROL

FIBER

750mg

15g

5g

41g

0_{mg}

4g



















