

LUNCH

WEDNESDAY, APRIL 30, 2025

MEXICAN CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
415	415mg	22g	34g	5g	145mg	0g

CARNITAS (2 tortillas)



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

TORTELLINI PESTO W/ ROASTED VEGETABLES



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
255	970mg	25g	14g	46g	85mg	1g

SOY TACO DE CARNITAS (2 tortillas)



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

gluten-free corn tortilla per request



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

WEDNESDAY, APRIL 30, 2025

sesame

BEEF LO MEIN



CALORIES
285

SODIUM
950mg

PROTEIN
20g

FAT
7g

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



CALORIES
283

SODIUM
300mg

PROTEIN
16g

FAT
15g

CARBS
21g

CHOLESTEROL
225mg

FIBER
2g

sesame

TOFU AND BROCCOLI WITH RICE



CALORIES
270

SODIUM
750mg

PROTEIN
15g

FAT
5g

CARBS
41g

CHOLESTEROL
0mg

FIBER
4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen