LUNCH

WEDNESDAY, DECEMBER 3, 2025

POZOLE ROJO



CALORIES 260

SODIUM 550mg

PROTEIN 25g

FAT 11g **CARBS** 15g

CHOLESTEROL 75mg

FIBER 2g

RAVIOLI BAKE





CALORIES 342

SODIUM 890mg

PROTEIN 20g

FAT 18g **CARBS** 25g

CHOLESTEROL 55mg

FIBER 2g

CHEESE RAVIOLI









CALORIES 275

SODIUM 620mg

PROTEIN 9g

FAT 18g

CARBS 19g

CHOLESTEROL 24mg

FIBER 2g

coconut oil

ROASTED VEGETABLE ENCHILADA CASSEROLE





CALORIES

SODIUM

PROTEIN

FAT

CARBS

CHOLESTEROL

FIBER

220

650mg

7**g**

8g

30g

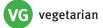
0mg

5g

contains wheat



















DINNER

WEDNESDAY, DECEMBER 3, 2025

CHICKEN FRIED STEAK





CALORIES 262

SODIUM 750mg

PROTEIN 13g

FAT 18g CARBS 24g

CHOLESTEROL 35mg

FIBER 0g

HAM, MAC & CHEESE CASSEROLE







CALORIES 382

SODIUM 650mg PROTEIN 15g FAT 18g CARBS 40g

CHOLESTEROL 50mg

FIBER 1g

SPICY LENTIL STEW



CALORIES 140

SODIUM 343mg

PROTEIN 10g FAT 2g CARBS 20g CHOLESTEROL 0mg FIBER 9g







