

LUNCH

WEDNESDAY, DECEMBER 3, 2025

POZOLE ROJO

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

RAVIOLI BAKE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
342	890mg	20g	18g	25g	55mg	2g

CHEESE RAVIOLI

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
275	620mg	9g	18g	19g	24mg	2g


coconut oil

ROASTED VEGETABLE ENCHILADA CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
220	650mg	7g	8g	30g	0mg	5g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

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



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen