

DINNER

WEDNESDAY, SEPTEMBER 30, 2026

CHICKEN FRIED STEAK



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
262	750mg	13g	18g	24g	35mg	0g

HAM, MAC & CHEESE CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
382	650mg	15g	18g	40g	50mg	1g

SPINACH & ARTICHOKE MAC & CHEESE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
260	388mg	14g	9g	31g	23mg	3g

sesame

PINEAPPLE SEARED TOFU



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
145	596mg	10g	9g	15g	0mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen