LUNCH

WEDNESDAY, FEBRUARY 21, 2018

LOW COUNTRY CHICKEN





CALORIES 382

SODIUM 715mg

PROTEIN 21g

FAT 30g

CARBS 7g

CHOLESTEROL 30mg

FIBER 0g

RAVIOLI BAKE





CALORIES 342

SODIUM 890mg PROTEIN 20g

FAT 18g CARBS 25g CHOLESTEROL 55mg

FIBER 2g

ROASTED VEGETABLE ENCHILADA CASSEROLE





CALORIES 360

SODIUM 891mg PROTEIN 14g

FAT 15g CARBS 42g CHOLESTEROL 15mg

FIBER 0g

VEGETABLE BROWN RICE





CALORIES 133

SODIUM 118mg PROTEIN 3g

FAT 1g CARBS 28

CHOLESTEROL 0mg FIBER 2g

contains wheat



contains milk



VG vegetarian



vegan













DINNER

WEDNESDAY, FEBRUARY 21, 2018

BUFFALO CHICKEN







CALORIES 310

SODIUM 1200mg PROTEIN 13g

FAT 16g CARBS 28g CHOLESTEROL 40mg

FIBER 0g

BEEF STROGANOFF OVER NOODLES







CALORIES 330

SODIUM 479mg

PROTEIN 16g FAT 16g CARBS 30g CHOLESTEROL 65mg

FIBER 1g

CRUSTLESS GARDEN QUICHE









CALORIES 305

SODIUM 635mg

PROTEIN 20g

FAT 18g CARBS 16g CHOLESTEROL 60215

FIBER 4g

BLACK BEAN STEW



CALORIES 121 SODIUM 473mg $\frac{\text{PROTEIN}}{7\text{g}}$

FAT 1g CARBS 21g CHOLESTEROL Omg

FIBER
7g

contains wheat

















