LUNCH

WEDNESDAY, MAY 11, 2022

ITALIAN SPAGHETTI



CALORIES 316

SODIUM 475mg PROTEIN 16g FAT 8g CARBS 45g CHOLESTEROL 40mg

FIBER 2g

POPPYSEED CHICKEN CASSEROLE





CALORIES 360

SODIUM 650mg

PROTEIN 17g FAT 20g CARBS 28g CHOLESTEROL 49mg

FIBER 1g

HEARTY GARDEN SPAGHETTI

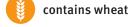




CALORIES 260 SODIUM 675mg

PROTEIN 15g FAT 2g CARBS 48g CHOLESTEROL 0mg

FIBER 5g





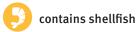
















DINNER

WEDNESDAY, MAY 11, 2022

CHILI

CALORIES SODIUM **PROTEIN CARBS** CHOLESTEROL **FIBER FAT** 146 560mg 14g 9g 32mg 1g 6g

CHICKEN TETRAZZINI





CALORIES SODIUM **PROTEIN FAT CARBS CHOLESTEROL FIBER** 422 389mg 25g 18g 40g 65mg 2g

GRILLED CHEESE







CALORIES SODIUM PROTEIN FAT CARBS CHOLESTEROL FIBER 275 800mg 26g 26mg 1g 9g 15g

3-BEAN CHILL V



CALORIES SODIUM PROTEIN FAT **CARBS CHOLESTEROL FIBER** 115 625mg 6g 0g23g 0mg 5g





