

LUNCH

WEDNESDAY, NOVEMBER 13, 2024

POZOLE ROJO

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

SOUTHWEST CHICKEN WRAP

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
404	750mg	26g	16g	39g	70mg	4g


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, NOVEMBER 13, 2024

sesame in bun

BBQ PORK SANDWICH



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
410	970mg	25g	14g	46g	85mg	1g

CHOPPED STEAK MONTEREY



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
360	640mg	27g	27g	2g	97mg	0g

SOUTHWEST SWEET POTATO BAKE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
315	950mg	11g	10g	45g	20mg	4g

sesame in bun

SWEET & SAVORY BBQ SANDWICH



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
267	780mg	13g	7g	38g	0mg	4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen