

LUNCH

SATURDAY, SEPTEMBER 21, 2019

CHICKEN FETTUCCHINE W/ VEGETABLES (1 CUP)

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
240	770mg	14g	11g	22g	25mg	2g

BBQ PORK SANDWICH

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

BBQ CHICKEN SANDWICH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	850mg	23g	7g	36g	66mg	1g

BAKED POTATO CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
210	750mg	8g	12g	17g	20mg	3g

VEGAN BBQ

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