LUNCH

WEDNESDAY, AUGUST 15, 2018

CHICKEN FRAICHE



CALORIES 300

SODIUM 878mg

PROTEIN 28g

FAT 17g **CARBS** 9g

CHOLESTEROL 85mg

FIBER 0g

ROAST BEEF



CALORIES 269

SODIUM 450mg

PROTEIN 29g

FAT 17g **CARBS** 0g

CHOLESTEROL 98mg

FIBER 1g

BREADED SHRIMP





CALORIES 304

SODIUM 570mg

PROTEIN 12g

FAT 16g **CARBS** 28g

CHOLESTEROL 136mg

FIBER 0g

SPINACH PASTA SALAD VG







CALORIES

240

SODIUM 381mg

PROTEIN 9g

FAT 9g

CARBS 32g

CHOLESTEROL 6mg

FIBER 3g

RED BEANS AND RICE



CALORIES 130

SODIUM 534mg

PROTEIN 5g

FAT 1g

CARBS 25g

CHOLESTEROL 0mg

FIBER 6g

contains wheat



















DINNER

WEDNESDAY, AUGUST 15, 2018

BURRITOS



CALORIES 357

SODIUM 1213mg

PROTEIN 21g

FAT 12g CARBS 39g CHOLESTEROL 48mg

FIBER 3g

CHICKEN TETRAZZINI





CALORIES 422

SODIUM 389mg

PROTEIN 25g

FAT 18g CARBS 40g

CHOLESTEROL 65mg

FIBER 2g

VEGETABLE TETRAZZINI







CALORIES 245

SODIUM 308mg

PROTEIN 10g FAT 7g CARBS 35g CHOLESTEROL 5mg

FIBER 4g

BEAN & VEGETABLE BURRITO





CALORIES 325

SODIUM 588g PROTEIN 13g

FAT 5g CARBS 57g

CHOLESTEROL Omg

FIBER 8g























