

Friday August 19, 2016

Chicken Livers

Liver and Onions



Chicken Strips

Lemon Pepper Tilapia

Macaroni and Cheese **Lacto Vegetarian**

Veggie Chik'n Tenders **Vegan**

Vegan Tofu Mac **Vegan**

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Livers (4 oz) 	312	718mg	34g	12g	15g	794mg	0g
Liver and Onions (4 oz) 	340	479mg	29g	8g	37g	446mg	0g
Chicken Strips (4 oz) 	312	425mg	31g	17.5g	6g	97mg	1g
Lemon Pepper Tilapia (3 oz)	111	360mg	21g	3g	0g	48mg	0g
Chik'n Nuggets (4 pieces) 	190	600mg	12g	9g	19g	0mg	4g
Breaded Chick'n Tenders (4 pieces) 	210	400mg	16g	9g	17g	0mg	3g
Vegan Mac & Cheese  (cashew)	235	120mg	9g	8g	32g	0mg	4g