

Saturday September 13, 2014





Lunch

Chicken Lasagna

BLT Wrap

Veggie BLT Wrap *Lacto-Ovo Vegetarian*

Hoppin' John *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Lasagna 	300	880mg	13g	13g	34g	25mg	2g
BLT Wrap 	331	773mg	13g	19g	27g	26mg	2g
Veggie BLT Wrap 	155	400mg	5g	7g	18g	0mg	2g
Hoppin' John 	105	500 mg	4g	1g	20g	0mg	4g