

Saturday September 10, 2016





Lunch

Southwest Chicken w/Mexican Rice

BLT Wrap

Veggie BLT Wrap *Lacto-Ovo Vegetarian*

Hoppin' John *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Mexican Chicken w/ Rice  <i>Chicken</i> (contains wheat, & dairy) <i>Rice</i> (contains wheat, dairy & sunflower oil)	515	615mg	24g	34g	28g	145mg	1g
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