

# LUNCH

TUESDAY, APRIL 23, 2024

## BACON, CHEDDAR CHICKEN W/ RANCH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
280	850mg	25g	18g	4g	125mg	0g

## MEATLOAF w/brown sauce


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
250	350mg	23g	15g	6g	60mg	1g

## BBQ GLAZED MEATLESS MEATLOAF


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	566mg	21g	2g	25g	6mg	6g

## GOLDEN GODDESS contains sesame

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
185	200mg	10g	7g	21g	0mg	8g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

# DINNER

TUESDAY, APRIL 23, 2024

## CHILI

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
146	560mg	14g	6g	9g	32mg	1g

## GRILLED CHEESE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
275	800mg	9g	15g	26g	26mg	1g

## CHICKEN CAESAR SALAD WRAP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
350	600mg	23g	20g	19g	60mg	1g

## BROCCOLI & CHEESE BAKED POTATO CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
245	145mg	8g	11g	28g	20mg	2g

## 3-BEAN CHILI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
115	625mg	6g	0g	23g	0mg	5g

## GRILLED CHEESE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
210	430mg	4g	8g	30g	0mg	1g

