

# LUNCH

FRIDAY, APRIL 19, 2024

## CHICKEN STRIPS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
312	425mg	31g	17.5g	6g	97mg	1g

## LEMON PEPPER TILAPIA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
138	450mg	21g	6g	0g	48mg	0g

## CHIK'N STRIPS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
210	400mg	16g	9g	17g	0mg	3g

## MAC & CHEEZE cashew gluten-free pasta

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
405	385mg	20g	11g	57g	0mg	4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

FRIDAY, APRIL 19, 2024

## CHICKEN FAJITA BAKE



<b>CALORIES</b>	<b>SODIUM</b>	<b>PROTEIN</b>	<b>FAT</b>	<b>CARBS</b>	<b>CHOLESTEROL</b>	<b>FIBER</b>
410	1080mg	21g	24g	27g	103mg	2g

## QUINOA FAJITA BAKE



<b>CALORIES</b>	<b>SODIUM</b>	<b>PROTEIN</b>	<b>FAT</b>	<b>CARBS</b>	<b>CHOLESTEROL</b>	<b>FIBER</b>
475	872mg	20g	19g	56g	27mg	9g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen