

LUNCH

FRIDAY, SEPTEMBER 20, 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, SEPTEMBER 20, 2024

CHICKEN FAJITA BAKE



| | | | | | | |
|-----------------|---------------|----------------|------------|--------------|--------------------|--------------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 410 | 1080mg | 21g | 24g | 27g | 103mg | 2g |

QUINOA FAJITA BAKE



| | | | | | | |
|-----------------|---------------|----------------|------------|--------------|--------------------|--------------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 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