

LUNCH

FRIDAY, DECEMBER 6, 2024

CHICKEN STRIPS

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

SWEET & SPICY CITRUS TILAPIA with pineapple & mango salsa

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
170	438mg	21g	5g	10g	48mg	0g

CHIK'N STRIPS


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

MAC & CHEEZE cashew coconut oil 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, DECEMBER 6, 2024

TACO SKILLET



CALORIES
300

SODIUM
831mg

PROTEIN
23g

FAT
17g

CARBS
14g

CHOLESTEROL
78mg

FIBER
1g

BLACK BEAN NACHOS



CALORIES
240

SODIUM
700mg

PROTEIN
12g

FAT
12g

CARBS
21g

CHOLESTEROL
31mg

FIBER
4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen