LUNCH

FRIDAY, DECEMBER 13, 2024

CHICKEN STRIPS



2 strips

CALORIES 312

SODIUM 425mg

PROTEIN 31g

FAT 17.5g **CARBS** 6g

CHOLESTEROL 97mg

FIBER 1g





CALORIES 190

SODIUM 200mg

PROTEIN 19g

FAT 12g **CARBS** 3g

CHOLESTEROL 57mg

FIBER 0g

CHIK'N STRIPS V





3 strips

CALORIES 150

SODIUM 350mg

PROTEIN 11g

FAT 7**g**

CARBS 12g

CHOLESTEROL 0mg

FIBER 2g

cashew

coconut oil

MAC & CHEEZE V







gluten-free pasta

CALORIES

SODIUM

PROTEIN

FAT

CARBS

CHOLESTEROL

FIBER

405

385mg

20g

11g

57g

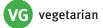
0mg

4g









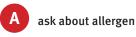












DINNER

FRIDAY, DECEMBER 13, 2024

CHICKEN BROCCOLI CASSEROLE





CALORIES 220

SODIUM 740mg

PROTEIN 18g

FAT 11g **CARBS** 11g

CHOLESTEROL 80mg

FIBER 3g

BROCCOLI & CHEESE CASSEROLE VG









CALORIES 210

SODIUM 834mg

PROTEIN 11g

FAT 13g **CARBS** 12g

CHOLESTEROL 25mg

FIBER 2g







