## LUNCH

## FRIDAY, MARCH 21, 2025

## CHICKEN STRIPS



CALORIES 312

SODIUM 425mg PROTEIN 31g

FAT 17.5g CARBS 6g CHOLESTEROL 97mg

FIBER 1g

SWEET & SPICY CITRUS TILAPIA with pineapple & mango salsa



CALORIES 170

SODIUM 438mg PROTEIN 21g

FAT 5g CARBS 10g CHOLESTEROL 48mg

FIBER 0g

**CHIK'N STRIPS** 





CALORIES 210

SODIUM 400mg

PROTEIN 16g FAT 9g CARBS 17g CHOLESTEROL Omg

FIBER 3g

cashew

coconut oil

MAC & CHEEZE







gluten-free pasta

CALORIES 405

SODIUM 385mg PROTEIN 20g

FAT 11g CARBS 57g CHOLESTEROL Omg

FIBER 4g

contains wheat

















