## LUNCH

### **MONDAY, MARCH 31, 2025**

# GREEN GOODNESS V





**CALORIES** 180

SODIUM 200mg

**PROTEIN** 8g

**FAT** 7g

**CARBS** 21g

**CHOLESTEROL** 0mg

**FIBER** 8g

MEXICAN CHIK'N VG (1) (1) MEATLESS MONDAY









**CALORIES** 250

SODIUM 690mg

**PROTEIN** 23g

**FAT** 12g **CARBS** 12g

**CHOLESTEROL** 17mg

**FIBER** 2g

MEXICAN CHICKEN 🌘 🕕





**CALORIES** 515

SODIUM 615mg

**PROTEIN** 24g

FAT 34g

**CARBS** 28g

**CHOLESTEROL** 145mg

**FIBER** 1g

**BLACKENED TILAPIA** 



**CALORIES** 111

SODIUM 760mg

**PROTEIN** 21g

FAT 3g

**CARBS** 0g

CHOLESTEROL **48mg** 

**FIBER** 0g

contains wheat



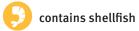
















## DINNER

**MONDAY, MARCH 31, 2025** 

cashew queso

#### **SPICY 3-BEAN NACHOS**







CALORIES 330

SODIUM 588mg PROTEIN 13g

FAT 15g CARBS 35g CHOLESTEROL Omg

FIBER 8g

#### **BEEF NACHOS**



CALORIES 365

SODIUM 1213mg

PROTEIN 21g

FAT 20g CARBS 25g CHOLESTEROL 48mg

FIBER 3g

SANTA FE CHICKEN CASSEROLE





CALORIES 267

SODIUM 480mg PROTEIN 22g

FAT 11g CARBS 20g

CHOLESTEROL 61mg

FIBER 2g











