LUNCH

MONDAY, DECEMBER 16, 2024

ITALIAN CHICK'N









CALORIES 344

SODIUM 1085mg

PROTEIN 26g

FAT 16g

CARBS 24g

CHOLESTEROL 4mg

FIBER 4g





sesame



CALORIES 185

SODIUM 200mg

PROTEIN 10g

FAT 7**g**

CARBS 21g

CHOLESTEROL 0mg

FIBER 8g

ITALIAN BREADED CHICKEN







CALORIES 265

SODIUM 855mg

PROTEIN 22g

FAT 15g CARBS 10g

CHOLESTEROL 56mg

FIBER 0g

BRAISED BEEF W/ RICE



CALORIES 345

SODIUM 745mg

PROTEIN 20g

FAT 17g **CARBS** 28g

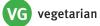
CHOLESTEROL 40mg

FIBER 1g

contains wheat



















DINNER

MONDAY, DECEMBER 16, 2024











CALORIES 300

SODIUM 650mg

PROTEIN 22g

FAT 21g **CARBS** 5g

CHOLESTEROL 350mg

FIBER 0g

SWEET & SOUR TOFU W/RICE V



sweetened w/brown sugar

CALORIES 220

SODIUM 580mg

PROTEIN 10g

FAT 4g

CARBS 36g

CHOLESTEROL 0mg

FIBER 3g

CHICKEN PARMESAN CASSEROLE







CALORIES 405

SODIUM 695mg

PROTEIN 16g

FAT 25g

CARBS 29g

CHOLESTEROL 85mg

FIBER 2g

SWEET & SOUR PORK W/RICE





CALORIES 245

SODIUM 850mg

PROTEIN 3g

FAT 7**g**

CARBS 32g

CHOLESTEROL 31mg

FIBER 1g

contains wheat

















