

Monday August 22, 2016

Lunch

Mexican Chicken w/Mexican Rice

Carved Ham

Tamale Pie *Lacto Vegetarian*

Black Bean Pasta *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Mexican Chicken w/ Rice   <i>Chicken</i> (contains wheat, & dairy) <i>Rice</i> (contains wheat, dairy & sunflower oil)	515	615mg	24g	34g	28g	145mg	1g
Ham Steak	177	1314mg	18g	11g	0g	53mg	0g
Tamale Pie  	212	615mg	11g	8g	24g	10mg	5g
Black Bean Pasta  	242	490mg	7g	10g	31g	0mg	5g

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Dinner

Burritos

Santa Fe Chicken Casserole

Rice Primavera Lacto Vegetarian

Bean & Veggie Burrito Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Burritos 	357	1213mg	21g	12g	39g	48mg	3g
Santa Fe Chicken Casserole  	267	480mg	22g	11g	20g	61mg	2g
Rice Primavera  	225	520mg	10g	7g	30g	14mg	2g
Bean & Veggie Burrito  	325	588mg	13g	5g	57g	0mg	8g