# LUNCH

## TUESDAY, FEBRUARY 4, 2025







CALORIES 260

SODIUM 760mg

PROTEIN 17g FAT 6g CARBS 35g CHOLESTEROL 20mg

FIBER 2g

### SOUTHERN BRAISED PORK CHOPS







CALORIES 335

SODIUM 350mg

PROTEIN 30g

FAT 17g CARBS 15g CHOLESTEROL 81mg

FIBER 0g

#### **VEGETABLE LASAGNA**









CALORIES 300

SODIUM 760mg

PROTEIN 15g FAT 14g CARBS 28g CHOLESTEROL 45mg

FIBER 2g

### **SOUTHWEST POTATO AND CORN CHOWDER**



CALORIES 136

SODIUM 152mg PROTEIN 6g

FAT 4g CARBS 19g CHOLESTEROL Omg

FIBER 4g

contains wheat







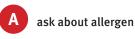












# DINNER

## TUESDAY, FEBRUARY 4, 2025

# PORK FRITTER W/ GRAVY 🔘 🌖 🕕







**CALORIES** 300

**SODIUM** 400mg

**PROTEIN** 22g

**FAT** 18g **CARBS** 12g

CHOLESTEROL 92mg

**FIBER** 2g

#### WINGS OF FIRE



**CALORIES** 160

**SODIUM** 410mg

**PROTEIN** 15g

FAT 11g

**CARBS** 1g

**CHOLESTEROL** 80mg

FIBER 0g

### GREEN GOODNESS V



**CALORIES** 180

**SODIUM** 200mg

**PROTEIN** 8g

**FAT** 7**g** 

**CARBS** 21g

**CHOLESTEROL** 0mg

FIBER 8g







