

LUNCH

WEDNESDAY, APRIL 24, 2024

MEXICAN CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
415	415mg	22g	34g	5g	145mg	0g

CARNITAS (2 tortillas) gluten-free option request corn tortilla

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
437	827mg	26g	21g	36g	73mg	2g

TORTELLINI PESTO W/ ROASTED VEGETABLES

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
255	970mg	25g	14g	46g	85mg	1g


SOY TACO DE CARNITAS (2 tortillas) gluten-free option request corn tortilla

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
152	850mg	23g	10g	39g	0mg	7g


 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

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BEEF LO MEIN contains sesame

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
285	950mg	20g	7g	35g	40mg	2g

CHICKEN FRIED CHICKEN


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	530mg	17g	19g	15g	30mg	0g

SPAGHETTI BASIL BAKE


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
283	300mg	16g	15g	21g	225mg	2g

TOFU AND BROCCOLI WITH RICE contains sesame

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	750mg	15g	5g	41g	0mg	4g

 contains wheat

 contains egg

 contains milk


 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen