LUNCH

SATURDAY, MARCH 30, 2024

CHICKEN FETTUCCINE W/ VEGETABLES (1 CUP) (1)







CALORIES 240

CALORIES

410

SODIUM 770mg

SODIUM

970mg

PROTEIN 14g

PROTEIN

25g

FAT 11g CARBS 22g

CARBS

46g

CHOLESTEROL 25mg

FIBER 2g

BBQ PORK SANDWICH





FAT

14g

CHOLESTEROL 85mg

FIBER 1g

SWEET & SAVORY BBQ SANDWICH





CALORIES 267

SODIUM 780mg

PROTEIN 13g

FAT

7g

CARBS 38g

CHOLESTEROL 0mg

FIBER 4g



















