

Cafeteria Menu

Employees receive a 25% discount on prices listed on board

*Recommended Daily Allowance Is Informational Only. Consult With Your Physician For Specific Recommendations.

Week 1 Wednesday	Calories 2000	Carbohydrate <300 g	Fat <65 g	*Cholesterol < 300 g	Sodium < 2300 mg
Lunch Menu					
Eat Right					
Steak Tacos with Avocado Salsa	225	14	9	30	650
Sautéed Peppers & Onions	53	7	1	0mg	27
Cooks choice soup					
Soup of the day Broccoli & cheese 6 oz serving	149	5g	11g	28mg	490mg
Main Course					
Baked chicken parmesan	380	32	12	85	290
Spinach	27	5g	0g	0g	82mg
Always available					
Hamburger on a bun	279	21g	12g	57mg	288mg
Cheeseburger on a bun	385	22g	21g	83mg	693mg
Grilled ham & cheese	334	29g	15g	41mg	853mg
Grilled chicken breast	157	0g	5g	70mg	61mg
French fries	154	23g	5g	0mg	434mg
Onion rings	215	24g	11g	0mg	517mg
Cheddar cheese poppers (4)	unavailable	unavailable	unavailable	unavailable	unavailable
Grab –n- Go					
Assorted Chef salads, wraps, sandwiches					
Week 1 Thursday	Calories 2000	Carbohydrate <300 g	Fat <65 g	*Cholesterol < 300 g	Sodium < 2300 mg

Lunch Menu					
Eat Right					
Black Beans with Rotel	211	39.1	0.8	0	569.8
Brown Rice	168				
Cooks choice soup					
Soup of the day 6 oz serving					
Main Course					
Cashew Chicken	293	48	8	65	
Fried Rice	225	36	6	0	550
Egg Roll	189	25	6	0	446
Always available					
Hamburger on a bun	279	21g	12g	57mg	288mg
Cheeseburger on a bun	385	22g	21g	83mg	693mg
Grilled ham & cheese	334	29g	15g	41mg	853mg
Grilled chicken breast	157	0g	5g	70mg	61mg
French fries	154	23g	5g	0mg	434mg
Onion rings	215	24g	11g	0mg	517mg
Cheddar cheese poppers (4)	unavailable	unavailable	unavailable	unavailable	unavailable
Grab –n- Go					
Assorted Chef salads, wraps, sandwiches					