



chik'n strips



|            |           |            |             |           |
|------------|-----------|------------|-------------|-----------|
| protein    | fat       | carbs      | cholesterol |           |
| <b>11g</b> | <b>7g</b> | <b>12g</b> | <b>0mg</b>  | <b>2g</b> |



contains wheat



# dinner

friday, december 13, 2024

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## chicken broccoli casserole

|            |              |            |            |            |             |           |
|------------|--------------|------------|------------|------------|-------------|-----------|
| calories   | sodium       | protein    | fat        | carbs      | cholesterol | fiber     |
| <b>220</b> | <b>740mg</b> | <b>18g</b> | <b>11g</b> | <b>11g</b> | <b>80mg</b> | <b>3g</b> |

## broccoli & cheese casserole

|            |              |            |            |            |             |           |
|------------|--------------|------------|------------|------------|-------------|-----------|
| calories   | sodium       | protein    | fat        | carbs      | cholesterol | fiber     |
| <b>210</b> | <b>834mg</b> | <b>11g</b> | <b>13g</b> | <b>12g</b> | <b>25mg</b> | <b>2g</b> |



contains wheat

