

Month: July 2026																			
Monday					Tuesday					Wednesday					Thursday				
The following major food allergens are used as ingredients in many of our meals: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please contact staff at 303-335-4931 for more information about these ingredients.					1-Jul					2-Jul					3-Jul				
					Salads				Entrée	Salads				Entrée	Salads				Entrée
					Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian	
					Calories	682	469	501	626	Calories	913	653	685	626	Calories	686.00	473.00	505	626
Protein	50	41	24	24	Protein	54	46	29	24	Protein	54	46	29	24	Protein	49.00	41.00	24	24
Carbs	43	48	60	77	Carbs	89	81	93	77	Carbs	89	81	93	77	Carbs	44.50	49.00	61	77
Fat	36	15.2	20	28	Fat	41	19.8	25	28	Fat	41	19.8	25	28	Fat	36.00	15.00	20	28
Fiber	10.5	11.5	15.9	12.3	Fiber	17.3	14.3	18.8	12.3	Fiber	17.3	14.3	18.8	12.3	Fiber	9.60	10.60	15	12.3
Sodium	745	420	680	929	Sodium	897	576	835	929	Sodium	897	576	835	929	Sodium	744.00	420.00	216	929
8-Jul					9-Jul					10-Jul					11-Jul				
Salads				Entrée	Salads				Entrée	Salads				Entrée	Salads				Entrée
Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian	
Calories	853.00	640.00	672	626	Calories	690.00	477.00	629.00	626	Calories	864.00	651.00	683	626	Calories	871	657	689	626
Protein	54.00	46.00	28.9	24	Protein	50.00	41.00	29.00	24	Protein	54.00	46.00	29	24	Protein	54	46	29	24
Carbs	73.00	78.00	89	77	Carbs	45.00	50.00	87.00	77	Carbs	76.00	80.00	92	77	Carbs	77	82	94	77
Fat	41.00	19.90	25	28	Fat	15.60	15.20	21.00	28	Fat	41.00	19.90	25	28	Fat	41	19.8	24.6	28
Fiber	13.00	13.90	18.4	12.3	Fiber	10.60	11.60	18.90	12.3	Fiber	12.60	13.60	17.9	12.3	Fiber	13.7	14.7	19.2	12.3
Sodium	896.00	571.00	831	929	Sodium	745.00	420.00	831.00	929	Sodium	896.00	572.00	832	929	Sodium	900	575	835	929
13-Jul					14-Jul					15-Jul					16-Jul				
Salads				Entrée	Salads				Entrée	Salads				Entrée	Salads				Entrée
Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian	
Calories	853.00	640.00	672	626	Calories	682	469	501	626	Calories	840	619	779	626	Calories	922	709	741	626
Protein	54.00	46.00	28.9	24	Protein	50	41	24	24	Protein	55	46	34	24	Protein	55	46	106	24
Carbs	73.00	78.00	89	77	Carbs	43	48	60	77	Carbs	68	70.5	110	77	Carbs	89	94	106	77
Fat	41.00	19.90	25	28	Fat	36	15.2	20	28	Fat	41	19.7	25	28	Fat	41	20	25	28
Fiber	13.00	13.90	18.4	12.3	Fiber	10.5	11.5	15.9	12.3	Fiber	10.5	11.4	20	12.3	Fiber	14.7	15.9	20.2	12.3
Sodium	896.00	571.00	831	929	Sodium	745	420	680	929	Sodium	1064	740	1150	929	Sodium	895	571	831	929
20-Jul					21-Jul					22-Jul					23-Jul				
Salads				Entrée	Salads				Entrée	Salads				Entrée	Salads				Entrée
Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian	
Calories	913	653	685	626	Calories	708.00	494.00	527	626	Calories	536	504	536	626	Calories	944.00	715.00	747.00	626
Protein	54	46	29	24	Protein	50.00	41.00	24	24	Protein	25	42	25	24	Protein	54.00	46.00	29.00	24
Carbs	89	81	93	77	Carbs	51.00	55.00	67	77	Carbs	69	57	69	77	Carbs	93.00	98.00	109.00	77
Fat	41	19.8	25	28	Fat	36.00	15.00	19.8	28	Fat	20	15	19.8	28	Fat	41.00	20.00	25.00	28
Fiber	17.3	14.3	18.8	12.3	Fiber	9.50	10.50	14.9	12.3	Fiber	17.3	13	17.3	12.3	Fiber	17.00	18.00	23.00	19.8
Sodium	897	576	835	929	Sodium	745.00	421.00	681	929	Sodium	679	420	679	929	Sodium	897.00	573.00	833.00	929
27-Jul					28-Jul					29-Jul					30-Jul				
Salads				Entrée	Salads				Entrée	Salads				Entrée	Salads				Entrée
Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian	
Calories	710.00	501.00	529	626	Calories	744.00	531.00	563	626	Calories	914	643	733	626	Calories	536	504	536	626
Protein	50.00	42.00	25	24	Protein	50.00	42.00	25	24	Protein	56	46.5	31	24	Protein	25	42	25	24
Carbs	51.00	56.00	68	77	Carbs	53.00	58.00	70	77	Carbs	92	77	108	77	Carbs	69	57	69	77
Fat	36.00	15.30	20	28	Fat	39.00	17.40	22	28	Fat	39	19.5	23	28	Fat	20	15	19.8	28
Fiber	10.50	11.90	15.8	12.3	Fiber	10.60	11.60	15.9	12.3	Fiber	12.6	12.8	18.2	12.3	Fiber	17.3	13	17.3	12.3
Sodium	749.00	420.00	684	929	Sodium	749.00	425.00	684	929	Sodium	1028	744	964	929	Sodium	679	420	679	929