



## KROC FUEL MACRO MENU MARCH



### Grilled Chicken Buffalo Salad

Calories 360, Sodium 590mg, Total Fat 20g,  
Total Carbs 12g, Dietary Fiber 3g,  
Sugars 2g, Protein 35g, Cholesterol 140mg

### Spinach Feta Meatballs, Sweet Potatoes, & Broccoli

Calories 360, Sodium 611 mg, Total Fat 9g,  
Total Carbs 39g, Dietary Fiber 5g,  
Sugars 12g, Protein 19g, Cholesterol 45mg

### Chimichurri Chicken, Roasted Potatoes, and Mixed Vegetables

Calories 474, Sodium 713mg, Total Fat 13g,  
Total Carbs 28g, Dietary Fiber 2g,  
Sugars 4g, Protein 59g, Cholesterol 204mg

### Black Bean Burger and Sweet Potato Fries

Calories 363, Sodium 735mg, Total Fat 11g,  
Total Carbs 60g, Dietary Fiber 1g,  
Sugars 1g, Protein 13g, Cholesterol 0mg

### Grilled Chicken Winter Salad

Calories 340, Sodium 413mg, Total Fat 18g,  
Total Carbs 28g, Dietary Fiber 4g,  
Sugars 21g, Protein 19g, Cholesterol 105mg

### Honey Sriracha Meatballs, Mashed Potatoes, and Broccoli

Calories 475, Sodium 790mg, Total Fat 28g,  
Total Carbs 31g, Dietary Fiber 43g,  
Sugars 10g, Protein 28g, Cholesterol 175mg

### Grilled Chicken, Roasted Sweet Potatoes, and Cream of Spinach

Calories 573, Sodium 754mg, Total Fat 16g,  
Total Carbs 37g, Dietary Fiber 3g,  
Sugars 10g, Protein 62g, Cholesterol 214mg

### Vegetable Lasagna

Calories 432, Sodium 457mg, Total Fat 19g,  
Total Carbs 48g, Dietary Fiber 3g,  
Sugars 3g, Protein 20g, Cholesterol 6mg

### Grilled Chicken Caesar Salad

Calories 420, Sodium 773mg, Total Fat 20g,  
Total Carbs 14g, Dietary Fiber 3g,  
Sugars 3g, Protein 44g, Cholesterol 110mg

### Grilled Chicken, Basil Pesto Rice, and Mixed Veggie

Calories 475, Sodium 473mg, Total Fat 8g,  
Total Carbs 38g, Dietary Fiber 0g,  
Sugars 3g, Protein 59g, Cholesterol 204mg

### Roasted Vegetable Wrap and Chip

Calories 460, Sodium 150mg, Total Fat 17g,  
Total Carbs 65g, Dietary Fiber 10g,  
Sugars 8g, Protein 14g, Cholesterol 10mg

### Tex-Mex Chicken Salad

Calories 542, Sodium 42 mg, Total Fat 18g,  
Total Carbs 71g, Dietary Fiber 10g,  
Sugars 8g, Protein 14g, Cholesterol 10mg

### Spicy Mustard Chicken, Roasted Potatoes, and Mixed Veggies

Calories 582, Sodium 473mg, Total Fat 8g,  
Total Carbs 57g, Dietary Fiber 0g,  
Sugars 3g, Protein 60g, Cholesterol 204mg

### Vegetarian roasted stuff pepper

Calories 195, Sodium 324mg, Total Fat 2g,  
Total Carbs 37g, Dietary Fiber 3g,  
Sugars 3g, Protein 7g, Cholesterol 6mg

### BBQ Chicken, Health Mac, and Mixed Veggie

Calories 614, Sodium 473mg, Total Fat 17g,  
Total Carbs 59g, Dietary Fiber 1g,  
Sugars 10g, Protein 66g, Cholesterol 204mg

**Purchase & Pick Up at Front Desk | Order Up-front -OR- Day Of by 12PM | Kitchen Closes Daily at 1PM**



## PACKAGE OPTIONS



**5/5 package = \$260 (5 Meals/ (5) 1 hour Sessions)**

**10/10 package = \$520 (10 Meals/ (10) 1 hour Sessions)**

**15/15 package = \$780 (15 Meals/ (15) 1 hour Sessions)**

*\*Only applies for individuals purchasing 1 hour sessions. Couples Sessions and 30 Minute sessions are excluded.\**



# KROC FUEL MENU MARCH



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**MARCH  
4-7**

Black bean burger  
with sweet potato fries

Grilled chicken  
Ceaser salad

Honey sriracha meatballs,  
mashed potatoes,  
and broccoli

Spicy Mustard chicken,  
roasted potatoes, and  
mixed veggies

**MARCH  
11-14**

Roasted Vegetable  
wrap and chip

Tex-Mex salad  
with avocado ranch

Spinach feta meatballs,  
sweet potatoes  
and broccoli

Grilled chicken, Basil  
pesto rice, and mixed  
veggie

**MARCH  
18-21**

Vegetarian Roasted  
Stuffed Pepper

Grilled chicken buffalo  
salad

Honey sriracha meatballs,  
mashed potatoes  
and broccoli

Grilled BBQ chicken.  
Health mac, and mixed  
veggie

**MARCH  
25-28**

Vegetable Lasagna

Grilled chicken winter  
salad

Spinach feta meatballs,  
sweet potatoes  
and broccoli

Chimichurri chicken,  
roasted potatoes, and  
mixed veggies

**Kitchen  
Is  
Closed  
On  
Fridays**

Order Lunch By 12PM | Kitchen Closed at 1PM | Member Price - \$12 | Non-member Price - \$15

## ALYSSIA ANDERSON, EVENTS & FOOD SERVICE MANAGER



Having moved to the upstate from North Florida in 2021, Alyssia Anderson joined Kroc Greenville in the summer of 2023 with 10 years of culinary leadership and events experience.

She began her career in Hospitality & Events at a young age, working for her family catering business in Jacksonville, FL. She worked her way up at resorts, restaurants, corporate catering, and wedding venues.

Most recently, she served as Catering Operations Manager for Larkin's, managing all venues, staff, aiding sous chefs, and providing delicious food to Greenville's community.

She has a passion for creating memorable experiences and spreading love through food.



Scan to  
Order Lunch



**KROC  
GREENVILLE**

