

LUNCH TUESDAY, FEB 11

	SERVING SIZE	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	DIETARY PREFERENCES	CONTAINS
Tuesday												
Smoked Jerk Chicken	5 oz	334	14.5	1.4	109	916	12.8	2.8	5.8	37.5		S
Caribbean BBQ Sauce	2 oz	70	0.5	0.1	0	493	16.1	0.9	12.7	1.1	VEG	S
Simply Grilled Herb Chicken	5 oz	263	14.8	1	91	538	0.7	0.1	0	30.2		
Jerk Shrimp	5 oz	210	7.1	1.1	299	665	2.2	0	0	32.3		SF
Mango Salsa	2 oz	113	0.7	0.2	0	100	28	3	24	2	VEG, V	
Mojo Mushroom Medley	1/2 cup	119	8.8	1.2	0	395	11.1	2.5	3.9	2.5	VEG, V	
Jamaican Rice & Peas	1/2 cup	224	8.5	7.3	0	212	32.1	3.4	1.8	5.8	VEG, V	
Roasted Sweet Plantains	1/2 cup	185	3.6	0.5	0	255	41.1	2.9	20.2	1.8	VEG, V	
Caribbean Vegetable Curry	1 cup	179	13.3	9.1	0	535	16.5	4.3	6.3	3.2	VEG, V	
Papaya Salad	1 cup	281	6.8	1	0	309	54.4	0.8	33.5	0.4	VEG, V	SE
Confetti Rice Salad	1/2 cup	129	3.8	1.5	0	172	25.5	1.2	4	2.1	VEG, V	
Assorted Rice Crispy Treats:												
Pistachio	2 inch square	221	8.7	4.6	18	230	35.2	0.3	17.7	1.3		S, D, TN
White Chocolate	2 inch square	232	9	5.4	19	222	37.1	0.1	20	1.1		S, D
Chocolate Chip	2 inch square	254	10.1	6.3	20	225	39.6	0.4	21.8	1.5		S, D
Fruity Pebbles	2 inch square	226	8.7	5.6	18	198	36.2	0.1	19.4	1.2		S, D
Vegan Chocolate Chip	2 inch square	247	9.3	3.4	0	232	39.2	0.6	29.2	1.1	VEG, V	S
Caribbean Potato Soup	1 cup	159	7.7	5.7	0	349	21	4.4	5.4	3.8	VEG, V	
Lemony Red Lentil Soup	1 cup	187	3.6	0.4	0	554	28.3	12.8	2.9	10.2	VEG, V	
Daily												
Salad Dressings:												
Ranch	1 oz	130	14	2	5	260	2	0	1	0		S, D, E
Italian	1 oz	124	12.3	1.1	0	318	4.5	0.4	3.7	0.2		
Sesame Ginger	1 oz	110	8	1.5	0	240	10	0	8	0		S, G
Blue Cheese	1 oz	130	14	3	10	250	1	0	1	1		S, D, E
Balsamic	1 oz	190	22	1.5	0	40	2	0	2	0	VEG, V	
Caesar	1 oz	210	23	4	5	400	1	0	1	1		S, D
Greek	1 oz	112	12.6	1.8	0	122	0.5	0.1	0	0.1	VEG, V	
Proteins:												
Grilled Chicken	2 oz	98	2.6	0.7	48	44	0	0	0	17.5		
Tofu	2 oz	47	2.3	0.3	0	20	1.3	0.7	0	5.3	VEG, V	S
Tuna Salad (with Mayo)	1/4 cup	100	6.7	1	11	290	6.8	0.2	2.9	3		S, E
Deli:												
Ham	2 slices	60	1	0	20	570	3	0	3	10		PK
Roast Beef	2 slices	70	3	1	25	310	0	0	0	12		
Turkey	2 slices	60	1	0	20	360	0	0	0	11		
Salami	2 slices	55	4.5	1.7	15	215	0.5	0	0	3		PK
American Cheese	1 slice	110	9	6	25	350	1	0	0	6		D
Swiss	1 slice	110	9	6	25	135	0	0	0	7	VEG	D
Smoked Gouda	1 slice	100	8	6	25	220	0	0	0	6	VEG	D
Provolone	1 slice	100	8	5	25	220	0	0	0	7	VEG	D
Cheddar	1 slice	110	10	6	30	200	0	0	0	7	VEG	D
Lettuce	1 leaf	1	0	0	0	1	0.2	0.1	0.2	0.1	VEG, V	
Tomatoes	1 slice	3	0	0	0	1	0.6	0.2	0.4	0.1	VEG, V	
Onions	1 slice	4	0	0	0	0	0.8	0.2	0.4	0.1	VEG, V	
Pickles	6 slices	0	0	0	0	390	1	0	0	0	VEG, V	
Sourdough Bread	1 slice	150	0.5	0	0	360	31	1	0	5		G
Country Bread	1 slice	120	1	0	0	210	23	0	2	3		S, G
Whole Grain Bread	1 slice	110	2	0	0	160	21	3	3	4		S, G
Wheat Bread	1 slice	120	1.5	0	0	320	22	1	3	4		S, G

S = soy
G = gluten
D = dairy
E = eggs
TN = tree nuts
PN = peanuts
SF = shellfish
PK - pork
F = fish
SE = sesame
VEG = vegetarian
V = vegan
🔥 = spicy