

LUNCH WEDNESDAY, FEB 12

	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
Wednesday												
Build Your Own Poke Bowl												
Tuna Poke	4 oz	139	3.6	0.6	45	447	1.1	0.3	0.3	24.1		S, F, SE
Chicken Teriyaki (sliced)	5 oz	286	11.7	0.9	91	956	13	0.3	10.7	31.4		S, G, SE
Vegan Chicken Teriyaki	5 oz	330	12	1	0	1212	33	0	11	25	VEG, V	S, G, SE
Steamed Jasmine Rice	1/2 cup	122	1	0.1	0	284	25.2	0.6	0.4	2.2	VEG, V	
Cucumber Sunomono	1/4 cup	21	1.4	0.2	0	132	1.7	0.2	1	0.5	VEG, V	S, SE
Julienne Carrots	1/4 cup	12	0	0	0	20	2.8	0.8	1.2	0.4	VEG, V	
Soybeans	2 Tbsp	48	2.2	0.2	0	4	3.6	1.4	0	4.2	VEG, V	S
Sriracha 🌶️	1 tsp	0	0	0	0	70	0	0	0	0	VEG, V	
Sambal Sauce 🌶️	1 tsp	0	0	0	0	75	0	0	0	0	VEG, V	
Sesame Onion Dressing	1 oz	110	8	1.5	0	240	10	0	8	0	VEG, V	S, SE
Furikake	1 tsp	6	0	0	0	30	1.2	1.2	0	0	VEG, V	S, G, SE
Crispy Shallots	2 Tbsp	68	5.3	0.4	0	150	4.9	0.1	0	0.7	VEG, V	G
Spicy Mayo	1 oz	120	9.8	1.4	8	461	8.1	0	2	0.5	VEG	S, E
Soba Noodles with Vegetables	1 cup	251	9.5	1.4	0	795	37.1	1.9	3.8	7.2	VEG, V	
Roasted Broccoli & Baby Corn	1/2 cup	106	8.9	0.6	0	567	5.6	2.2	3.8	2.5	VEG, V	
Citrus Salad	1 cup + 1 oz dressing	227	20	1.8	0	84	11.5	1.5	9.5	1.6	VEG, V	
Crunch Salad	1 cup + 1 oz dressing	205	17.3	1.6	0	183	9.8	1.7	6.6	2.6	VEG, V	
Red Velvet Cake	2 inch square	382	19.5	5.6	42	167	49.3	0.5	33.5	4	VEG	
Vegan Red Velvet Cake	2 inch square	325	18.1	7.6	0	115	39.1	0.9	22.8	2.3	VEG, V	
Japanese Rice Soup	1 cup	132	1.6	0.4	32	415	19.7	2.5	0.6	8.8		
Miso Soup	1 cup	51	2.2	0.4	0	455	6	1.7	1.2	4.7	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