

LUNCH FRIDAY, MAR 21

	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				
Friday																
Grilled Yucatan Chicken	Roasted Tomato, Squash & Onion	Cilantro Rice	z + 1 oz sauce	1/2 cup	1/2 cup	575	32.6	3.4	91	1411	35.6	3.4	2.8	34.3		
Grilled Herb Salmon with Roasted Tomatoes	Roasted Broccoli	Steamed Rice	oz + 1/4 cup	1/2 cup	1/2 cup	486	19.5	2.6	95	1369	36.2	5.1	5.3	41.5		F
Mediterranean Vegetable Pita	Hummus		1 pita	2 oz		253	11.2	1.6	0	572	31.4	4.8	5.5	9.4	VEG, V	G, SE
Greek Chickpea Salad	Red Wine Vinaigrette		2 cups	1 oz		367	23.1	2.4	0	333	33.2	9.2	8.5	10	VEG, V	
Grilled Marinated Tofu	Quinoa with Veggies	Herb Yogurt Dressing	5 oz	1 cup	1 oz	447	18.1	5.7	30	611	35.4	4.3	12.1	38	VEG	S, D
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