

LUNCH WEDNESDAY, APR 2

	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												
Chicken Breast	5 oz	218	11.5	3.3	122	805	4	0	1	25		
Pork Belly	5 oz	753	75.2	27.4	102	675	5	0	3	14		S, PK
Miso Broth	1 cup	113	6.1	1.2	4	932	9	1	4	6		S, PK
Shrimp	5 oz	266	14.7	1.5	228	403	6	0	4	29		SF, SE
Vegetable Broth	1 cup	114	6.3	0.9	0	870	13	2	1	3	VEG, V	S, SE
Sliced Tofu	5 oz	209	15.2	1.5	0	515	7	1	3	15	VEG, V	S, SE
Ramen Noodles	1 cup	274	5	0.5	0	535	49	0	0	8	VEG, V	S, G, SE
Toppings:												
Kimchi	2 Tbsp	15	0	0	0	400	3	0	0	1	VEG, V	
Fried Garlic	1 Tbsp	44	3.6	0.3	0	147	3	0	0	1	VEG, V	
Chili Oil	1 tsp	40	4.5	0.3	0	0	0	0	0	0	VEG, V	
Hardboiled Egg	2 Tbsp	47	3.4	1	130	44	0	0	0	4	VEG	E
Teriyaki Glaze	1 Tbsp	25	0	0	0	402	6	0	5	1	VEG, V	S
Scallions	2 Tbsp	4	0	0	0	2	0.8	0.4	0.2	0.2	VEG, V	
Bean Sprouts	2 Tbsp	8	0.4	0	0	54	0	0	0	0	VEG, V	
Sambal	1 tsp	0	0	0	0	75	0	0	0	0	VEG, V	
Grilled Bok Choy	1/2 cup	47	3.7	0.4	0	378	2	1	1	2	VEG, V	S, SE
Warm Sauteed Corn	1/2 cup	90	4.1	0.5	0	205	14	2	5	2	VEG, V	
Crunch Salad	1 cup + 1 oz dressing	221	20	2.4	0	619	8	4	3	4	VEG, V	S, TN
Mixed Green Salad with Peanut Dressing	1 cup + 1 oz dressing	159	7.5	0.8	0	545	16.1	1.1	11.7	2.6	VEG, V	S, PN, SE
Banana Nutella Wontons	1 wonton	105	5.2	3.7	38	82	13	1	6	2	VEG	D, G, E, TN
Vegan Almond Pear Cake	2 inch square	335	16.2	4.5	0	78	43	3.1	18.1	4.8	VEG, V	G, TN
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