

LUNCH TUESDAY, APR 22

	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												
Herb Roasted Chicken Breast (sliced)	5 oz	289	17	3	82	652	0.8	0.1	0.1	29.3		
Simply Herb Grilled Shrimp	5 oz	250	14	1.5	277	677	0.2	0.2	0	30		SF
Barley & Red Pepper Stew	1 cup	227	4.9	0.6	0	762	40.4	9.5	7.3	7.2	VEG, V	S, G
Brown Rice & Quinoa with Spinach, Pepper & Onion	1/2 cup	90	1	0.2	0	401	18	3	2	3	VEG, V	
Farro & Black Rice with Currants	1/2 cup	163	5.4	0.6	0	342	27	3	1	3	VEG, V	G
Grilled Broccolini with Lemon	1/2 cup	53	3.7	0.3	0	251	4.1	1.3	0.9	1.6	VEG, V	
Tabouli Quinoa Salad	1/2 cup	109	6.2	0.9	0	304	12.1	2.4	2.6	2.9	VEG, V	
Garden Salad	1 cup + 1 oz dressing	293	26.2	1.9	0	352	17.9	3.4	8.2	2.6	VEG	D, G
Whole Grain Cinnamon Apple Bars	1 bar	247	12.4	7.5	44	196	33	3	18	3	VEG	D, G, E
Vegan Apple Bars	1 bar	256	11.3	1	0	130	35	2	12	3	VEG, V	G
Beef & Barley Soup	1 cup	181	5.3	1.5	37	879	18	4	2	17		G, F
Vegan Lentil Soup	1 cup	162	3.2	0.6	0	778	21.8	10.4	2	11.4	VEG, V	
Vegan Green Goddess Dressing	1 oz	137	14	1.1	0	142	0.5	0.2	0.1	0.2	VEG, V	S
Ranch Dressing	1 oz	88	6.7	1.1	6	345	5.8	0	2.4	0.9		S, D, E, F
Citrus Vinaigrette	1 oz	160	16	1.5	0	80	4	0	4	0	VEG, V	SE
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