

LUNCH THURSDAY, MAY 8

	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
Thursday												
Shredded Kahlua Pork	5 oz	351	24.5	6.9	88	493	6	0.5	4.2	26.2		S, PK
BBQ Sauce	2 oz	119	1.8	0.3	0	611	26.4	0.2	25.3	0.6	VEG, V	S
Braised Beef Brisket	5 oz	365	24.4	9.4	92	592	8.1	1.6	3.9	27		
Hawaiian BBQ Sauce	2 oz	72	0.1	0	0	485	17.4	0.7	12.4	0.7	VEG, V	S
Hawaiian Tofu	1 cup	311	13	1.6	0	1241	34.2	2.8	7.9	15.4	VEG, V	S
Mashed Potatoes	1/2 cup	201	15	4.5	10	392	15.8	2.3	1.1	2.4	VEG	D
Steamed Broccoli	1/2 cup	21	0.2	0	0	214	4	1.6	1	1.7	VEG, V	
Stir Fried Vegetables	1/2 cup	110	7.8	0.9	0	389	8	2.8	3.2	2.6	VEG, V	S, SE
Macaroni Salad	1/2 cup	246	10.4	1.5	8	535	33.8	1.7	4.9	4.8	VEG	S, G, E
Hawaiian Spinach Salad	1 cup + 1 oz dressing	212	18.4	3.5	0	128	11.4	2.1	8	1.5	VEG, V	SE
Pineapple Upside Down Cake	2 inch square	289	12.2	7.3	61	239	42.7	0.9	27.4	3.8	VEG	S, D, G
Vegan Pineapple Upside Down Cake	2 inch square	257	9	2.8	0	250	42.8	1	27.7	2.1	VEG, V	G, TN
Creamy Chicken & Mushroom Soup	1 cup	169	9.9	4.3	42	993	8.8	2.3	3.5	11.1		D, G
Sesame Carrot Ginger Soup	1 cup	204	16.2	10.5	0	284	15.3	3.8	8.4	2.1	VEG, V	SE
Hawaiian Rolls	1 roll	90	1.5	0.5	10	115	15	0	5	3	VEG	S, D, G, E
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