

LUNCH FRIDAY, MAY 23

|                                                                            | 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       |
|----------------------------------------------------------------------------|-------------------------|----------|---------------|-------------------|------------------|-------------|-----------------|-------------------|-----------|-------------|---------------------|----------------|
| <b>Friday</b>                                                              |                         |          |               |                   |                  |             |                 |                   |           |             |                     |                |
| Chicken ParmesanPenne PastaRoasted Onions & BroccoliMarinara Sauce         | 5 oz1 cup1/2 cup2 oz    | 842      | 32            | 6.9               | 142              | 1597        | 82.5            | 7.1               | 11.1      | 56.8        |                     | D, G           |
| Grilled Herb Garlic ShrimpRoasted CauliflowerCherry TomatoesFarfalle Pasta | 5 oz1/2 cup1/4 cup1 cup | 752      | 40.2          | 21.7              | 424              | 1604        | 49.4            | 4.7               | 3.2       | 48.1        |                     | D, G, SF       |
| Honey Ham, Tomato, Onion, Lettuce & Pepper Jack WrapChipotle AioliKale     | 1 wrap1 oz1 bag         | 634      | 37            | 7.4               | 45               | 1676        | 50.8            | 3.7               | 7.6       | 19.2        |                     | S, D, G, E, PK |
| Vegan Caesar SaladCaesar Dressing                                          | 2 cups1 oz              | 243      | 21.9          | 4.8               | 0                | 780         | 9.1             | 0.5               | 0.5       | 0.8         | VEG, V              | G              |
| Grilled Ginger TofuSaladCreamy Ginger Dressing                             | 5 oz2 cups1 oz          | 345      | 29.2          | 1                 | 8                | 1020        | 11.1            | 4.1               | 2.5       | 11.1        | VEG                 | S, E, SE       |
| <b>Daily</b>                                                               |                         |          |               |                   |                  |             |                 |                   |           |             |                     |                |
| <b>Salad Dressings:</b>                                                    |                         |          |               |                   |                  |             |                 |                   |           |             |                     |                |
| 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              |                |
| <b>Proteins:</b>                                                           |                         |          |               |                   |                  |             |                 |                   |           |             |                     |                |
| 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           |
| <b>Deli:</b>                                                               |                         |          |               |                   |                  |             |                 |                   |           |             |                     |                |
| 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