

LUNCH WEDNESDAY, JUN 4

	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												
Cuban Tacos												
Diced Mojo Chicken Thigh	5 oz	280	22.5	4.4	77	377	6.7	1.3	1.8	13.7		
Cilantro & Chili Shrimp	5 oz	155	3.3	1.4	235	396	3	0.9	0.9	29		D, SF
Vegan Black Bean & Sweet Potatoes	1/2 cup	135	4.3	0.6	0	338	21.1	5.1	0.2	4	VEG, V	
Saffron Rice with Zucchini & Squash	1/2 cup	133	1.8	0.2	0	108	26.3	0.8	0.9	2.5	VEG, V	
Cuban Braised Beans with Cilantro & Lime	1/2 cup	106	0.4	0.1	0	250	19.8	6.9	1.5	6.6	VEG, V	
Sweet Plantains	1/2 cup	166	2.8	0.3	0	199	38.1	2.7	17.9	1.6	VEG, V	
Corn Tortillas	2 tortillas	100	1.5	0	0	10	20	3	2	2	VEG, V	
Flour Tortillas	1 tortilla	140	3	1	0	333	26	1	1	4	VEG, V	G
Diced Tomato	2 Tbsp	3	0	0	0	1	0.6	0.2	0.4	0.1	VEG, V	
Diced Onion & Cilantro	2 Tbsp	4	0	0	0	0	0.8	0.2	0.4	0.1	VEG, V	
Sour Cream	2 Tbsp	60	5	3.5	20	15	1	0	1	1	VEG	D
Sliced Radishes	1 radish (6 slices)	1	0	0	0	2	0.2	0.1	0.1	0	VEG, V	
Queso Fresco	1 oz	80	6	4	20	200	0	0	0	6	VEG	D
Salsa Verde	1 oz	10	0	0	0	240	2	0	1	0	VEG, V	
Mojito Quinoa & Rice Salad	1/2 cup	141	6.4	0.6	0	275	16.5	3.4	2.3	3.8	VEG, V	
Cuban Springs Salad with Citrus Dressing	1 cup + 1 oz	225	18.6	3.8	113	485	11.8	2.2	7.4	5	VEG	D, TN
Traditional Flan	2 inch square	291	9.3	5.1	107	119	46.3	0	46.3	7.5	VEG	D, E
Vegan Mango Cake with Coconut	2 inch square	330	17.4	14.8	0	177	43	1.4	26.6	2.6	VEG, V	G
Sopa de Pollo	1 cup	294	9.6	1.9	27	783	35.6	2.9	6.4	16.1		G
Vegan Black Bean Soup	1 cup	125	6.5	1.5	0	614	15.7	4.6	3.3	4.4	VEG, V	
Crispy Tortilla Strips	1/4 cup	46	2.4	0.4	0	30	6	0.7	0	0.7	VEG, V	
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