

LUNCH TUESDAY, JUNE 10

	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												
Fried Chicken	5 oz	477	31	6.5	117	705	27	0.7	6.9	22.1		S, D, G, E
Louisiana Hot Sauce	1 tsp	0	0	0	0	200	0	0	0	0	VEG, V	
Hot Honey	1 Tbsp	65	0	0	0	1	17.6	0.1	17.4	0.1	VEG	
Blackened Salmon	5 oz	251	10.9	1.7	95	345	0	0	0	36.2		F
Tartar Sauce	1 oz	121	9.8	1.6	8	455	8.4	0.2	3	0.4	VEG	S, E
Vegan Jambalaya	1 cup	294	14	3.4	0	978	32.4	4.4	2.3	11.8	VEG, V	
Steamed Green Beans	1/2 cup	17	0.1	0	0	151	3.9	1.9	0.8	1	VEG, V	
Mac & Cheese with Herb Breadcrumbs	1 cup	373	22.7	13.7	74	594	31.8	1.3	3.2	10.9	VEG	D, G
Braised Collard Greens with Smoked Turkey	1/2 cup	109	6.5	1.4	16	476	5.8	1.9	2.5	8.3		
Vegan Collard Greens	1/2 cup	96	5.4	0.7	0	375	12.9	3.2	7	2.1	VEG, V	
Southern Potato & Egg Salad	1/2 cup	234	16.6	2.5	37	337	19.4	2.1	4.4	3.2	VEG	S, E
Watermelon & Beet Salad	1/2 cup	116	10.1	0.8	0	235	6.8	1	5.4	0.8	VEG, V	
Peach Cobbler	2 inch square	299	13.1	5.4	35	173	45.9	1.4	35.7	2.5	VEG	S, D, G, E
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D
Vegan Peach Cobbler	2 inch square	289	10.1	2.2	0	192	48.3	1.9	31.9	2.7	VEG, V	G, TN
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V	
Creamy Southwestern Chicken Soup	1 cup	303	15.4	4.9	51	632	23.2	3.6	6.4	16.9		D, G
Vegan Split Pea Soup	1 cup	207	4.3	0.4	0	699	31.3	12.4	5.5	11.7	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