

LUNCH TUESDAY, JUNE 17

|                                                            | 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                                                    |                       |          |               |                   |                  |             |                 |                   |           |             |                     |            |
| Al Pastor Chicken Thigh with Chipotle Crema & Queso Fresco | 5 oz                  | 379      | 17.7          | 4.6               | 170              | 736         | 17.9            | 2.9               | 10.4      | 39.8        |                     | D          |
| Carne Asada                                                | 5 oz                  | 366      | 24.2          | 5                 | 112              | 589         | 2.4             | 0.4               | 0.3       | 35.9        |                     |            |
| Tofu Mole                                                  | 5 oz + 1/2 cup        | 244      | 18.3          | 2.2               | 0                | 389         | 10.4            | 2.9               | 3.4       | 13.9        | VEG, V              | S, TN      |
| Braised Mexican Black Beans                                | 1/2 cup               | 105      | 1.5           | 0.3               | 0                | 301         | 19.2            | 6.8               | 0.4       | 6.9         | VEG, V              |            |
| Grilled Street Corn                                        | 1/2 cup               | 140      | 7.8           | 1.5               | 3                | 341         | 17              | 2.3               | 3.1       | 3.6         | VEG                 | S, D, E    |
| Grilled Broccoli                                           | 1/2 cup               | 65       | 5.5           | 0.5               | 0                | 265         | 3.5             | 1.4               | 0.9       | 1.5         | VEG, V              |            |
| Mexican Caesar Salad                                       | 1 cup + 1 oz dressing | 342      | 31.7          | 6.8               | 11               | 654         | 9.3             | 1.8               | 2         | 7.1         |                     | S, D, E, F |
| Rafi's Chimol Salad                                        | 1 cup + 1 oz dressing | 240      | 20.8          | 1.9               | 0                | 440         | 17.5            | 1.5               | 5.1       | 2.5         | VEG, V              |            |
| Sopapilla Cheesecake                                       | 2 inch square         | 239      | 16.3          | 9                 | 35               | 254         | 21.2            | 0.1               | 12.3      | 3.1         | VEG                 | D, G       |
| Cortadillo                                                 | 2 inch square         | 194      | 7.7           | 0.9               | 0                | 47          | 29.8            | 0.5               | 18.4      | 1.7         | VEG, V              | G, TN      |
| Chicken Pozole Verde                                       | 1 cup                 | 220      | 8.2           | 1.7               | 24               | 678         | 24.7            | 4.2               | 6.6       | 12          |                     |            |
| Shredded Cabbage                                           | 1/4 cup               | 4        | 0             | 0                 | 0                | 3           | 1               | 0.4               | 0.6       | 0.2         | VEG, V              |            |
| Diced Onions                                               | 1 Tbsp                | 4        | 0             | 0                 | 0                | 0           | 0.8             | 0.2               | 0.4       | 0.1         | VEG, V              |            |
| Cilantro                                                   | 1 Tbsp                | 0        | 0             | 0                 | 0                | 0           | 0               | 0                 | 0         | 0           | VEG, V              |            |
| Lime                                                       | 2 wedges              | 5        | 0             | 0                 | 0                | 0           | 1.8             | 0.5               | 0.3       | 0.1         | VEG, V              |            |
| Radishes                                                   | 1 radish              | 1        | 0             | 0                 | 0                | 2           | 0.2             | 0.1               | 0.1       | 0           | VEG, V              |            |
| Vegan Albondigas                                           | 1 cup                 | 140      | 7             | 3                 | 0                | 767         | 11              | 3                 | 4         | 8           | VEG, V              | S          |
| 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