

LUNCH WEDNESDAY, JUNE 25

	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												
Build Your Own Subs												
Beef & Pork Meatballs with Marinara	2 meatballs + 2 oz sauce	306	21.6	6.6	55	633	12.2	1.5	4.2	15		D, G, PK
Chicken Meatballs with Marinara	2 meatballs + 2 oz sauce	241	12.6	2.7	49	628	12.2	1.5	4.2	18.2		D, G
Vegan Meatballs with Tomato Sauce	2 meatballs + 2 oz sauce	273	16.7	6.4	0	690	14.9	4.3	4	16.2	VEG, V	S
Creamy Parmesan Polenta	1/2 cup	235	11.9	7.1	32	435	25.4	2.3	0.9	8.1	VEG	D
Grilled Broccoli with Lemon Zest & Chili	1/2 cup	65	5.5	0.5	0	265	3.5	1.4	0.9	1.5	VEG, V	
Rigatoni Pasta with Pesto Cream, Scorched Tomato & Mozzarella Pearls	1 cup	308	15.8	6	66	209	31.2	0.7	2.1	11	VEG	D, G
Kale Salad with Apple Cider Dressing	1 cup + 1 oz dressing	233	16.8	1.2	0	92	21.3	1.9	10.2	2.3	VEG, V	TN
Raspberry Salad	1 cup + 1 oz dressing	220	19.8	2.6	6	192	9.2	1.7	5.4	2.4	VEG	D
Walnuts	1 Tbsp	45	4.3	0.5	0	0	0.8	0.5	0.1	0.9	VEG, V	TN
Chocolate Chip Cannoli	1 cannoli	205	11.7	6.6	30	91	20.3	0.3	12.1	4.5	VEG	S, D, G, E
Vegan 7 Layer Bar	2 inch square	270	17	9.3	0	85	29.5	2.2	19.4	1.9	VEG, V	G, TN
Minestrone	1 cup	108	4.4	1	0	472	16	3.7	4.6	3.7	VEG, V	
Italian Wedding Soup	1 cup	267	25.9	4	69	573	20.9	2.3	1.5	18.3		D, G, E
Hoagie Rolls	1 roll	220	3	1	0	460	44	7	4	10	VEG, V	G
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