

LUNCH THURSDAY, JUNE 26

	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	
Thursday													S = soy
Carnitas	5 oz	446	36.8	12.7	109	476	1.6	0.4	0.1	25.7		PK	G = gluten
Came Asada	5 oz	366	24.2	5	112	589	2.4	0.4	0.3	35.9			D = dairy
Spiced Grilled Tofu	5 oz	144	10.4	1.5	0	348	5	2	2	10	VEG, V	S	E = eggs
Braised Mexican Pinto Beans	1/2 cup	105	1.5	0.3	0	301	19.2	6.8	0.4	6.9	VEG, V		TN = tree nuts
Grilled Street Corn	1/2 cup	140	7.8	1.5	3	341	17	2.3	3.1	3.6	VEG	S, D, E	PN = peanuts
Grilled Mexican Squash & Yellow Squash	1/2 cup	84	7.7	0.8	0	371	3.8	1.2	2.6	1.1	VEG, V		SF = shellfish
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	PK - pork
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		F = fish
Tres Leches Cake	2 inch square	321	14.1	5.3	16	325	42.7	0	31.1	4.1	VEG	D, G, E	SE = sesame
Vegan Tres Leches	2 inch square	342	20.7	10.5	0	272	35.2	1.2	20.2	2.6	VEG, V	G, TN	
Caldo de Pollo	1 cup	257	9.5	2.2	39	553	25.6	0.6	2	15.9			VEG = vegetarian
Vegan Lentil Tortilla Soup	1 cup	197	5.5	0.6	0	585	30	6.9	4.7	9.8	VEG, V		V = vegan
Crispy Tortilla Strips	1/4 cup	46	2.4	0.4	0	30	6	0.7	0	0.7	VEG, V		🔥 = spicy
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	