

LUNCH TUESDAY, JULY 1

	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												
Taco Bar												
Grilled Carne Asada	3 oz	204	13.5	2.8	62	328	1.3	0.2	0.2	20		
Yucatan Chicken	3 oz	206	10.9	1.4	65	286	2.3	0.2	1.6	22.7		
Yucatan Grilled Vegan Chicken	3 oz	143	7.1	0.6	0	442	13	1	3.6	8.2	VEG, V	S, G
Cilantro Rice	1/2 cup	111	0.7	0.1	0	393	24.9	1.7	0.5	2.1	VEG, V	
Pinto Beans	1/2 cup	164	4.1	0.6	0	300	25.2	8.5	1.4	8	VEG, V	
Roasted Mexican Squash, Tomatoes & Onions	1/2 cup	68	4	0.4	0	238	8.1	2.8	3.8	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
Sour Cream	2 Tbsp	60	5	3.5	20	15	1	0	1	1	VEG	D
Salsa Verde	1 oz	10	0	0	0	240	2	0	1	0	VEG, V	
Roasted Tomato Salsa	1 oz	10	0	0	0	170	2	1	0	0	VEG, V	
Pico de Gallo	1 oz	10	0.1	0	0	100	2.4	0.6	1.3	0.4	VEG, V	
Cheddar Cheese	1 oz	110	10	6	30	200	0	0	0	7	VEG	D
Gucamole Salsa	1 oz	48	3.7	0.8	0	250	3.8	1.3	1.2	0.4	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	
Bananas Foster Pudding with Whipped Cream	1/2 cup	374	17.4	10.9	52	96	48.2	2.5	37.7	1.5	VEG	D
Vegan Bananas Foster Pudding with Vegan Whipped Cream	1/2 cup	367	15.8	6.6	0	133	49.2	2.5	39.1	1.1	VEG, V	
Chicken Tortilla Soup	1 cup	201	6.4	0.8	27	496	22.1	5.7	6.9	13.5		
Vegan Tortilla Soup	1 cup	170	6.1	0.6	0	543	25.3	6.5	7.9	3.9	VEG, V	
Corn 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