

LUNCH THURSDAY, JULY 3

	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												
Build Your Own Poke Bowl												
Tuna Poke	4 oz	144	3.5	0.4	0	410	3.8	1.2	1.1	23.9		S, F, SE
Honey Lime Chicken	5 oz	351	16.7	1.1	109	864	13.1	0.2	11.8	36.2		
Tofu & Mushroom Poke	4 oz	96	5.2	0.9	0	421	7.2	1.9	3.4	7.6	VEG, V	S, SE
Sticky Rice	1/2 cup	123	0.2	0.1	0	152	26.3	2.1	0	2.2	VEG, V	
Cucumber Sunomono	1/4 cup	21	1.4	0.2	0	132	1.7	0.2	1	0.5	VEG, V	S, E
Julienne Carrots	1/4 cup	12	0	0	0	20	2.8	0.8	1.2	0.4	VEG, V	
Soybeans	2 Tbsp	48	2.2	0.2	0	4	3.6	1.4	0	4.2	VEG, V	S
Sriracha 🌶️	1 tsp	0	0	0	0	70	0	0	0	0	VEG, V	
Sambal Sauce 🌶️	1 tsp	0	0	0	0	75	0	0	0	0	VEG, V	
Sesame Onion Dressing	1 oz	110	8	1.5	0	240	10	0	8	0	VEG, V	S, SE
Furikake	1 tsp	6	0	0	0	30	1.2	1.2	0	0	VEG, V	S, G, SE
Crispy Shallots	2 Tbsp	68	5.3	0.4	0	150	4.9	0.1	0	0.7	VEG, V	G
Spicy Mayo	1 oz	120	9.8	1.4	8	461	8.1	0	2	0.5	VEG	S, E
Roasted Baby Bok Choy with Miso Glaze	1/2 cup	82	4	0.4	0	665	9.2	1.5	4.5	2.9	VEG, V	S
Roasted Broccoli & Baby Corn	1/2 cup	106	8.9	0.6	0	567	5.6	2.2	3.8	2.5	VEG, V	S
Wild Arugula & Shaved Asparagus Salad	1 cup + 1 oz dressing	212	16.6	2.8	7	608	11.3	2.1	2.3	6.6	VEG	D, G, TN
Citrus Salad	1 cup + 1 oz dressing	227	20	1.8	0	84	11.5	1.5	9.5	1.6	VEG, V	TN, SE
Hawaiian Cake	2 inch square	368	21.2	12.7	76	209	43.9	1.9	32.4	3.1	VEG	D, G, E, TN
Vegan Hawaiian Cake	2 inch square	272	14.9	9.6	0	119	34.8	1.5	28.1	1.4	VEG, V	G, TN
Japanese Potato Soup	1 cup	209	16.9	5.3	27	1100	13.7	2.9	1.8	1.7		S, D, F
Spiced Coconut Pumpkin Soup	1 cup	184	16.7	12.9	0	155	9.6	1.9	4.4	2.2	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