

LUNCH MONDAY, JULY 14

	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	
Monday													S = soy
Grilled BBQ Chicken Thigh	5 oz	323	19.9	3.5	109	580	5	2	2	28			G = gluten
Sweet BBQ Glaze	2 oz	121	3.5	0.5	0	412	23.8	0.4	18.5	0.4	VEG, V	S	D = dairy
Smoked St. Louis Ribs	5 oz	434	31	10.2	86	964	3.3	0.1	3.1	30.5		D, PK	E = eggs
Honey Chipotle BBQ Glaze	2 oz	121	3.5	0.5	0	412	23.8	0.4	18.5	0.4	VEG, V	S	TN = tree nuts
BBQ Lentil Farro Cauliflower	1 cup	210	0.8	0.1	0	516	39.9	11.2	10.2	10.6	VEG, V	G	PN = peanuts
House Mac N Cheese with Herb Breadcrumbs	1 cup	373	22.7	13.7	74	594	31.8	1.3	3.2	10.9	VEG	D, G	SF = shellfish
Street Corn (off the cob)	1/2 cup	140	7.8	1.5	3	341	17	2.3	3.1	3.6	VEG	S, D, E	PK - pork
Blackened Green Beans	1/2 cup	76	5.3	0.4	0	402	6.5	2.7	1.8	2.1	VEG, V	TN	F = fish
BBQ Ranch Salad	1 cup + 1 oz dressing	229	14.4	3.3	5	251	21	4.6	1.7	5.9	VEG	S, D, E	SE = sesame
Grilled Vegetable Salad	1 cup + 1 oz dressing	258	26.9	2	0	217	7.7	1.7	4.6	1.6	VEG, V		
Apple Cobbler	2 inch square	256	8.6	3.5	26	92	46.2	3.1	33.9	1.9	VEG	S, D, G, E	VEG = vegetarian
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D	V = vegan
Vegan Apple Cobbler	2 inch square	271	5.9	3.5	0	75	55.6	2.9	40.6	1.8	VEG, V	G, TN	
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V		🔥 = spicy
Summer Minestrone Soup	1 cup	87	2.7	0.3	0	348	14.4	3.4	5	3.5	VEG, V		
Creamy Squash & Cheddar Soup	1 cup	229	20	9.2	47	534	7.5	1.6	2.8	6.4	VEG	D	
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	