

LUNCH THURSDAY, JULY 17

	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 Teriyaki Bowl												
Chicken Teriyaki	5 oz	286	11.7	0.9	91	956	13	0.3	10.7	31.4		S, G, SE
Glazed Beef Teriyaki	5 oz	337	15.8	3.8	88	799	15.3	0.3	11.7	32		S, SE
Vegan Tempeh Teriyaki (cut)	1 cup	329	19.6	3.3	0	893	23	0.3	10.7	21.1	VEG, V	S, SE
Steamed Jasmine Rice	1/2 cup	122	1	0.1	0	284	25.2	0.6	0.4	2.2	VEG, V	
Grilled Bok Choy & Pineapple	1/2 cup	86	5.7	0.5	0	537	8.6	1	6.4	1.5	VEG, V	S
Julienne Carrots	2 Tbsp	6	0	0	0	10	1.4	0.4	0.6	0.2	VEG, V	
Red Bell Pepper	2 Tbsp	6	0	0	0	10	1.6	0.6	1	0.2	VEG, V	
Edamame	2 Tbsp	30	1.2	0.2	0	2	2.6	1.2	0.2	3.2	VEG, V	S
Cucumber	2 Tbsp	4	0	0	0	0	1	0.2	0.4	0.2	VEG, V	
Fried Onions	2 Tbsp	48	2.8	0.2	0	4	5.4	0	0	0.8	VEG, V	G
Teriyaki Glaze	1 Tbsp	25	0	0	0	402	6	0	5	1	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	
Green Onions	2 Tbsp	4	0	0	0	2	0.8	0.4	0.2	0.2	VEG, V	
Crunch Salad	1 cup + 1 oz dressing	205	17.3	1.6	0	183	9.8	1.7	6.6	2.6	VEG, V	S, TN
Sangchoo Geotjeori Korean Salad	1 cup + 1 oz dressing	113	7.9	1.1	0	776	7	1.5	4.2	3	VEG, V	S, SE
Praline Cheesecake Bars	2 inch square	390	22.8	16.8	109	301	26.8	0.9	18.9	8.7	VEG	D, G, E, TN
Vegan Matcha Blondies	2 inch square	302	16.2	6.6	0	148	39.6	1.7	23.7	2.8	VEG, V	G, TN
Vegan Sesame Carrot Ginger Soup	1 cup	204	16.2	10.5	0	284	15.3	3.8	8.4	2.1	VEG, V	SE
Miso Soup	1 cup	77	1.9	0.4	0	396	10.3	2	1.4	5.7		S, F
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
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