

LUNCH FRIDAY, JULY 18 - GRAB & GO

	SERVING SIZE	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTER OL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	DIETARY PREFERENCES	CONTAINS	
Friday													S = soy
Chicken Marsala with MushroomsMashed PotatoesSteamed Broccoli	5 oz + 2 oz sauce1/2 cup1/2 cup	737	52.5	21.3	190	1402	23.6	4.2	3.8	45.9		D	G = gluten
Grilled Yucatan Skirt SteakRoasted Tomato, Squash & OnionCilantro Rice	5 oz + 2 oz sauce1/2 cup1/2 cup	735	48.5	10.7	107	1590	38.1	4	3.7	35.9			D = dairy
Roasted Vegetable WrapRanch Dressing	1 wrap1 oz	411	24.5	4.7	5	789	46	5.6	5.4	6.2	VEG	S, D, G, E	E = eggs
Italian Mixed SaladShallot Vinaigrette	2 cups1 oz	298	22.4	1.9	0	498	22	5.6	9.2	5.4	VEG, V		TN = tree nuts
Greek Falafel													
Lettuce, Cucumber, Red Onion, Kalamata Olives, Bell Pepper													
Red Wine Vinaigrette	3 oz2 cups1 oz	496	34.8	3.5	0	758	38.2	11.6	8.8	11.8	VEG, V		PN = peanuts
Daily													SF = shellfish
Salad Dressings:													PK - pork
Ranch	1 oz	130	14	2	5	260	2	0	1	0		S, D, E	F = fish
Italian	1 oz	124	12.3	1.1	0	318	4.5	0.4	3.7	0.2			SE = sesame
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	VEG = vegetari
Balsamic	1 oz	190	22	1.5	0	40	2	0	2	0	VEG, V		V = vegan
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		🔥 = spicy
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	