

LUNCH TUESDAY, JULY 29

|                                                             | 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         |
|-------------------------------------------------------------|-----------------------|----------|---------------|-------------------|------------------|-------------|-----------------|-------------------|-----------|-------------|---------------------|------------------|
| <b>Tuesday</b>                                              |                       |          |               |                   |                  |             |                 |                   |           |             |                     |                  |
| Burger Bar                                                  |                       |          |               |                   |                  |             |                 |                   |           |             |                     | S = soy          |
| Beef Burger                                                 | 1 patty (4 oz)        | 243      | 17.7          | 5.3               | 71               | 359         | 0               | 0                 | 0         | 19.7        |                     | G = gluten       |
| Turkey Burger                                               | 1 patty (4 oz)        | 211      | 14.1          | 2.9               | 90               | 398         | 0               | 0                 | 0         | 19.9        |                     | D = dairy        |
| Impossible Burger                                           | 1 patty (4 oz)        | 230      | 13            | 6                 | 0                | 370         | 9               | 5                 | 0         | 19          | VEG, V              | E = eggs         |
| Brioche Buns (not for Tinder)                               | 1 bun                 | 160      | 3             | 1                 | 30               | 240         | 26              | 2                 | 5         | 5           | VEG                 | TN = tree nuts   |
| White Hamburger Buns                                        | 1 bun                 | 140      | 2             | 0                 | 0                | 210         | 26              | 1                 | 4         | 6           | VEG, V              | PN = peanuts     |
| Caramelized Onions (not for Tinder)                         | 2 Tbsp                | 53       | 3.6           | 0.3               | 0                | 149         | 5.1             | 1.2               | 2.3       | 0.6         | VEG, V              | SF = shellfish   |
| Applewood Bacon (not for Tinder)                            | 1 slice               | 80       | 7             | 2                 | 15               | 250         | 0               | 0                 | 0         | 5           |                     | PK - pork        |
| Vegan Chipotle Aioli                                        | 1 Tbsp                | 91       | 9.1           | 0.5               | 0                | 132         | 0.1             | 0.1               | 0         | 0.1         | VEG, V              | F = fish         |
| Secret Sauce                                                | 1 Tbsp                | 94       | 10            | 1.5               | 5                | 211         | 1.1             | 0                 | 0.9       | 0.1         |                     | SE = sesame      |
| Pickles                                                     | 4 slices              | 3        | 0             | 0                 | 0                | 145         | 0.5             | 0                 | 0         | 0           | VEG, V              |                  |
| Lettuce                                                     | 1 leaf                | 1        | 0             | 0                 | 0                | 1           | 0.2             | 0.1               | 0.2       | 0.1         | VEG, V              | VEG = vegetarian |
| Tomato                                                      | 1 slice               | 3        | 0             | 0                 | 0                | 1           | 0.6             | 0.2               | 0.4       | 0.1         | VEG, V              | V = vegan        |
| Onion                                                       | 1 slice               | 4        | 0             | 0                 | 0                | 0           | 0.8             | 0.2               | 0.4       | 0.1         | VEG, V              |                  |
| Mustard                                                     | 1 tsp                 | 0        | 0             | 0                 | 0                | 0           | 0               | 0                 | 0         | 0           | VEG, V              | 🔥 = spicy        |
| Ketchup                                                     | 1 Tbsp                | 20       | 0             | 0                 | 0                | 170         | 5               | 0                 | 4         | 0           | VEG, V              |                  |
| Cheddar Cheese                                              | 1 slice               | 110      | 10            | 6                 | 30               | 200         | 0               | 0                 | 0         | 7           | VEG                 | D                |
| Pepper Jack Cheese                                          | 1 slice               | 100      | 9             | 5                 | 25               | 180         | 1               | 0                 | 0         | 6           | VEG                 | D                |
|                                                             |                       |          |               |                   |                  |             |                 |                   |           |             |                     |                  |
| Steamed Corn on the Cob                                     | 1/3 cob               | 38       | 2.2           | 0.2               | 0                | 129         | 4.7             | 0.6               | 0.8       | 0.7         | VEG, V              |                  |
| Butter                                                      | 1 Tbsp                | 102      | 11.5          | 7.3               | 31               | 82          | 0               | 0                 | 0         | 0.1         | VEG                 | D                |
| Rosemary & Garlic Spiced Fries                              | 1/2 cup               | 200      | 15.7          | 1.2               | 0                | 339         | 14.2            | 2.3               | 1         | 1.5         | VEG, V              |                  |
| Rosemary Spiced Potato Wedges                               | 1/2 cup               | 135      | 7.5           | 0.7               | 0                | 471         | 16              | 2                 | 1         | 2           | VEG, V              |                  |
| Balsamic Roasted Brussels Sprouts with Agave & Citrus Glaze | 1/2 cup               | 169      | 8.2           | 0.8               | 0                | 348         | 24.6            | 3.1               | 19.7      | 1.8         | VEG, V              |                  |
| Baked Beans (Tinder only)                                   | 1/2 cup               | 151      | 0.4           | 0.1               | 0                | 512         | 29.7            | 5.5               | 5.3       | 8.2         | VEG, V              |                  |
| Chopped Wedge Salad                                         | 1 cup + 1 oz dressing | 141      | 13.5          | 3                 | 11               | 280         | 4               | 1                 | 2         | 2           | VEG                 | S, D, E          |
| Turkey Bacon                                                | 1 slice               | 35       | 2.5           | 1                 | 15               | 140         | 0               | 0                 | 0         | 2           |                     | S                |
| Southern Macaroni Salad                                     | 1/2 cup               | 135      | 6.8           | 1.4               | 8                | 232         | 20              | 1                 | 3         | 3           | VEG                 | S, D, E          |
| Lucky Charms Rice Crispy Treats                             | 2 inch square         | 209      | 8.2           | 4.3               | 18               | 155         | 35.5            | 2.5               | 16.9      | 2.8         |                     | S, D             |
| Vegan Chocolate Chip Cookies                                | 1 cookie              | 157      | 4.8           | 1.2               | 0                | 168         | 26.7            | 0.7               | 15.2      | 1.8         | VEG, V              | S, G, PN         |
| Baked Potato Soup                                           | 1 cup                 | 323      | 17.2          | 8.7               | 50               | 1053        | 31.1            | 4.3               | 4.2       | 11.7        |                     | D, G, PK         |
|                                                             |                       |          |               |                   |                  |             |                 |                   |           |             |                     |                  |
| Toppings:                                                   |                       |          |               |                   |                  |             |                 |                   |           |             |                     |                  |
| Bacon                                                       | 1 Tbsp                | 80       | 7             | 2                 | 15               | 250         | 0               | 0                 | 0         | 5           |                     | PK               |
| Green Onion                                                 | 1 Tbsp                | 2        | 0             | 0                 | 0                | 1           | 0.4             | 0.2               | 0.1       | 0.1         | VEG, V              |                  |
| Sour Cream                                                  | 1 Tbsp                | 30       | 2.5           | 1.8               | 10               | 8           | 0.5             | 0                 | 0.5       | 0.5         | VEG                 | D                |
| Vegan Cream of Cauliflower Soup                             | 1 cup                 | 115      | 4.8           | 0.5               | 0                | 674         | 17              | 3                 | 4         | 2           | VEG, V              |                  |
| <b>Daily</b>                                                |                       |          |               |                   |                  |             |                 |                   |           |             |                     |                  |
| <b>Salad Dressings:</b>                                     |                       |          |               |                   |                  |             |                 |                   |           |             |                     |                  |
| 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              |                  |
| <b>Proteins:</b>                                            |                       |          |               |                   |                  |             |                 |                   |           |             |                     |                  |
| 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             |
| <b>Deli:</b>                                                |                       |          |               |                   |                  |             |                 |                   |           |             |                     |                  |
| 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             |