

LUNCH THURSDAY, AUG 7

	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												
Grilled BBQ Chicken	5 oz	323	19.9	3.5	109	580	5	2	2	28		
Sweet BBQ Glaze	2 oz	121	3.5	0.5	0	412	23.8	0.4	18.5	0.4	VEG, V	S
Blackened Salmon	5 oz	251	10.9	1.7	95	345	0	0	0	36.2		F
Tartar Sauce	1 oz	121	9.8	1.6	8	455	8.4	0.2	3	0.4	VEG	S, E
Vegan Jambalaya	1 cup	294	14	3.4	0	978	32.4	4.4	2.3	11.8	VEG, V	
Steamed Green Beans	1/2 cup	17	0.1	0	0	151	3.9	1.9	0.8	1	VEG, V	
Mex & Cheese with Herb Breadcrumbs	1 cup	373	22.7	13.7	74	594	31.8	1.3	3.2	10.9	VEG	D, G
Braised Collard Greens with Smoked Turkey	1/2 cup	109	6.5	1.4	16	476	5.8	1.9	2.5	8.3		
Vegan Collard Greens	1/2 cup	96	5.4	0.7	0	375	12.9	3.2	7	2.1	VEG, V	
Southern Potato & Egg Salad	1/2 cup	234	16.6	2.5	37	337	19.4	2.1	4.4	3.2	VEG	S, E
Watermelon & Beef Salad	1/2 cup	116	10.1	0.8	0	235	6.8	1	5.4	0.8	VEG, V	
Peach Cobbler	2 inch square	299	13.1	5.4	35	173	45.9	1.4	35.7	2.5	VEG	S, D, G, E
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D
Vegan Peach Cobbler	2 inch square	289	10.1	2.2	0	192	48.3	1.9	31.9	2.7	VEG, V	G, TN
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V	
Creamy Southwestern Chicken Soup	1 cup	303	15.4	4.9	51	632	23.2	3.6	6.4	16.9		D, G, E
Vegan Split Pea Soup	1 cup	207	4.3	0.4	0	699	31.3	12.4	5.5	11.7	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

SH = shellfish

PK = pork

F = fish

SE = sesame

VEG = vegetarian

V = vegan

🔥 = spicy