

LUNCH THURSDAY, AUG 21

	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												
Pasta Bar												
Spaghetti	1 cup	200	1	0	0	291	42	2	2	7	VEG, V	G
Zucchini Noodles	1 cup	18	0.2	0	0	121	3.8	1.2	2	1.4	VEG, V	
Turkey Bolognese	2 oz	179	14.1	4.8	52	450	5.7	1.1	2.5	8.2		D, G, E
Marinara Sauce	2 oz	59	3.7	0.5	0	318	6.7	1.6	3.6	1.3	VEG, V	
Pesto Cream	2 oz	192	17.8	8.4	45	381	2.5	0.3	1	6.5	VEG	D
Gluten Free Beef Meatballs	2 meatballs	256	17	5.8	53	380	7	0.6	1.6	16		D
Vegan Meatballs with Marinara	2 meatballs + 2 oz sauce	273	16.7	6.4	0	690	14.9	4.3	4	16.2	VEG, V	S
Steamed Broccoli	1/2 cup	21	0.2	0	0	214	4	1.6	1	1.7	VEG, V	
Vegan Caesar Salad	1 cup + 1 oz dressing	253	22.9	3.7	0	815	9.1	0.5	0.5	0.8	VEG, V	S,
Panzanella Salad	1 cup	335	25.3	3.9	11	661	23.8	2.4	6.8	5.1	VEG	D, G
Almond Cake with Pear	2 inch square	362	24.7	9.4	81	111	32.2	4.7	20.6	6.9	VEG	D, G, E, TN
Vegan Almond Cake with Pear	2 inch square	335	16.2	4.5	0	78	43	3.1	18.1	4.8	VEG, V	G, TN
Lucky Chams Rice Crispy Treats	2 inch square	209	8.2	4.3	18	155	35.5	2.5	16.9	2.8		S, D
Chicken Noodle Soup	1 cup	167	4.3	0.4	43	458	19	1.9	2.4	13		G
Broccoli Soup	1 cup	160	13.8	5.4	0	436	5.9	1.5	2.4	1.4	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
SF = shellfish
PK - pork
F = fish
SE = sesame

VEG = vegetarian
V = vegan

🔥 = spicy