

LUNCH FRIDAY, AUG 22 - GRAB & GO

	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														
Friday																										
Chicken Piccata	Penne Pasta with Roasted Tomatoes	Cream Sauce	5 oz + 2 oz sauce	1 cup	2 oz	902	45.8	11.4	155	1595	63.5	3	4.2	47.9		D, G										
Roasted Herb Salmon																										
Roasted Broccoli, Cauliflower & Cherry Tomatoes & Faralle																										
Roast Turkey Sandwich													5 oz	1/2 cup	1 cup	587	24.5	3	118	1327	47.1	4.9	2.3	44.2		D, G, F
Kettle Chips													1 sandwich	1 bag	601	35.5	10.1	67	1317	39.7	3.7	2.4	29.7	VEG, V	S, D, G, E	
Italian Chop Salad													2 cups	1 oz	428	26.4	3	0	994	43.6	10.6	16.6	10	VEG		
Italian Vinaigrette													4 oz	1 1/2 cups	1 oz	454	26.8	4.2	9	665	40	3.5	4.9	15.6		S, D, G
Red Wine Vinaigrette																										
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