

LUNCH WEDNESDAY, AUG 27

	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		
Wednesday														S = soy
Smoked BBQ Turkey Breast	5 oz	208	9.8	2.3	83	676	1	0	1	28.9			G = gluten	
Blueberry BBQ Sauce	2 oz	160	3	0.4	0	467	33.5	4	26	2.8	VEG, V	S	D = dairy	
Blackened Shrimp	5 oz	250	11.2	1.3	332	685	0	0	0	35.6		SF	E = eggs	
Chipotle Aioli	1 oz	181	20.1	3	10	274	0.1	0.1	0	0.3	VEG	S, E	TN = tree nuts	
Vegan Hamburger Helper with Pasta & Cheese Sauce	1 cup	344	17.9	3.5	0	560	29.7	3.7	4.1	16.3	VEG, V	S, G, TN	PN = peanuts	
Roasted Potato Wedges with Chimichurri	1/2 cup	175	13	1.4	0	542	17	2.7	2.3	2	VEG, V		SF = shellfish	
Classic Baked Beans	1/2 cup	151	0.4	0.1	0	512	29.7	5.5	5.3	8.2	VEG, V		PK = pork	
Grilled Zucchini with Lemon Ricotta & Mint	1/2 cup	116	7.9	3.2	20	439	8	1.3	3.1	4.6	VEG	D	F = fish	
Mexican Street Corn Salad	1/2 cup	125	6.3	0.7	0	305	15.1	3.4	3.8	4.2	VEG, V		SE = sesame	
Watermelon Caprese Salad	1/2 cup	108	7.9	2.4	11	364	6	0.8	4.3	4	VEG	D		
Blueberry Crumb Cheesecake Bars	2 inch square	286	18.9	10.2	67	198	26	1.1	15.5	4.4	VEG	D, G, E, TN	VEG = vegetarian	
Vegan 7 Layer Bars	2 inch square	270	17	9.3	0	85	29.5	2.2	19.4	1.9	VEG, V	G, TN	V = vegan	
Summer Elote Soup with Tajin	1 cup	223	10.8	3.1	14	818	30	3.6	4.7	6.4	VEG	D		
Vegan Lentil Tortilla Soup	1 cup	197	5.5	0.6	0	585	30	6.9	4.7	9.8	VEG, V		🔥 = spicy	
Metro only														
Cookie Pie	2 inch square	302	19.5	9.9	74	314	29.6	0.4	18.9	2.7	VEG	S, D, G, E		
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D		
Vegan Cookie Pie	2 inch square	238	12.4	2	0	229	29.3	0.6	12	2.4	VEG, V	S, G		
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	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		