

LUNCH FRIDAY, AUG 29 - 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												S = soy
Grilled SteakSteamed RiceRoasted CarrotsRed Wine Sauce	5 oz1/2 cup1/2 cup1 oz	644	34.8	9.1	105	963	39	2.8	6.9	35.4		G = gluten
Chicken ParmesanSpaghettiMarinara Sauce	5 oz1 cup2 oz	777	27.1	6.5	142	1284	77.9	5.3	9.9	54.9		D = dairy
Roast Turkey SandwichKettle Chips	1 sandwich1 bag	587	36.1	10.3	67	1317	39.7	3.7	2.4	29.7		E = eggs
Vegan Caesar SaladCaesar Dressing	2 cups1 oz	243	21.9	4.8	0	780	9.1	0.5	0.5	0.8	VEG, V	TN = tree nuts
Vegan BBQ ChickenSaladCilantro Dressing	5 oz2 cups1 oz	359	15.2	1.1	0	1567	39	3.6	3.2	25	VEG	PN = peanuts
Daily												SF = shellfish
Salad Dressings:												PK = pork
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	VEG = vegetarian
Caesar	1 oz	210	23	4	5	400	1	0	1	1		V = vegan
Greek	1 oz	112	12.6	1.8	0	122	0.5	0.1	0	0.1	VEG, V	🔥 = spicy
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