

LUNCH WEDNESDAY, OCT 1

	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												
Smoked BBQ Turkey Breast	5 oz	208	9.8	2.3	83	676	1	0	1	28.9		
Blueberry BBQ Sauce	2 oz	160	3	0.4	0	467	33.5	4	26	2.8	VEG, V	S
Blackened Shrimp	5 oz	250	11.2	1.3	332	685	0	0	0	35.6		SF
Chipotle Aioli	1 oz	181	20.1	3	10	274	0.1	0.1	0	0.3	VEG	S, E
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
Roasted Potato Wedges with Chimichurri	1/2 cup	175	13	1.4	0	542	17	2.7	2.3	2	VEG, V	
Classic Baked Beans	1/2 cup	151	0.4	0.1	0	512	29.7	5.5	5.3	8.2	VEG, V	
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
Mexican Street Corn Salad	1/2 cup	125	6.3	0.7	0	305	15.1	3.4	3.8	4.2	VEG, V	
Watermelon Caprese Salad	1/2 cup	108	7.9	2.4	11	364	6	0.8	4.3	4	VEG	D
Cookie Pie (Metro only)	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 (Metro only)	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D
Vegan Cookie Pie (Metro only)	2 inch square	238	12.4	2	0	229	29.3	0.6	12	2.4	VEG, V	S, G
Vegan Whipped Cream (Metro only)	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V	
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
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
Summer Elote Soup with Tajin	1 cup	223	10.8	3.1	14	818	30	3.6	4.7	6.4	VEG	D
Vegan Tortilla Soup	1 cup	170	6.1	0.6	0	543	25.3	6.5	7.9	3.9	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