

LUNCH TUESDAY, OCT 7 - 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		
Tuesday														
Chicken Marsala with Mushrooms	Mashed Potatoes	Steamed Broccoli	5 oz + 2 oz sauce1/2 cup1/2 cup	737	52.5	21.3	190	1402	23.6	4.2	3.8	45.9		D
Grilled Yucatan Skirt Steak	Roasted Tomato, Squash & Onion	Mexican Rice	5 oz + 2 oz sauce1/2 cup1/2 cup	735	48.5	10.7	107	1590	38.1	4	3.7	35.9		
Roasted Vegetable Wrap	Ranch Dressing		1 wrap1 oz	411	24.5	4.7	5	789	46	5.6	5.4	6.2	VEG	S, D, G, E
Italian Mixed Salad	Shallot Vinaigrette		2 cups1 oz	298	22.4	1.9	0	498	22	5.6	9.2	5.4	VEG, V	
Greek Falafel	Lettuce, Cucumber, Red Onion, Kalamata Olives, Bell Pepper		3 oz2 cups1 oz	496	34.8	3.5	0	758	38.2	11.6	8.8	11.8	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