

LUNCH WEDNESDAY, OCT 8 - 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					
Wednesday																	
Chicken Parmesan	Penne Pasta	Roasted Onions & Broccoli	Marinara Sauce	5 oz	1/2 cup	2 oz	842	32	6.9	142	1597	82.5	7.1	11.1	56.8		D, G
Grilled Herb Garlic Shrimp	Roasted Cauliflower	Cherry Tomatoes	Farfalle Pasta with White Wine	5 oz	1/2 cup	1/4 cup	752	40.2	21.7	424	1604	49.4	4.7	3.2	48.1		D, G, SF
Honey Ham, Tomato, Onion, Lettuce & Pepper Jack Wrap	Chipotle Aioli	Kettle Chips		1 wrap	1 oz	1 bag	634	37	7.4	45	1676	50.8	-3.7	7.6	19.2		S, D, G, E, PK
Vegan Caesar Salad	Caesar Dressing			2 cups	1 oz		243	21.9	4.8	0	780	9.1	0.5	0.5	0.8	VEG, V	G
Grilled Ginger Tofu	Salad	Creamy Ginger Dressing		5 oz	2 cups	1 oz	345	29.2	1	8	1020	11.1	4.1	2.5	11.1	VEG	S, E, SE
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