

LUNCH TUESDAY, OCT 28

	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												
Burger Bar												
Beef Burger	1 patty (4 oz)	243	17.7	5.3	71	359	0	0	0	19.7		
Turkey Burger	1 patty (4 oz)	211	14.1	2.9	90	398	0	0	0	19.9		
Impossible Burger	1 patty (4 oz)	230	13	6	0	370	9	5	0	19	VEG, V	S
Brioche Buns	1 bun	160	3	1	30	240	26	2	5	5	VEG	D, G, E
White Hamburger Buns	1 bun	140	2	0	0	210	26	1	4	6	VEG, V	S, G
Caramelized Onions	2 Tbsp	53	3.6	0.3	0	149	5.1	1.2	2.3	0.6	VEG, V	
Applewood Bacon	1 slice	80	7	2	15	250	0	0	0	5		PK
Vegan Chipotle Aioli	1 Tbsp	91	9.1	0.5	0	132	0.1	0.1	0	0.1	VEG, V	S
Secret Sauce	1 Tbsp	94	10	1.5	5	211	1.1	0	0.9	0.1		S, E, F
Pickles	4 slices	3	0	0	0	145	0.5	0	0	0	VEG, V	
Lettuce	1 leaf	1	0	0	0	1	0.2	0.1	0.2	0.1	VEG, V	
Tomato	1 slice	3	0	0	0	1	0.6	0.2	0.4	0.1	VEG, V	
Onion	1 slice	4	0	0	0	0	0.8	0.2	0.4	0.1	VEG, V	
Mayo	1 Tbsp	100	11	1.5	10	85	1	0	0	0	VEG	S, E
Mustard	1 tsp	0	0	0	0	0	0	0	0	0	VEG, V	
Ketchup	1 Tbsp	20	0	0	0	170	5	0	4	0	VEG, V	
Cheddar Cheese	1 slice	110	10	6	30	200	0	0	0	7	VEG	D
Pepper Jack Cheese	1 slice	100	9	5	25	180	1	0	0	6	VEG	D
Steamed Corn on the Cob	1/3 cob	38	2.2	0.2	0	129	4.7	0.6	0.8	0.7	VEG, V	
Butter	1 Tbsp	102	11.5	7.3	31	82	0	0	0	0.1	VEG	D
Rosemary & Garlic Spiced Fries	1/2 cup	200	15.7	1.2	0	339	14.2	2.3	1	1.5	VEG, V	
Roasted Rosemary Spiced Red Potato	1/2 cup	135	7.5	0.7	0	471	16	2	1	2	VEG, V	
Balsamic Roasted Brussels Sprouts with Agave & Citrus Glaze	1/2 cup	169	8.2	0.8	0	348	24.6	3.1	19.7	1.8	VEG, V	
Chopped Wedge Salad	1 cup + 1 oz dressing	141	13.5	3	11	280	4	1	2	2	VEG	S, D, E
Turkey Bacon	1 slice	35	2.5	1	15	140	0	0	0	2		S
Garden Salad	1 cup + 1 oz dressing	211	22.1	1.5	0	79	6.6	1.4	3.7	1.1	VEG, V	
Parmesan	2 Tbsp	53	2.7	0.4	0	200	7.3	2	4.5	1.5	VEG	D
Croutons	2 Tbsp	30	1.5	0	0	70	4	0	0	0	VEG, V	G
Peanut Butter Cookies	1 cookie	163	9.4	3.5	18	99	16.4	0.7	9.4	3.4	VEG	D, G, E, PN
White Chocolate Macadamia Cookies	1 cookie	168	10.1	4.9	23	113	18.4	0.6	11.5	2	VEG	S, D, G, E, TN
Oatmeal Cookies	1 cookie	166	6.5	3.6	15	95	24.8	1.5	10.3	2.5	VEG	D, G, E
Sugar Cookies	1 cookie	135	6.2	3.7	21	38	18.8	0.3	10	1.4	VEG	D, G, E
Vegan Chocolate Chip Cookies	1 cookie	157	4.8	1.2	0	168	26.7	0.7	15.2	1.8	VEG, V	S, G, PN
Baked Potato Soup	1 cup	323	17.2	8.7	50	1053	31.1	4.3	4.2	11.7		D, G, PK
Toppings:												
Bacon	1 Tbsp	80	7	2	15	250	0	0	0	5		PK
Green Onion	1 Tbsp	2	0	0	0	1	0.4	0.2	0.1	0.1	VEG, V	
Sour Cream	1 Tbsp	30	2.5	1.8	10	8	0.5	0	0.5	0.5	VEG	D
Vegan Cream of Cauliflower Soup	1 cup	115	4.8	0.5	0	674	17	3	4	2	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