

LUNCH MONDAY, NOV 3

	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		
Monday														S = soy
Grilled BBQ Chicken Thigh	5 oz	323	19.9	3.5	109	580	5	2	2	28				G = gluten
Sweet BBQ Glaze	2 oz	121	3.5	0.5	0	412	23.8	0.4	18.5	0.4	VEG	S		D = dairy
Smoked St. Louis Ribs	5 oz	434	31	10.2	86	964	3.3	0.1	3.1	30.5		D, PK		E = eggs
Smoked St. Louis Ribs (no butter for Tinder)	5 oz	413	30.6	10	84	940	3.3	0.1	3.1	30.4		PK		TN = tree nuts
Honey Chipotle BBQ Glaze	2 oz	121	3.5	0.5	0	412	23.8	0.4	18.5	0.4	VEG, V	S		PN = peanuts
BBQ Lentil Farro Cauliflower	1 cup	210	0.8	0.1	0	516	39.9	11.2	10.2	10.6	VEG, V	G		SF = shellfish
House Mac N Cheese with Herb Breadcrumbs	1 cup	373	22.7	13.7	74	594	31.8	1.3	3.2	10.9	VEG	D, G		PK - pork
Street Corn (off the cob)	1/2 cup	140	7.8	1.5	3	341	17	2.3	3.1	3.6	VEG	S, D, E		F = fish
Blackened Green Beans	1/2 cup	76	5.3	0.4	0	402	6.5	2.7	1.8	2.1	VEG, V	TN		SE = sesame
BBQ Ranch Salad	1 cup + 1 oz dressing	229	14.4	3.3	5	251	21	4.6	1.7	5.9	VEG	S, D, E		
Grilled Vegetable Salad	1 cup + 1 oz dressing	258	26.9	2	0	217	7.7	1.7	4.6	1.6	VEG, V			VEG = vegetarian
Apple Cobbler	2 inch square	256	8.6	3.5	26	92	46.2	3.1	33.9	1.9	VEG	S, D, G, E		V = vegan
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D		
Vegan Apple Cobbler	2 inch square	271	5.9	3.5	0	75	55.6	2.9	40.6	1.8	VEG, V	G, TN		🔥 = spicy
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V			
Summer Minestrone Soup	1 cup	87	2.7	0.3	0	348	14.4	3.4	5	3.5	VEG, V			
Creamy Squash & Cheddar Soup	1 cup	229	20	9.2	47	534	7.5	1.6	2.8	6.4	VEG	D		
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		