

LUNCH TUESDAY, NOV 4

	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												
Carnitas	5 oz	446	36.8	12.7	109	476	1.6	0.4	0.1	25.7		PK
Carne Asada	5 oz	366	24.2	5	112	589	2.4	0.4	0.3	35.9		
Tofu Mole	5 oz + 1/2 cup	244	18.3	2.2	0	389	10.4	2.9	3.4	13.9	VEG, V	S, TN
Braised Mexican Black Beans	1/2 cup	128	2.8	0.3	0	200	20.5	6.4	3.8	6.4	VEG, V	
Cilantro Rice	1/2 cup	111	0	0	0	393	24.9	1.7	0.5	2.1	VEG, V	
Grilled Broccoli	1/2 cup	65	5.5	0.5	0	265	3.5	1.4	0.9	1.5	VEG, V	
Mexican Caesar Salad	1 cup + 1 oz dressing	342	31.7	6.8	11	654	9.3	1.8	2	7.1		S, D, E, F
Rafi's Chimol Salad	1 cup + 1 oz dressing	240	20.8	1.9	0	440	17.5	1.5	5.1	2.5	VEG, V	
Sopapilla Cheesecake	2 inch square	239	16.3	9	35	254	21.2	0.1	12.3	3.1	VEG	D, G
Cortadillo	2 inch square	194	7.7	0.9	0	47	29.8	0.5	18.4	1.7	VEG, V	G, TN
Chicken Pozole Verde	1 cup	220	8.2	1.7	24	678	24.7	4.2	6.6	12		
Shredded Cabbage	1/4 cup	4	0	0	0	3	1	0.4	0.6	0.2	VEG, V	
Diced Onions	1 Tbsp	4	0	0	0	0	0.8	0.2	0.4	0.1	VEG, V	
Cilantro	1 Tbsp	0	0	0	0	0	0	0	0	0	VEG, V	
Lime	2 wedges	5	0	0	0	0	1.8	0.5	0.3	0.1	VEG, V	
Radishes	1 radish	1	0	0	0	2	0.2	0.1	0.1	0	VEG, V	
Vegan Albondigas	1 cup	140	7	3	0	767	11	3	4	8	VEG, V	S
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