

LUNCH WEDNESDAY, NOV 5

	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												
Roasted Salmon	5 oz	305	16.3	2.2	101	663	1.4	0.3	0.1	36.4		F
Grilled Chicken Breast	5 oz	218	11.5	3.3	122	632	4	0	1	25		
Grilled Tofu	5 oz	144	10.4	1.5	0	312	5	2	2	10	VEG, V	S
Watermelon, Tomato & Beet Salad	1/2 cup	135	11.1	1.4	4	258	8.7	1.4	6.6	1.5	VEG	D
Vegan Caesar	1 cup + 1 oz dressing	223	21.4	3.7	0	745	5.1	0.5	0.5	0.8	VEG, V	
Croutons	2 Tbsp	30	1.5	0	0	70	4	0	0	0	VEG, V	G
Shaved Asparagus Salad	1 cup + 1 oz dressing	183	15.1	1.5	0	409	10	2.3	2	3.8	VEG, V	TN
Parmesan	2 Tbsp	53	2.7	0.4	0	200	7.3	2	4.5	1.5	VEG	D
Greek Orzo Salad	1/2 cup	128	6.2	0.6	0	175	15.4	1.8	2	2.5	VEG, V	G
Mozzarella Pearls	1/4 cup	61	3.8	1.1	15	149	0.7	0	0.3	5.8	VEG	D
Pita Croutons	1/4 cup	30	1	0.1	0	55	4.4	0.3	0.3	0.8	VEG, V	G
Baby Kale & White Bean Salad	1 cup + 1 oz dressing	266	21.3	2.4	0	205	16.6	4.5	4	5.3	VEG, V	
White Rice	1/2 cup	122	1	0.1	0	284	25.2	0.6	0.4	2.2	VEG, V	
Whole Grain Cinnamon Apple Bars	1 bar	247	12.4	7.5	44	196	33	3	18	3	VEG	D, G, E
Vegan Apple Bars	1 bar	256	11.3	1	0	130	35	2	12	3	VEG, V	G
Quinoa	1/2 cup	111	1.8	0.2	0	152	19.7	2.6	0.8	4.1	VEG, V	
Vegan Green Goddess Dressing	1 oz	137	14	1.1	0	142	0.5	0.2	0.1	0.2	VEG, V	S
Ranch Dressing	1 oz	88	6.7	1.1	6	345	5.8	0	2.4	0.9		S, D, E, F
Citrus Vinaigrette	1 oz	160	16	1.5	0	80	4	0	4	0	VEG, V	
Carrot Ginger Soup	1 cup	204	16.2	10.5	0	284	15.3	3.8	8.4	2.1	VEG, V	SE
Chicken & Vegetable Soup	1 cup	167	4.3	0.4	43	458	19	1.9	2.4	13		G, E
Assorted Donuts												
Fruit Platters												
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