

LUNCH FRIDAY, NOV 7 - 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
Friday												
Green Salsa ChickenTamaleRoasted Tomato, Squash & OnionCilantro f	+ 1 oz1 tamale1/2 cup1/2 c	654	40	5.5	129	1980	44.4	4.2	2.1	36.7		S = soy
Grilled Herb Salmon with Roasted TomatoesRoasted BroccoliSteamed R	oz + 1/4 cup1/2 cup1/2 cup	486	19.5	2.6	95	1369	36.2	5.1	5.3	41.5		G = gluten
Mediterranean Vegetable PitaHummus	1 pita2 oz	253	11.2	1.6	0	572	31.4	4.8	5.5	9.4	VEG, V	D = dairy
Greek Chickpea SaladRed Wine Vinaigrette	2 cups1 oz	367	23.1	2.4	0	333	33.2	9.2	8.5	10	VEG, V	E = eggs
Grilled Beyond Italian SausageQuinoa with VeggiesHerb Yogurt Dressin	1 sausage1 cup1 oz	637	17.8	9.2	30	868	37.73	6.9	11.2	42.5	VEG	TN = tree nuts
Daily												
Salad Dressings:												
Ranch	1 oz	130	14	2	5	260	2	0	1	0		PK = pork
Italian	1 oz	124	12.3	1.1	0	318	4.5	0.4	3.7	0.2		F = fish
Sesame Ginger	1 oz	110	8	1.5	0	240	10	0	8	0		SE = sesame
Blue Cheese	1 oz	130	14	3	10	250	1	0	1	1		
Balsamic	1 oz	190	22	1.5	0	40	2	0	2	0	VEG, V	VEG = vegetarian
Caesar	1 oz	210	23	4	5	400	1	0	1	1		V = vegan
Greek	1 oz	112	12.6	1.8	0	122	0.5	0.1	0	0.1	VEG, V	🔥 = spicy
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