

LUNCH THURSDAY, NOV 13

	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
Thursday												
Ed's Beef Brisket Chili	1 cup	283	18.1	5.6	45	837	17	5	9.2	18		
Turkey Chili	1 cup	220	8.1	1.8	41	556	23.1	6.8	5.8	15.8		
Impossible Beef Chili with Poblano & Beans	1 cup	252	10.6	4.4	0	539	23.5	8.6	4.8	16	VEG, V	S
Toppings:												
Cheddar Cheese	1 oz	110	10	6	30	200	0	0	0	7	VEG	D
Green Onion	1 Tbsp	2	0	0	0	1	0.4	0.2	0.1	0.1	VEG, V	
Jalapeno	1 Tbsp	2	0	0	0	0	0.3	0.2	0.2	0.1	VEG, V	
Sour Cream	1 Tbsp	30	2.5	1.8	10	8	0.5	0	0.5	0.5	VEG	D
Frito Chips	7 chips	40	2.5	0.4	0	43	4	0.3	0	0.5	VEG, V	
Cilantro	1 Tbsp	0	0	0	0	0	0	0	0	0	VEG, V	
Jalapeno Cornbread	2 inch square	235	13.8	8.3	53	612	24.5	1	8.9	5	VEG	D, G, E
Steamed Rice	1/2 cup	122	1	0.1	0	284	25.2	0.6	0.4	2.2	VEG, V	
Steamed Broccoli	1/2 cup	21	0.2	0	0	214	4	1.6	1	1.7	VEG, V	
Shredded Iceberg & Radicchio Salad	1 cup + 1 oz dressing	282	24	3.8	9	475	13.4	2	5.7	5.4	VEG	S, D
Garden Salad	1 cup + 1 oz dressing	190	22	1.5	0	40	2	0	2	0	VEG, V	
Banana Bread Pudding	2 inch square	199	8	4	50	190	28	1.5	16.5	5	VEG	S, D, G, E
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D
Vegan Banana Bread Pudding	2 inch square	187	8	1.4	0	310	26	1.4	16	3	VEG, V	S, G, TN
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V	
Hearty Tomato Soup with Chickpea & Kale	1 cup	127	4.6	0.4	0	581	18.6	5	6.6	4	VEG, V	
Creamy Mushroom Soup	1 cup	199	15.2	7.7	37	522	8.9	2	4	6.8	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

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