

LUNCH TUESDAY, DEC 2

	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												
Grilled Carne Asada	3 oz	204	13.5	2.8	62	328	1.3	0.2	0.2	20		
Yucatan Chicken	3 oz	206	10.9	1.4	65	286	2.3	0.2	1.6	22.7		
Yucatan Grilled Vegan Chicken	3 oz	143	7.1	0.6	0	442	13	1	3.6	8.2	VEG, V	S, G
Cilantro Rice	1/2 cup	111	0.7	0.1	0	393	24.9	1.7	0.5	2.1	VEG, V	
Pinto Beans	1/2 cup	164	4.1	0.6	0	300	25.2	8.5	1.4	8	VEG, V	
Roasted Mexican Squash, Tomatoes & Onions	1/2 cup	68	4	0.4	0	238	8.1	2.8	3.8	1.6	VEG, V	
Corn Tortillas	2 tortillas	100	1.5	0	0	10	20	3	2	2	VEG, V	
Flour Tortillas	1 tortilla	140	3	1	0	333	26	1	1	4	VEG, V	G
Sour Cream	2 Tbsp	60	5	3.5	20	15	1	0	1	1	VEG	D
Salsa Verde	1 oz	10	0	0	0	240	2	0	1	0	VEG, V	
Roasted Tomato Salsa	1 oz	10	0	0	0	170	2	1	0	0	VEG, V	
Pico de Gallo	1 oz	10	0.1	0	0	100	2.4	0.6	1.3	0.4	VEG, V	
Cheddar Cheese	1 oz	110	10	6	30	200	0	0	0	7	VEG	D
Gucamole Salsa	1 oz	48	3.7	0.8	0	250	3.8	1.3	1.2	0.4	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, G
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	
Bananas Foster Pudding with Whipped Cream	1/2 cup	374	17.4	10.9	52	96	48.2	2.5	37.7	1.5	VEG	D
Vegan Bananas Foster Pudding with Vegan Whipped Cream	1/2 cup	367	15.8	6.6	0	133	49.2	2.5	39.1	1.1	VEG, V	
Chicken Tortilla Soup	1 cup	201	6.4	0.8	27	496	22.1	5.7	6.9	13.5		
Vegan Tortilla Soup	1 cup	170	6.1	0.6	0	543	25.3	6.5	7.9	3.9	VEG, V	
Corn Tortilla Strips	1/4 cup	46	2.4	0.4	0	30	6	0.7	0	0.7	VEG, V	
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