

LUNCH THURSDAY, DEC 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
Thursday												
Smoked Jerk Chicken	5 oz	273	15	3.6	66	846	12.8	3	5.3	22.7		S
Caribbean BBQ Sauce	2 oz	70	0.5	0.1	0	493	16.1	0.9	12.7	1.1	VEG	S
Jerk Shrimp	5 oz	234	14.9	1.9	119	978	9.8	0.2	0	13.2		SF
Mango Salsa	2 oz	113	0.7	0.2	0	100	28	3	24	2	VEG, V	
Mojo Mushroom Medley	1/2 cup	119	8.8	1.2	0	395	11.1	2.5	3.9	2.5	VEG, V	
Jamaican Rice & Peas	1/2 cup	224	8.5	7.3	0	212	32.1	3.4	1.8	5.8	VEG, V	
Roasted Sweet Plantains	1/2 cup	185	3.6	0.5	0	255	41.1	2.9	20.2	1.8	VEG, V	
Caribbean Vegetable Curry	1 cup	179	13.3	9.1	0	535	16.5	4.3	6.3	3.2	VEG, V	
Papaya Salad	1 cup	281	6.8	1	0	309	54.4	0.8	33.5	0.4	VEG, V	SE
Confetti Rice Salad	1/2 cup	129	3.8	1.5	0	172	25.5	1.2	4	2.1	VEG, V	
Assorted Rice Crispy Treats:												
Pistachio	2 inch square	221	8.7	4.6	18	230	35.2	0.3	17.7	1.3		S, D, TN
White Chocolate	2 inch square	232	9	5.4	19	222	37.1	0.1	20	1.1		S, D
Chocolate Chip	2 inch square	254	10.1	6.3	20	225	39.6	0.4	21.8	1.5		S, D
Fruity Pebbles	2 inch square	226	8.7	5.6	18	198	36.2	0.1	19.4	1.2		S, D
Vegan Chocolate Chip	2 inch square	247	9.3	3.4	0	232	39.2	0.6	29.2	1.1	VEG, V	S
Caribbean Potato Soup	1 cup	159	7.7	5.7	0	349	21	4.4	5.4	3.8	VEG, V	
Lentil Soup	1 cup	187	3.6	0.4	0	554	28.3	12.8	2.9	10.2	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