

# Langston Monday Lunch 9/18/23

## Soups

### **Black Bean & Corn Chili ~ Sm. \$1.50 Lg. \$2.50 GF VG**

Onion, garlic, green pepper, black beans, tomato sauce, corn, chili powder, cumin, thyme, oregano, celery, carrots, bay leaves, parsley, vegetable base

3/4 CUP = 218 Calories 10.45g Protein 5.20g Fat .550g Sat Fat 331mg Sodium 36.27g Carb 10.5g Fiber

### **Seafood Bisque ~ Sm. \$1.50 Lg. \$2.50**

Butter, onion, garlic, paprika, old bay tomato paste, sherry wine, shrimp, Chicken base, heavy cream.

3/4 CUP = 133 Calories 4.37g Protein 11.14g Fat 6.882g Sat Fat 596mg Sodium 3.08g Carb .3g Fiber

## Salads

### **Salad Bar Sm. \$2.25 Lg. \$3.75**

### **Romaine Salad w/Dressing ~ \$2.25 GF**

Romaine lettuce, avocado lime dressing, feta, avocado, salt, pepper

½ cup = 285 Calories 13.05g Protein 20.05g Fat 7.15g Sat Fat 917mg Sodium 14.3g Carb 3.4g Fiber

## Entrees

### **Beer Battered Cod ~ \$4.25**

Flour, oil, cod, cornstarch, salt, turmeric

4 OZ = 220 Calories 15g Protein 10g Fat 1.5g Sat Fat 500mg Sodium 17g Carb 0g Fiber

### **White Bean & Kale Stew Over Brown Rice ~ \$4.40 VG GF**

Brown rice, olive oil, onion, garlic, balsamic vinegar, kale, oregano, great northern beans, vegetable base

12 OZ = 304 Calories 17.58g Protein 2.92g Fat .417g Sat Fat 291mg Sodium 57.65g Carb 20.8g Fiber

### **Mushroom Swiss Burger ~ \$5.30**

Hamburger, oil, onion, mushrooms, Worcestershire, ketchup, Dijon mustard, Swiss cheese, pepper, bun

1 each = 735 Calories 47.15 Protein 44.60g Fat 18.25g Sat Fat 835mg Sodium 34.95g Carb 2.3g Fiber

## Sides

### **Swiss Chard w/Garlic ~ \$1.20**

Swiss chard, olive oil, garlic, crushed red pepper, salt, red wine vinegar

1/2 CUP = 49 Calories 2.8g Protein 2.1g Fat .3g Sat Fat 376mg Sodium 6.56g Carb 2.4g Fiber

### **Curry Roasted Cauliflower ~ \$1.20 VG**

Cauliflower, onion, oil, coriander, cumin, vinegar, curry, paprika, salt, pepper, cilantro

1/2 CUP = 41 Calories 1.48g Protein 2.7g Fat .376g Sat Fat 176mg Sodium 3.76g Carb 2g Fiber

### **Potato Wedges ~ \$1.20 GF VG**

1/2 CUP = 145 Calories 2.15g Protein 4.62g Fat .921g Sat Fat 110mg Sodium 23.76g Carb 1.8g Fiber

## Dessert

### **Chilled Pears ~ \$1.00 GF VG**

1/2 CUP = 60 Calories .41g Protein .08g Fat .004g Sat Fat 5mg Sodium 15.42g Carb 1.9g Fiber

### **Strawberry Cake ~ \$2.20**

1 slice = 209 Calories 1.99g Protein 8.94g Fat 7.002g Sat Fat 159mg Sodium 28.01g Carb 2g Fiber

# Langston Tuesday Lunch 9/19/23

## Soups

### **Chicken Noodle Soup ~ Sm. \$1.50 Lg. \$2.50**

Chicken stock, onion, celery, noodles, butter, pepper, salt, chicken  
3/4 CUP = 88 Calories 4.61g Protein 4.19g Fat 1.42g Sat Fat 123mg Sodium 7.6g Carb .4g Fiber

### **Egg Drop Soup ~ Sm. \$1.50 Lg. \$2.50 GF VG**

Vegetable stock, cornstarch, sherry wine, sugar, soy sauce, egg, scallions  
3/4 CUP = 35 Calories 2.4g Protein 1.5g Fat 0.385g Sat Fat 144mg Sodium 2.83g Carb 0.2g Fiber

## Salads

### **Salad Bar Sm. \$2.25 Lg. \$3.75**

### **Cherry Applesauce Jell-O ~ \$2.25 GF**

SQ2X3 = 114 Calories 1.52g Protein 0.09g Fat 0.01g Sat Fat 86mg Sodium 28g Carb 1.1g Fiber

## Entrees

### **Chicken Caesar Wrap ~ \$4.95**

Chicken breast, Caesar dressing, flour tortilla wrap, romaine, mozzarella, roasted peppers  
1 each = 352 Calories 22.42g Protein 16.7g Fat 6.05g Sat Fat 786mg Sodium 29.25g Carb 3.9g Fiber

### **Glazed Meatloaf ~ \$5.30**

Ketchup, brown sugar, apple cider vinegar, oil, onion, garlic, egg, thyme, salt, pepper, mustard, Worcestershire sauce, tabasco, milk, crackers, parsley, ground beef  
5 OZ = 324 Calories 25.64g Protein 18.18g Fat 6.538g Sat Fat 406mg Sodium 13.19g Carb .6g Fiber

### **Coconut Chickpea Stew over Brown Rice ~ \$4.40 VG GF**

Ginger, garlic, onion, oil, turmeric, garbanzo beans, coconut milk, vegetable broth, salt, pepper

8oz = 177 Calories 33g Protein 5g Fat 3g Sat Fat 133mg Sodium 141Carb 25.1g Fiber

## SIDES

### **Sesame Bok Choy ~ \$1.20 GF VG**

Bok choy, sesame oil, sesame seeds  
1/2 CUP = 39 Calories 2.04g Protein 2.83g Fat 0.398g Sat Fat 39mg Sodium 2g Carb 1.3g Fiber

### **Buttered Beets ~ \$1.20 GF VG**

Beets, butter, pepper  
1/2 CUP = 48 Calories 0.78g Protein 2.51g Fat 0.996g Sat Fat 190mg Sodium 6g Carb 1.5g Fiber

### **Breaded Mushrooms ~ \$1.20 VG**

1/2 cup = 130 Calories 3g Protein 5g Fat .5g Sat Fat 320mg Sodium 18g Carb 1g Fiber

## Desserts

### **Watermelon ~\$1.60 GF VG**

1/2 CUP = 47 Calories 0.96g Protein 0.24g Fat 0.025g Sat Fat 2mg Sodium 12g Carb 0.6g Fiber

### **Red Velvet Cheesecake ~ \$4.05**

1 slice = 1580 Calories 14g Protein 116g Fat 62g Sat Fat 630mg Sodium 125g Carb 1g Fiber

# Langston Wednesday Lunch 9/20/23

## Soups

### **Butternut Squash Soup ~ Sm. \$1.50 Lg. \$2.50 GF VG**

Butternut squash, butter, onion, vegetable stock, nutmeg, salt, pepper, corn starch  
3/4 CUP = 88 Calories 1.95g Protein 3.28g Fat 1.163g Sat Fat 98mg Sodium 14.6g Carb 4g Fiber

### **Manhattan Clam Chowder ~ Sm. \$1.50 Lg. \$2.50 GF**

Celery, onion, butter, carrots, green peppers, garlic, clams, potatoes, salt,  
pepper, basil, oregano, Worcestershire, corn starch, tomato juice, old bay  
3/4 CUP = 71 Calories 5.95g Protein 2.99g Fat .566g Sat Fat 989mg Sodium 5.3g Carb 1.1g Fiber

## Salads

### **Salad Bar Sm. \$2.25 Lg. \$3.75**

### **Cranberry Spinach Salad ~ \$2.25 GF VG**

Almonds, spinach, cranberries, sesame seeds, poppy seeds, sugar, onion, paprika, red wine  
vinegar, apple cider vinegar, vegetable oil

1 CUP = 364 Calories 4.53g Protein 22.61g Fat 2.959g Sat Fat 40mg Sodium 41g Carb 4.2g Fiber

## Entrees

### **Hot Dog on a Bun ~ \$3.95**

Grilled hot dog on a bun

1 each = 299 Calories 10.69g Protein 16.91g Fat 6.338g Sat Fat 674mg Sodium 25.52g Carb .9g Fiber

### **Chicken Salad Stuffed Tomato w/Corn Bread Muffin ~ \$4.95**

Chicken, celery, salt, mayo, pepper, lemon juice, onion, tomato, iceberg lettuce

1 each = 268 Calories 23.24g Protein 16.24g Fat 3.204g Sat Fat 249mg Sodium 6.74g Carb 2.3g Fiber

### **Black Pepper Tofu ~ \$4.40 GF VG**

Oil, eggplant, shiitake mushroom, soy sauce, molasses, rice wine vinegar, brown sugar,  
pepper, cornstarch, tofu, shallots, garlic, ginger, green onion, crushed red pepper, sesame  
seeds, brown rice, pineapple juice, 5 spice

8 OZ = 347 Calories 21.9g Protein 16.58g Fat 2.467g Sat Fat 370mg Sodium 34.48g Carb 5.2g Fiber

## Sides

### **Seasoned Zucchini~ \$1.20 GF VG**

zucchini, butter, salt, pepper

1/2 cup = 55 Calories 1.64g Protein 4.51g Fat 1.87g Sat Fat 126mg Sodium 2.71g Carb .9g Fiber

### **Steamed Broccoli ~ \$1.20 GF VG**

1/2 CUP = 32 Calories 2.16g Protein .37g Fat .072g Sat Fat 37mg Sodium 6.52g Carb 3g Fiber

### **Tater Tots ~ \$1.20**

1/2 CUP = 108 Calories .83g Protein 5.81g Fat .83g Sat Fat 299mg Sodium 13.28g Carb .8g Fiber

## Desserts

### **Fresh Blueberries ~ \$1.60 GF VG**

1/2 CUP = 81 Calories 1.05g Protein 0.47g Fat 0.04g Sat Fat 1mg Sodium 21g Carb 3.4g Fiber

### **Chocolate Cake ~ \$2.20**

Chocolate cake, butter, 2% milk, sugar, chocolate melted, vanilla flavoring

SQ2X3 = 274 Calories 2.07g Protein 12.66g Fat 5.014g Sat Fat 358mg Sodium 40g Carb 1.3g Fiber

# Langston Thursday Lunch 9/21/23

## Soups

### **Split Pea Soup ~ Sm. \$1.50 Lg. \$2.50 GF VG**

Split peas, onion, vegetable stock, carrots, pepper

3/4 CUP = 96 Calories 6.47g Protein .32g Fat .045g Sat Fat 9mg Sodium 17.5g Carb 7g Fiber

### **Cream Of Broccoli Soup ~ Sm. \$1.50 Lg. \$2.50 GF VG**

Onion, salt, pepper, 2% milk, broccoli, vegetable stock, corn starch

3/4 CUP = 55 Calories 3.84g Protein 1.76g Fat 1.037g Sat Fat 164mg Sodium 6.78g Carb 1.1g Fiber

## Salads

### **Salad Bar Sm. \$2.25 Lg. \$3.75**

#### **Macaroni Salad ~ \$2.25**

Elbow pasta, salt, cheddar cheese, relish, celery, onion, pimentos, salt, pepper, mayo

1/2 CUP = 242 Calories 6.27g Protein 15.36g Fat 4.276g Sat Fat 431mg Sodium 19.81g Carb 1.3g Fiber

## Entrees

### **Chicken Quesadilla ~ \$4.95**

Chicken, Monterey jack cheese, onion, tomato, cilantro, lime juice, salt, pepper, butter, flour tortilla wrap

4 wedges = 425 Calories 24.04g Protein 19.04g Fat 9.025g Sat Fat 893mg Sodium 38.42g Carb 3.3g Fiber

### **Grilled Vegetable Hummus Wrap ~ \$4.95 VG**

Zucchini, red peppers, spinach, oil, tomatoes, red onion, kale, gouda cheese, hummus, flour tortilla

1 each = 480 Calories 17.05g Protein 24.9g Fat 8.15g Sat Fat 916mg Sodium 48.90g Carb 6.8g Fiber

### **Assorted Pizza ~ \$1.90**

Vegetable Pizza, Pepperoni Pizza, Cheese Pizza, Meat Lovers Pizza

1 Slice = 353 Calories 15.96g Protein 14.35 Fat 5.231g Sat Fat 777mg Sodium 40.02g Carb 2.5g Fiber

## Sides

### **Succotash ~ \$1.20 GF VG**

Succotash, butter, salt, pepper

1/2 CUP = 97 Calories 3.48g Protein 3.11g Fat 1.111g Sat Fat 131mg Sodium 16g Carb 3.3g Fiber

### **Corn on the Cob ~ \$1.20 GF VG**

1/2 each = 78 Calories 1.25g Protein 4.37g Fat 1.734g Sat Fat 336mg Sodium 9.47g Carb .9g Fiber

### **Spanish Rice ~ \$1.20 GF**

Rice, onion, chicken stock, green pepper, celery, tomato, pepper, sugar, cumin

1/2 CUP = 96 Calories 2.58g Protein .44g Fat .078g Sat Fat 78mg Sodium 19.84g Carb 1.5g Fiber

## Desserts

### **Mixed Melons ~ \$1.60 GF VG**

1 CUP = 59 Calories 1.19g Protein 0.29g Fat 0.05g Sat Fat 13mg Sodium 15g Carb 1.1g Fiber

### **Peach Pie ~ \$1.90**

1 EACH = 241 Calories 2.05g Protein 10.77g Fat 1.625g Sat Fat 234mg Sodium 35.44g Carb .9g Fiber

# Lanston Friday Lunch 9/22/23

## Soups

### **Cream Of Asparagus Soup~ Sm. \$1.50 Lg. \$2.50 GF VG**

Butter, onion, salt, pepper, 2% milk, asparagus, cornstarch  
3/4 CUP = 124 Calories 5.54g Protein 5.78g Fat 1.073g Sat Fat 558mg Sodium 13g Carb 0.7g Fiber

### **Italian Wedding Soup~ Sm. \$1.50 Lg. \$2.50**

Escarole, meatballs, basil, onion, chicken broth, orzo, carrots, cornstarch  
3/4 CUP = 125 Calories 12.72g Protein 5.43g Fat 1.389g Sat Fat 121mg Sodium 6g Carb 0.8g Fiber

## Salads

### **Salad Bar Sm. \$2.25 Lg. \$3.75**

#### **Waldorf Salad ~ \$2.25**

Half & half, mayonnaise, apples, celery, salt, sugar, nuts  
1/2 CUP = 201 Calories 1.97g Protein 15.27g Fat 2.366g Sat Fat 296mg Sodium 15g Carb 2.4g Fiber

## Entrees

### **Lobster Stuffed Sole ~ \$5.30**

Lobster, shallots, garlic, tarragon, celery, mushrooms, butter, sole, beurre blanc sauce  
4 OZ = 720 Calories 29.2g Protein 54.04g Fat 25.13g Sat Fat 1112mg Sodium 23.28g Carb 2.4g Fiber

### **Egg Salad on a Croissant ~ \$4.70 VG**

Egg salad Mayonnaise, mustard, yellow onion, sweet red peppers, black pepper, salt  
Croissant, Lettuce and tomato  
30z sandwich = 440 Calories 22.78g Protein 20.42g Fat 9.471 Sat Fat 941mg Sodium 40.67g Carb 2g Fiber

### **Vegetarian Enchilada ~ \$4.40 GF VG**

Oil, corn tortilla, onion, garlic, pepper, vegetarian hamburger, enchilada sauce, cheddar cheese  
3 each = 649 Calories 31.67g Protein 33.63 Fat 12.543g Sat Fat 1378mg Sodium 57.8g Carb 15.1g Fiber

## Sides

### **French Fries ~ \$1.20 VG**

½ cup = 98 Calories 1.51g Protein 2.96g Fat .583g Sat Fat 18mg Sodium 16.28g Carb 1.5g Fiber

### **Sauteed Spinach ~ \$1.20 GF VG**

Spinach, oil, garlic, salt, pepper  
1/2 CUP = 42 Calories 2.7g Protein 2.5g Fat .208g Sat Fat 132mg Sodium 3.71g Carb 2.2g Fiber

### **Lemon Carrots ~ \$1.20 GF**

Chicken Stock, lemon juice, butter, lemon pepper seasoning, carrots  
1/2 CUP = 63 Calories 1.16g Protein 1.23g Fat 0.42g Sat Fat 82mg Sodium 13g Carb 3.3g Fiber

## Desserts

### **Melon Cubes ~ \$1.60 GF VG**

1 CUP = 59 Calories 1.19g Protein 0.29g Fat 0.05g Sat Fat 13mg Sodium 15g Carb 1.1g Fiber

### **Lemon Meringue Pie ~ \$3.15**

1 slice = 233 Calories 1.61g Protein 6.43g Fat 2.41g Sat Fat 217mg Sodium 43.4g Carb 0.8g Fiber

# Langston Saturday Lunch 9/23/23

## Soups

### **Barley Mushroom Soup ~ Sm. \$1.50 Lg. \$2.50**

Beef cubes, celery, onion, beef stock, pepper, bay leaves, mushrooms, barley, cornstarch  
3/4 CUP = 42 Calories 2.99g Protein 1.67g Fat .524g Sat Fat 65mg Sodium 3.73g Carb .5g Fiber

### **French Onion Soup ~ Sm. \$1.50 Lg. \$2.50 VG GF**

Onion, salt, pepper, Vegetable stock, cornstarch, parmesan cheese  
3/4 CUP = 87 Calories 2.47g Protein 3.55g Fat 1.245g Sat Fat 184mg Sodium 11.47g Carb .8g Fiber

## Salads

### **Marinated Mushrooms & Onions ~ \$2.25**

Mushrooms, onions, lemon juice, Italian dressing  
1/2 CUP = 42 Calories 1.35g Protein 1.98g Fat 0.275g Sat Fat 83mg Sodium 6g Carb 1.3g Fiber

## Entrees

### **Bacon Wrapped Beef Tenderloin ~ \$5.30 GF**

Beef tenderloin, salt, pepper, bacon, butter, beef base  
5 OZ = 251 Calories 22.1g Protein 14.43g Fat 5.375g Sat Fat 1112mg Sodium 2.85g Carb .2g Fiber

### **Vegetable Lasagna ~ \$4.40 VG**

Noodles, onion, green peppers, garlic, tomatoes, mushrooms, carrots, vegetable broth, basil, oregano, Italian seasoning, pepper, spinach, cottage cheese, mozzarella cheese  
3X3 sq = 433 Calories 28.24g Protein 10.23g Fat 4.867g Sat Fat 849mg Sodium 58.24g Carb 6.7g Fiber

### **Mojo Shrimp ~ \$5.30 VG**

Shrimp, garlic, orange juice, oil, lime juice, cumin, oregano, pepper  
9 oz = 268 Calories 24.11g Protein 15.96g Fat 2.204g Sat Fat 571mg Sodium 3.6g Carb .2g Fiber

## Sides

### **Baked Sweet Potato ~ \$1.20 GF VG**

1 EACH = 54 Calories .97g Protein .10g Fat .022g Sat Fat 19mg Sodium 12.59g Carb 1.8g Fiber

### **Italian Cut Green Beans ~ \$1.20 GF VG (plain available)**

Green Beans, butter, salt, pepper  
1/2 CUP = 45 Calories 1.22g Protein 2.53g Fat 1.013g Sat Fat 95mg Sodium 5g Carb 2.5g Fiber

### **Spaghetti Squash ~ \$1.20 GF VG**

Spaghetti squash, salt, pepper, butter  
1/2 CUP = 64 Calories 1.09g Protein 2.66g Fat 1.015g Sat Fat 169mg Sodium 11g Carb 2.3g Fiber

### **Steamed Asparagus ~ \$1.20 GF VG**

1/2 CUP = 24 Calories 2.67g Protein 0.24g Fat 0.053g Sat Fat 16mg Sodium 5g Carb 2.2g Fiber

## Desserts

### **Cantaloupe ~ \$1.60 GF VG**

1/2 CUP = 48 Calories 1.18g Protein .27g Fat .067g Sat Fat 23mg Sodium 11.48g Carb 1.3g Fiber

### **Brown Sugar Coffee Cake ~ \$2.20**

Yellow cake, brown sugar, cinnamon  
SQ2X2 = 124 Calories .89g Protein .83g Fat .383g Sat Fat 175mg Sodium 28.66g Carb .3g Fiber