

**THAINOMITE**

<b>BENTO ITEM</b>	<b>CALORIES</b>	<b>TOTAL FAT (GRAMS)</b>	<b>SATURATED FAT (GRAMS)</b>	<b>CHOLESTEROL (MILLIGRAMS)</b>	<b>SODIUM (MILLIGRAMS)</b>	<b>TOTAL CARBS (GRAMS)</b>	<b>DIETARY FIBER (GRAMS)</b>	<b>SUGARS (GRAMS)</b>	<b>PROTIEN (GRAMS)</b>
LEMONGRASS CHICKEN	208	12	4	28	100	6	0	2	30
THAI EGGPLANT	104	4	1	0	270	10	2	6	2
RICE NOODLE SALAD	56	0	0	0	152	12	0	0	0
ORANGES	34	0	0	0	1	9	2	6	1
OR									
IF GRAPES*	19	0	0	0	1	5	0	4	0
<b>TOTAL</b>	<b>402</b>	<b>16</b>	<b>5</b>	<b>28</b>	<b>522</b>	<b>42</b>	<b>4</b>	<b>14</b>	<b>33</b>

**CAPRI**

<b>BENTO ITEM</b>	<b>CALORIES</b>	<b>TOTAL FAT (GRAMS)</b>	<b>SATURATED FAT (GRAMS)</b>	<b>CHOLESTEROL (MILLIGRAMS)</b>	<b>SODIUM (MILLIGRAMS)</b>	<b>TOTAL CARBS (GRAMS)</b>	<b>DIETARY FIBER (GRAMS)</b>	<b>SUGARS (GRAMS)</b>	<b>PROTIEN (GRAMS)</b>
CHICKPEAS IN LEMON, TOMATO AND CAPER SAUCE	170	6	1	0	210	23	6	5	15
THYME EGGPLANT MASH W DOLLOP OF GREEK YOGURT	138	12	3	3	10	9	0	3	0
PITA WEDGES	39				75	8	0	0	1
ORANGES	34	0	0	0	1	9	2	6	1
OR									
IF GRAPES*	19	0	0	0	1	5	0	4	0
<b>TOTAL</b>	<b>393</b>	<b>18</b>	<b>4</b>	<b>3</b>	<b>296</b>	<b>49</b>	<b>8</b>	<b>14</b>	<b>17</b>

**DIABLO**

BENTO ITEM	CALORIES	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MILLIGRAMS)	SODIUM (MILLIGRAMS)	TOTAL CARBS (GRAMS)	DIETARY FIBER (GRAMS)	SUGARS (GRAMS)	PROTIEN (GRAMS)
SAVORY BLACK BEANS IN SALSA	211	26	4	0	304	38	12	2	13
PICKLED RED ONION AND JALEPENO	20	0	0	0	28	4	0	2	0
CORN TORTILLAS	128	12	0	0	40	28	4	0	4
ORANGES	34	0	0	0	1	9	2	6	1
OR									
*IF GRAPES	19	0	0	0	1	5	0	4	0
TOTAL	393	38	4	0	373	79	18	10	18

**SOUTHERN COMFORT**

BENTO ITEM	CALORIES	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MILLIGRAMS)	SODIUM (MILLIGRAMS)	TOTAL CARBS (GRAMS)	DIETARY FIBER (GRAMS)	SUGARS (GRAMS)	PROTIEN (GRAMS)
BBQ CHICKEN	250	6	2	128	520	18	0	14	30
TANGY RED CABBAGE									
BRIOCHE BUN	110	2	0	0	200	21	1	2	5
ORANGES	34	0	0	0	1	9	2	6	1
OR									
GRAPES	19	0	0	0	1	5	0	4	0
TOTAL	394	6	2	128	721	48	3	22	36

**UMAME**

<b>BENTO ITEM</b>	<b>CALORIES</b>	<b>TOTAL FAT (GRAMS)</b>	<b>SATURATED FAT (GRAMS)</b>	<b>CHOLESTEROL (MILLIGRAMS)</b>	<b>SODIUM (MILLIGRAMS)</b>	<b>TOTAL CARBS (GRAMS)</b>	<b>DIETARY FIBER (GRAMS)</b>	<b>SUGARS (GRAMS)</b>	<b>PROTIEN (GRAMS)</b>
TRUFFLE SOY TOFU AND MUSHROOMS	156	12	5	16	292	4	2	0	11
RICE	130	0	0	0	2	28	6	0	4
MISO EGGPLANT	108	10	2	0	108	8	2	4	0
KIMCHEE SALAD									
ORANGES	34	0	0	0	1	9	2	6	1
OR									
GRAPES	19	0	0	0	1	5	0	4	0
<b>TOTAL</b>	<b>428</b>	<b>22</b>	<b>7</b>	<b>16</b>	<b>403</b>	<b>49</b>	<b>12</b>	<b>10</b>	<b>16</b>

**EIGHT LIMB**

<b>BENTO ITEM</b>	<b>CALORIES</b>	<b>TOTAL FAT (GRAMS)</b>	<b>SATURATED FAT (GRAMS)</b>	<b>CHOLESTEROL (MILLIGRAMS)</b>	<b>SODIUM (MILLIGRAMS)</b>	<b>TOTAL CARBS (GRAMS)</b>	<b>DIETARY FIBER (GRAMS)</b>	<b>SUGARS (GRAMS)</b>	<b>PROTIEN (GRAMS)</b>
CURRIED CHICKPEAS	201	8	2	0	219	26	8	4	8
RICE	130	0	0	0	1	28	6	0	4
COCONUT CABBAGE STIR FRY	136	14	0	0	102	6	2	2	2
SWEET RED PEPPERS	72	4	0	0	88	15	0	9	0
ORANGES	34	0	0	0	1	9	2	6	1
OR									
GRAPES	19	0	0	0	1	5	0	4	0
<b>TOTAL</b>	<b>592</b>	<b>26</b>	<b>2</b>	<b>0</b>	<b>412</b>	<b>83</b>	<b>18</b>	<b>21</b>	<b>15</b>