Chimichurri Steak
Serving Size: 3ozw
Calories: 180, Calories From Fat: 90, Total Fat: 10g, Sodium: 40mg, Protein: 21g

Dirty Rice
Serving Size: ½ cup
Calories: 80, Calories From Fat: 0, Total Fat: 0g, Sodium: 10mg, Protein: 2g

Grilled Yellow Squash
Serving Size: ½ cup
Calories: 70, Calories From Fat: 50, Total Fat: 5g, Sodium: 60mg, Protein: 1g
Hearty Beef Stew
Serving Size: 8oz
Calories: 210, Calories From Fat: 50, Total Fat: 5g, Sodium: 360mg, Protein: 16g
Contains: GLUTEN, SOY

Mashed Red Skin Potatoes
Serving Size: ½ cup
Calories: 120, Calories From Fat: 30, Total Fat: 3g, Sodium: 80mg, Protein: 2g
Contains: DAIRY

Green Beans and Carrots
Serving Size: 3ozw
Calories: 50, Calories From Fat: 230, Total Fat: 2g, Sodium: 80mg, Protein: 1g
Contains: SOY, DAIRY
Fried Chicken
Serving Size: 2 pieces
Calories: 440, Calories From Fat: 260, Total Fat: 29g, Sodium: 300mg, Protein: 25g
Contains: GLUTEN, SOY

Jalapeno Cornbread
Serving Size: ½ cup
Calories: 250, Calories From Fat: 80, Total Fat: 9g, Sodium: 510mg, Protein: 6g
Contains: GLUTEN, SOY, EGG

Three Bean Chili
Serving Size: 8ozv
Calories: 140, Calories From Fat: 20, Total Fat: 2g, Sodium: 400mg, Protein: 7g
Contains: SOY

Garlic Spinach and Kale
Serving Size: ½ cup
Calories: 60, Calories From Fat: 30, Total Fat: 4g, Sodium: 110mg, Protein: 2g

Chipotle Chicken Tortilla Soup
Serving Size: 8ozv
Calories: 140, Calories From Fat: 40, Total Fat: 5g, Sodium: 330mg, Protein: 8g
Contains: SOY
Chocolate Chip Cookies
Serving Size: 1 each
Calories: 130, Calories From Fat: 50, Total Fat: 6g, Sodium: 100mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG

Oatmeal Raisin Cookies
Serving Size: 1 each
Calories: 110, Calories From Fat: 40, Total Fat: 4g, Sodium: 120mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG

Ice Cream Sundaes
With your choice of ice cream and toppings
Serving Size: 1 each
Calories: 280, Calories From Fat: 120, Total Fat: 13g, Sodium: 100mg, Protein: 4g
Contains: GLUTEN, SOY, DAIRY, EGG, PEANUTS

Oreo Blondies
Serving Size: 1 each
Calories: 280, Calories From Fat: 110, Total Fat: 12g, Sodium: 260mg, Protein: 3g
Contains: GLUTEN, SOY, DAIRY, EGG

Glazed Devil’s Food Cake
Serving Size: 1 slice
Calories: 270, Calories From Fat: 130, Total Fat: 15g, Sodium: 290mg, Protein: 3g
Contains: GLUTEN, SOY, DAIRY, EGG

ALLERGEN NOTE: Items at this station may have come in cross-contact with any of the Top 8 allergens, including peanuts and tree nuts
Cheese Pizza

Serving Size: 1 slice
Calories: 250, Calories From Fat: 70, Total Fat: 7g, Sodium: 580mg, Protein: 13g
Contains: GLUTEN, SOY, DAIRY

Cuban Stromboli
Serving Size: 1 slice
Calories: 270, Calories From Fat: 80, Total Fat: 9g, Sodium: 680mg, Protein: 15g
Contains: GLUTEN, SOY, DAIRY, EGG

Garden Salad

Serving Size: 1 cup
Calories: 15, Calories From Fat: 0, Total Fat: 0g, Sodium: 10mg, Protein: 1g

Italian Lentil Salad

Serving Size: ½ cup
Calories: 60, Calories From Fat: 20, Total Fat: 2g, Sodium: 210mg, Protein: 3g
Contains: SOY
Butternut Squash Bisque

Serving Size: 8ozv
Calories: 160, Calories From Fat: 50, Total Fat: 7g, Sodium: 710mg, Protein: 2g
Contains: DAIRY

Chicken Noodle Soup
Serving Size: 8ozv
Calories: 120, Calories From Fat: 40, Total Fat: 5g, Sodium: 260mg, Protein: 7g
Contains: GLUTEN, SOY, DAIRY, EGG
Yakitori Chicken Stir Fry
Serving Size: ½ cup
Calories: 140, Calories From Fat: 50, Total Fat: 5g, Sodium: 380mg, Protein: 10g
Contains: GLUTEN, SOY

Cilantro Lime Brown Rice
Serving Size: ½ cup
Calories: 140, Calories From Fat: 10, Total Fat: 1g, Sodium: 50mg, Protein: 3g

Thai Peanut Noodle Salad
Serving Size: ½ cup
Calories: 190, Calories From Fat: 70, Total Fat: 7g, Sodium: 60mg, Protein: 6g
Contains: GLUTEN, SOY, PEANUTS, SESAME
Pork Ramen
Serving Size: 14.5oz
Calories: 200, Calories From Fat: 40, Total Fat: 4g, Sodium: 500mg, Protein: 179g
Contains: GLUTEN, SOY, DAIRY, EGG