Hawaiian Pork Grain Bowl

Brown rice, quinoa, roasted pork loin, fresh vegetables, and grilled pineapple

*Can be made vegan without pork*

Serving Size: 1 each

Calories: 330, Calories From Fat: 110, Total Fat: 12g, Sodium: 200mg, Protein: 18g
Country Shepherd’s Pie
Serving Size: 1 serving
Calories: 470, Calories From Fat: 200, Total Fat: 22g, Sodium: 230mg, Protein: 27g
Contains: GLUTEN, SOY, DAIRY, EGG

Seasoned Corn
Serving Size: ½ cup
Calories: 70, Calories From Fat: 0, Total Fat: 1g, Sodium: 0mg, Protein: 2g

Buttermilk Biscuit
Serving Size: 1 each
Calories: 160, Calories From Fat: 60, Total Fat: 7g, Sodium: 390mg, Protein: 3g
Contains: GLUTEN, SOY, DAIRY, EGG
Smoked Beef Brisket

Serving Size: 3ozw
Calories: 210, Calories From Fat: 60, Total Fat: 7g, Sodium: 720mg, Protein: 33g

Bow-Tie Pasta

Serving Size: 1 cup
Calories: 160, Calories From Fat: 10, Total Fat: 1g, Sodium: 13mg, Protein: 5g
Contains: GLUTEN

Black Bean-Stuffed Peppers

Serving Size: 1 each
Calories: 120, Calories From Fat: 20, Total Fat: 2g, Sodium: 70mg, Protein: 4g
Contains: SOY

Braised Red Cabbage with Apple

Serving Size: ½ cup
Calories: 60, Calories From Fat: 0, Total Fat: 0g, Sodium: 160mg, Protein: 1g
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

Blueberry Blondie
Serving Size: 1 each
Calories: 240, Calories From Fat: 90, Total Fat: 10g, Sodium: 250mg, Protein: 3g
Contains: GLUTEN, SOY, DAIRY, EGG

Chocolate Cupcake
Serving Size: 1 each
Calories: 210, Calories From Fat: 60, Total Fat: 7g, Sodium: 250mg, Protein: 2g
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

BBQ Chicken Stromboli
Serving Size: 1 slice
Calories: 290, Calories From Fat: 80, Total Fat: 9g, Sodium: 560mg, Protein: 17g
Contains: GLUTEN, SOY, DAIRY

Caesar Salad
Serving Size: ½ cup
Calories: 80, Calories From Fat: 60, Total Fat: 6g, Sodium: 180mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG, FISH (Caesar dressing)

Cucumber and Onion Salad

Serving Size: ½ cup
Calories: 140, Calories From Fat: 100, Total Fat: 11g, Sodium: 190mg, Protein: 1g
Contains: SOY
Turkey Gumbo
Serving Size: 8ozv
Calories: 150, Calories From Fat:35, Total Fat:4g, Sodium: 660mg, Protein: 11g
Contains: GLUTEN

Tomato Feta Soup
Serving Size: 8ozv
Calories: 130, Calories From Fat: 60, Total Fat: 7g, Sodium: 730mg, Protein: 4g
Contains: DAIRY
Nam Tok Pork
Serving Size: 1 cup
Calories: 100, Calories From Fat: 30, Total Fat: 3g, Sodium: 140mg, Protein: 17g
Contains: SOY, FISH (Fish Sauce)

Lemongrass Coconut Broccoli
Serving Size: ½ cup
Calories: 80, Calories From Fat: 40, Total Fat: 5g, Sodium: 30mg, Protein: 3g

Asian Chop Chop Salad with Grilled Chicken
Serving Size: 16ozw
Calories: 210, Calories From Fat: 110, Total Fat: 12g, Sodium: 120mg, Protein: 13g
Contains: SOY, SESAME, TREE NUTS