Mediterranean Chicken
Serving Size: ½ cup
Calories: 190, Calories From Fat: 80, Total Fat: 8g, Sodium: 430mg, Protein: 23g

Marinated Artichokes and Tomatoes
Serving Size: ½ cup
Calories: 110, Calories From Fat: 80, Total Fat: 9g, Sodium: 300mg, Protein: 2g

Roasted Garlic Potatoes
Serving Size: ½ cup
Calories: 110, Calories From Fat: 30, Total Fat: 3g, Sodium: 100mg, Protein: 2g

Grilled Eggplant
Serving Size: ½ cup
Calories: 96.4, Calories From Fat: 46.9, Total Fat: 5.2g, Sodium: 80mg, Protein: 1.8g
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

Peanut Butter Cookies
Serving Size: 1 each
Calories: 130, Calories From Fat: 50, Total Fat: 6g, Sodium: 140mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG, PEANUTS

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

Spiced Peach Cobbler
Serving Size: ½ cup
Calories: 150, Calories From Fat: 30, Total Fat: 3g, Sodium: 110mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG

Devil’s Food Cupcake
Serving Size: 1 each
Calories: 150, Calories From Fat: 50, Total Fat: 5g, Sodium: 210mg, 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
Shrimp Etouffee
Serving Size: ½ cup
Calories: 290, Calories From Fat: 100, Total Fat: 11g, Sodium: 410mg, Protein: 11g
Contains: GLUTEN, SOY, DAIRY, SHELLFISH

White Rice

Serving Size: ½ cup
Calories: 120, Calories From Fat: 10, Total Fat: 0g, Sodium: 10mg, Protein: 3g

Fresh Collard Greens

Serving Size: ½ cup
Calories: 50, Calories From Fat: 20, Total Fat: 2g, Sodium: 310mg, Protein: 3g
Contains: SOY
Spinach and Ricotta Pizza

Serving Size: 1 slice
Calories: 170, Calories From Fat: 50, Total Fat: 6g, Sodium: 300mg, Protein: 7g
Contains: GLUTEN, SOY, DAIRY

Meatball Parm Melt
Serving Size: 1 slice
Calories: 360, Calories From Fat: 220, Total Fat: 24g, Sodium: 780mg, Protein: 10g
Contains: GLUTEN, SOY, DAIRY

Tossed Salad
Serving Size: ½ cup
Calories: 50, Calories From Fat: 17g, Total Fat: 0g, Sodium: 50mg, Protein: 2g

Pesto Orzo Salad
Serving Size: ½ cup
Calories: 190, Calories From Fat: 90, Total Fat: 10g, Sodium: 170mg, Protein: 4g
Contains: GLUTEN, SOY, DAIRY, TREE NUTS
New England Clam Chowder
Serving Size: 8ozv
Calories: 200, Calories From Fat: 108, Total Fat: 12g, Sodium: 940mg, Protein: 6g
Contains: GLUTEN, SOY, DAIRY, FISH, SHELLFISH

Minestrone Soup
Serving Size: 8ozv
Calories: 130, Calories From Fat: 25, Total Fat: 3g, Sodium: 600mg, Protein: 6g
Contains: GLUTEN, DAIRY
Shrimp Pad Thai
Serving Size: 1 cup
Calories: 290, Calories From Fat: 100, Total Fat: 11g, Sodium: 410mg, Protein: 11g
Contains: GLUTEN, SOY, EGG, FISH, SHELLFISH, PEANUTS

Spicy Tofu Vegetable Stir Fry

Serving Size: ½ cup
Calories: 100, Calories From Fat: 40, Total Fat: 5g, Sodium: 400mg, Protein: 4g
Contains: GLUTEN, SOY, SESAME

White Rice

Serving Size: ½ cup
Calories: 120, Calories From Fat: 0, Total Fat: 0g, Sodium: 5mg, Protein: 3g

Chili Cucumber Salad

Serving Size: ½ cup
Calories: 60, Calories From Fat: 30, Total Fat: 4g, Sodium: 140mg, Protein: 1g
Contains: GLUTEN, SOY, SESAME
Beef Tacos
Serving Size: 1 each
Calories: 220, Calories From Fat: 100, Total Fat: 12g, Sodium: 520mg, Protein: 12g
Contains: GLUTEN, SOY, DAIRY

Spanish Rice
Serving Size: ½ cup
Calories: 110, Calories From Fat: 10, Total Fat: 2g, Sodium: 70mg, Protein: 2g
Contains: SOY

Seasoned Black Beans
Serving Size: ½ cup
Calories: 110, Calories From Fat: 10, Total Fat: 1g, Sodium: 400mg, Protein: 7g
Contains: SOY

Pico De Gallo
Serving Size: 1ozv
Calories: 10, Calories From Fat: 0, Total Fat: 0g, Sodium: 0mg, Protein: 0g

Pickled Red Onion
Serving Size: 1ozw
Calories: 20, Calories From Fat: 0, Total Fat: 0g, Sodium: 40mg, Protein: 0g