Homestyle Chicken
Serving Size: 4ozw
Calories: 340, Calories From Fat: 150, Total Fat: 17g, Sodium: 280mg, Protein: 30g
Contains: GLUTEN, SOY, EGG

Crispy Eggplant
Serving Size: 2 3/4oz
Calories: 170, Calories From Fat: 50, Total Fat: 5g, Sodium: 170mg, Protein: 5g
Contains: GLUTEN, SOY, DAIRY, EGG

Sauteed Spinach
Serving Size: ½ cup
Calories: 60, Calories From Fat: 40, Total Fat: 5g, Sodium: 190mg, Protein: 2g
Contains: SOY

Roasted Butternut Squash
Serving Size: ½ cup
Calories: 50, Calories From Fat: 10, Total Fat: 2g, Sodium: 140mg, Protein: 3g
Contains: SOY

Matzo Ball Soup
Serving Size: 8ozv
Calories: 250, Calories From Fat: 60, Total Fat: 7g, Sodium: 420mg, Protein: 11g
Contains: GLUTEN, SOY, EGG
Pepperoni Pizza
Serving Size: 1 slice
Calories: 280, Calories From Fat: 90, Total Fat: 10g, Sodium: 680mg, Protein: 14g
Contains: GLUTEN, SOY, DAIRY

Vegetable Stromboli

Serving Size: 1 piece
Calories: 230, Calories From Fat: 50, Total Fat: 6g, Sodium: 430mg, Protein: 12g
Contains: GLUTEN, SOY, DAIRY

Greek Meatball Melt
Serving Size: 1 sandwich
Calories: 460, Calories From Fat: 200, Total Fat: 22g, Sodium: 910mg, Protein: 20g
Contains: GLUTEN, SOY, DAIRY, EGG

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 Tomato Salad

Serving Size: ½ cup
Calories: 40, Calories From Fat: 20, Total Fat: 2g, Sodium: 160mg, Protein: 1g
Contains: SOY
Asian Pork Stir Fry
(Can be made vegan without pork)
with Napa Cabbage, Bell Peppers, Snow Peas, Sliced Carrots, Water Chestnuts, and Rice Stick Noodles

Serving Size: 1 cup
Calories: 370, Calories From Fat: 110, Total Fat: 12g, Sodium: 330mg, Protein: 52g
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 vanilla, chocolate, green mint chip, or blueberry cheesecake frozen yogurt  
Serving Size: 1 each  
Calories: 280, Calories From Fat: 120, Total Fat: 13g, Sodium: 100mg, Protein: 4g  
Contains: GLUTEN, SOY, DAIRY, EGG, PEANUTS

Vanilla Cake  
Serving Size: 1 slice  
Calories: 320, Calories From Fat: 90, Total Fat: 10g, Sodium: 310mg, Protein: 2g  
Contains: GLUTEN, SOY, DAIRY, EGG

Cream Cheese Marbled Brownies  
Serving Size: 1 each  
Calories: 240, Calories From Fat: 90, Total Fat: 10g, Sodium: 210mg, 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.
Poblano and White Cheddar
Serving Size: 8ozv
Calories: 340, Calories From Fat: 243, Total Fat: 27g, Sodium: 860mg, Protein: 9g
Contains: GLUTEN, EGG, DAIRY

Beef Barley
Serving Size: 8ozv
Calories: 110, Calories From Fat: 27, Total Fat: 3g, Sodium: 840mg, Protein: 9g
Contains: WHEAT, DAIRY