Korean BBQ Chicken

Serving Size: 6ozw
Calories: 480, Calories From Fat: 150, Total Fat: 16g, Sodium: 1430mg, Protein: 30g

Sesame Swiss Chard

Serving Size: ½ cup
Calories: 30, Calories From Fat: 20, Total Fat: 3g, Sodium: 140mg, Protein: 1g

White Rice

Serving Size: ½ cup
Calories: 120, Calories From Fat: 0, Total Fat: 0g, Sodium: 30mg, Protein: 3g
Hamburger on a Bun
Serving Size: 1 each
Calories: 330, Calories From Fat: 120, Total Fat: 14g, Sodium: 370mg, Protein: 21g
Contains: GLUTEN, SOY

Hot Dog on a Roll
Serving Size: 1 each
Calories: 310, Calories From Fat: 160, Total Fat: 18g, Sodium: 840mg, Protein: 10g
Contains: GLUTEN, SOY

Gardenburger
Serving Size: 1 each
Calories: 170, Calories From Fat: 50, Total Fat: 6g, Sodium: 550mg, Protein: 15g
Contains: GLUTEN, SOY

Crispy Chicken Sandwich
Serving Size: 1 each
Calories: 460, Calories From Fat: 220, Total Fat: 24g, Sodium: 890mg, Protein: 18g
Contains: GLUTEN, SOY

French Fries
Serving Size: 4.5ozw
Calories: 240, Calories From Fat: 120, Total Fat: 13g, Sodium: 40mg, Protein: 3g
Contains: GLUTEN, SOY
May have cross-contact with other fryer items.
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

Belgian Waffle Ice Cream Sundaes  
Serving Size: 1 each  
Calories: 550, Calories From Fat: 160, Total Fat: 17g, Sodium: 900mg, Protein: 9g  
Contains: GLUTEN, SOY, DAIRY, EGG, PEANUTS

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

Lemon Cupcakes  
Serving Size: 1 each  
Calories: 160, Calories From Fat: 40, Total Fat: 5g, Sodium: 180mg, Protein: 1g  
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
Belgian Waffle Ice Cream Sundaes
Top your own sundae with a choice of syrups, fruits, peanuts, cookies and whipped topping

Serving Size: 1 each
Calories: 550, Calories From Fat: 160, Total Fat: 17g, Sodium: 900mg, Protein: 9g
Contains: GLUTEN, SOY, DAIRY, EGG, PEANUTS

ALLERGEN NOTE: Items at this station may have come in cross-contact with any of the Top 8 allergens, including peanuts and tree nuts
**Chicken & Vegetable Lo Mein**

Serving Size: 1 cup  
Calories: 250, Calories From Fat: 70, Total Fat: 8g, Sodium: 190mg, Protein: 27g  
Contains: GLUTEN, SOY, SESAME

**General Tso Tofu**

Serving Size: ½ cup  
Calories: 90, Calories From Fat: 20, Total Fat: 2g, Sodium: 350mg, Protein: 4g  
Contains: GLUTEN, SOY

**Szechuan Green Beans**

Serving Size: ½ cup  
Calories: 60, Calories From Fat: 10, Total Fat: 2g, Sodium: 290mg, Protein: 3g  
Contains: GLUTEN, SOY, SESAME

**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

Broccoli and Red Pepper Stromboli
Serving Size: 1 piece
Calories: 300, Calories From Fat: 80, Total Fat: 9g, Sodium: 600mg, Protein: 15g
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)

Tabbouleh Salad
Serving Size: ½ cup
Calories: 120, Calories From Fat: 30, Total Fat: 4g, Sodium: 150mg, Protein: 3g
Contains: GLUTEN, SOY
Tomato Basil
Serving Size: 8oz
Calories: 100, Calories From Fat: 41, Total Fat: 4.5g, Sodium: 940mg, Protein: 4g
Contains: GLUTEN

Vegetable Beef
Serving Size: 8oz
Calories: 110, Calories From Fat: 14, Total Fat: 1.5g, Sodium: 1060mg, Protein: 7g
Contains: GLUTEN, WHEAT
Kadai Jhinga Masala (Curry Shrimp)
Serving Size: ½ cup
Calories: 130, Calories From Fat: 500, Total Fat: 5g, Sodium: 550mg, Protein: 11g
Contains: SOY, SHELLFISH

Raita
Serving Size: 1ozv
Calories: 20, Calories From Fat: 0, Total Fat: 0g, Sodium: 70mg, Protein: 1g
Contains: DAIRY

Potato Curry
Serving Size: ½ cup
Calories: 160, Calories From Fat: 70, Total Fat: 8g, Sodium: 300mg, Protein: 4g
Contains: SOY

Tikka Chaat Salad (Curry Chickpea Salad)
Serving Size: ½ cup
Calories: 70, Calories From Fat: 10, Total Fat: 1g, Sodium: 120mg, Protein: 2g