Herbed Roasted Pork Loin
Serving Size: 3ozw
Calories: 150, Calories From Fat: 40, Total Fat: 4g, Sodium: 250mg, Protein: 25g

Confetti Brown Rice
Serving Size: ½ cup
Calories: 120, Calories From Fat: 30, Total Fat: 3g, Sodium: 40mg, Protein: 2g
Contains: SOY

Roasted Brussels Sprouts
Serving Size: ½ cup
Calories: 40, Calories From Fat: 10, Total Fat: 1g, Sodium: 90mg, Protein: 3g
Rotisserie BBQ Chicken
Serving Size: 2 pieces
Calories: 520, Calories From Fat: 220, Total Fat: 25g, Sodium: 1200mg, Protein: 49g
Contains: SOY

Black Bean Stuffed Peppers
Serving Size: 1 each
Calories: 180, Calories From Fat: 30, Total Fat: 3g, Sodium: 90mg, Protein: 5g
Contains: SOY

Seasoned Green Peas and Mushrooms
Serving Size: ½ cup
Calories: 80, Calories From Fat: 20, Total Fat: 2g, Sodium: 50mg, Protein: 4g
Contains: SOY

Cajun Brown Rice
Serving Size: ½ cup
Calories: 100, Calories From Fat: 10, Total Fat: 1g, Sodium: 80mg, Protein: 2g
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
Cheese Pizza

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

Turkey Bacon Ranch Melt
Serving Size: 1 sandwich
Calories: 390, Calories From Fat: 140, Total Fat: 16g, Sodium: 990mg, 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)

Penne Pasta Salad

Serving Size: ½ cup
Calories: 130, Calories From Fat: 30, Total Fat: 4g, Sodium: 190mg, Protein: 3g
Contains: GLUTEN, SOY
Beef Fajita on Corn Tortillas

Serving Size: 1 each
Calories: 130, Calories From Fat: 30, Total Fat: 4g, Sodium: 120mg, Protein: 3g

Cilantro Lime Rice

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

Grilled Sweet Potatoes

Serving Size: ½ cup
Calories: 90, Calories From Fat: 10, Total Fat: 1g, Sodium: 30mg, Protein: 2g
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

Peanut Butter Swirl Brownies
Serving Size: 1 each
Calories: 240, Calories From Fat: 90, Total Fat: 10g, Sodium: 200mg, Protein: 4g
Contains: GLUTEN, SOY, DAIRY, EGG, PEANUTS

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

Chocolate Crinkle Whoopie Pies
Serving Size: 1 each
Calories: 260, Calories From Fat: 70, Total Fat: 8g, Sodium: 200mg, 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
Beef Chili
Serving Size: 8ozv
Calories: 230, Calories From Fat: 153, Total Fat: 17g, Sodium: 810mg, Protein: 8g
Contains: GLUTEN

Poblano and White Cheddar
Serving Size: 8ozv
Calories: 340, Calories From Fat: 243, Total Fat: 27g, Sodium: 860mg, Protein: 9g
Contains: GLUTEN, EGG, DAIRY
Miso Bowl
Seafood, vegetables and white rice in broth accented with wasabi hot & sour sauce

Serving Size: 1 bowl
Calories: 300, Calories From Fat: 120, Total Fat: 13g, Sodium: 1000mg, Protein: 30g
Contains: GLUTEN, SOY, EGG, FISH, SHELLFISH

Tuna Cucumber Sushi Roll

Serving Size: 6 roll
Calories: 280, Calories From Fat: 10, Total Fat: 1g, Sodium: 660mg, Protein: 30g
Contains: FISH
Pork Vindaloo
Serving Size: 1/2 cup
Calories: 140, Calories From Fat: 50, Total Fat: 5g, Sodium: 250mg, Protein: 13g
Contains: SOY

Raita (Cucumber Tomato Salad with Yogurt Dressing)
Serving Size: 1ozv
Calories: 20, Calories From Fat: 0, Total Fat: 0g, Sodium: 70mg, Protein: 1g
Contains: DAIRY

Curried Jasmine Rice with Sesame Green Beans
Serving Size: ½ cup
Calories: 130, Calories From Fat: 40, Total Fat: 4g, Sodium: 120mg, Protein: 3g
Contains: SOY, SESAME

Kachumber Salad with Cucumbers and Tomatoes
Serving Size: ½ cup
Calories: 40, Calories From Fat: 0, Total Fat: 0g, Sodium: 160mg, Protein: 1g