Tuna Noodle Casserole
Serving Size: 12oz
Calories: 360, Calories From Fat: 80, Total Fat: 9g, Sodium: 280mg, Protein: 23g
Contains: GLUTEN, SOY, DAIRY, EGG

Roasted Corn
Serving Size: ½ cup
Calories: 110, Calories From Fat: 10, Total Fat: 1g, Sodium: 210mg, Protein: 4g
Contains: SOY

White Dinner Roll
Serving Size: 1 each
Calories: 40, Calories From Fat: 10, Total Fat: 1g, Sodium: 90mg, Protein: 3g
Contains: GLUTEN, SOY, EGG
Chicken Shawarma
Serving Size: 3ozw
Calories: 170, Calories From Fat: 90, Total Fat: 10g, Sodium: 420mg, Protein: 19g

Brown Rice and Lentils

Serving Size: ½ cup
Calories: 80, Calories From Fat: 10, Total Fat: 1g, Sodium: 5mg, Protein: 3g

Kale with Spinach and Garlic

Serving Size: ½ cup
Calories: 60, Calories From Fat: 30, Total Fat: 4g, Sodium: 90mg, 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

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

Chocolate Chip Cupcakes
Serving Size: 1 each
Calories: 220, Calories From Fat: 60, Total Fat: 7g, Sodium: 220mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG

Fudge Brownies
Serving Size: 1 each
Calories: 290, Calories From Fat: 100, Total Fat: 11g, Sodium: 150mg, Protein: 3g
Contains: GLUTEN, SOY, DAIRY, EGG

Boston Cream Parfait
Serving Size: 1 each
Calories: 220, Calories From Fat: 70, Total Fat: 7g, 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
Cheese Pizza

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

Italian Deli Calzone
Serving Size: 1 piece
Calories: 180, Calories From Fat: 70, Total Fat: 7g, Sodium: 430mg, Protein: 10g
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)

Mediterranean Lentil Salad
Serving Size: ½ cup
Calories: 170, Calories From Fat: 120, Total Fat: 14g, Sodium: 360mg, Protein: 4g
Contains: SOY, DAIRY
Vegetarian Lentil

Serving Size: 8ozv
Calories: 320, Calories From Fat: 126, Total Fat: 14g, Sodium: 700mg, Protein: 12g
Contains: GLUTEN

NE Clam Chowder
Serving Size: 8ozv
Calories: 200, Calories From Fat: 108, Total Fat: 12g, Sodium: 940mg, Protein: 6g
Contains: GLUTEN, DAIRY, WHEAT
Chicken Tikka Masala
Serving Size: 1/2 cup
Calories: 150, Calories From Fat: 80, Total Fat: 8g, Sodium: 310mg, Protein: 11g
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

Aloo Gobi (Potatoes and Cauliflower)

Serving Size: ½ cup
Calories: 90, Calories From Fat: 40, Total Fat: 5g, Sodium: 170mg, Protein: 2g
Contains: SOY SESAME

Curried Israeli Couscous Salad

Serving Size: 1 cup
Calories: 290, Calories From Fat: 110, Total Fat 12g, Sodium: 210mg, Protein: 6g
Contains: GLUTEN, SOY