Dijon Cider Flank Steak

Serving Size: 3ozw
Calories: 170, Calories From Fat: 80, Total Fat: 9g, Sodium: 120mg, Protein: 22g

Roasted Garlic Red Potatoes

Serving Size: ½ cup
Calories: 100, Calories From Fat: 10, Total Fat: 1g, Sodium: 80mg, Protein: 2g

Roasted Beets and Carrots

Serving Size: ½ cup
Calories: 70, Calories From Fat: 20, Total Fat: 2g, Sodium: 200mg, Protein: 2g
Baked Pit Ham
Serving Size: 3ozw
Calories: 110, Calories From Fat: 30, Total Fat: 4g, Sodium: 1240mg, Protein: 13g

Texas BBQ Sauce
Serving Size: 2ozv
Calories: 50, Calories From Fat: 0, Total Fat: 0g, Sodium: 220mg, Protein: 0g
Contains: FISH (Worcestershire Sauce)

Scalloped Potatoes
Serving Size: ½ cup
Calories: 150, Calories From Fat: 50, Total Fat: 5g, Sodium: 170mg, Protein: 4g
Contains: GLUTEN, SOY, DAIRY

Spicy Corn and Tomatoes
Serving Size: ½ cup
Calories: 120, Calories From Fat: 50, Total Fat: 6g, Sodium: 40mg, Protein: 2g
Contains: SOY, DAIRY
Tikka Chat Tandoori Chicken Pita

Serving Size: 1 each
Calories: 500, Calories From Fat: 200, Total Fat: 22g, Sodium: 740mg, Protein: 19g
Contains: GLUTEN, SOY, EGG

Basmati Rice with Peas

Serving Size: ½ cup
Calories: 150, Calories From Fat: 10, Total Fat: 1g, Sodium: 110mg, Protein: 4g
Contains: GLUTEN, SOY

Grilled Vegetables

Serving Size: ½ cup
Calories: 80, Calories From Fat: 40, Total Fat: 5g, Sodium: 80mg, Protein: 1g
Contains: GLUTEN, SOY

Chicken Noodle Soup

Serving Size: 8ozv
Calories: 120, Calories From Fat: 40, Total Fat: 5g, Sodium: 260mg, Protein: 7g
Contains: GLUTEN, SOY, EGG
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

Glazed Devil’s Food Cake
Serving Size: 1 slice
Calories: 270, Calories From Fat: 130, Total Fat: 15g, Sodium: 290mg, Protein: 3g
Contains: GLUTEN, SOY, DAIRY, EGG, PEANUTS

Lemon Poppy Seed Thimble Cake
Serving Size: 1 each
Calories: 90, Calories From Fat: 20, Total Fat: 3g, Sodium: 110mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG, TREE NUTS

Red Velvet Whoopie Pies
Serving Size: 1 each
Calories: 150, Calories From Fat: 60, Total Fat: 6g, 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
Buffalo Chicken Pizza
Serving Size: 1 slice
Calories: 270, Calories From Fat: 80, Total Fat: 9g, Sodium: 860mg, Protein: 16g
Contains: GLUTEN, SOY, DAIRY

Quattro Formaggi Stromboli
Serving Size: 1 piece
Calories: 260, Calories From Fat: 80, Total Fat: 9g, Sodium: 510mg, Protein: 13g
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
Szechuan Shrimp
Serving Size: 1/2 cup
Calories: 90, Calories From Fat: 20, Total Fat: 3g, Sodium: 540mg, Protein: 7g
Contains: GLUTEN, SOY, SHELLFISH

Asian Soba Noodle Salad
Serving Size: ½ cup
Calories: 90, Calories From Fat: 30, Total Fat: 3g, Sodium: 70mg, Protein: 3g
Contains: GLUTEN, SOY, SESAME

Vegetable Fried Brown Rice
Serving Size: ½ cup
Calories: 130, Calories From Fat: 40, Total Fat: 5g, Sodium: 250mg, Protein: 4g
Contains: GLUTEN, SOY, EGG
Mediterranean Plate
Falafel, basmati rice with red quinoa, chicken shawarma, hummus, tomato cucumber salad, and tzatziki sauce, served with naan bread

Serving Size: 1 plate
(Including 4oz rice, 3oz tomato salad, 2 falafel, 3oz chicken, 2oz tzatziki sauce, 1oz feta cheese, 1 piece naan bread)
Calories: 1100, Calories From Fat: 420, Total Fat: 50g, Sodium: 2390mg, Protein: 50g
Contains: GLUTEN, SOY, DAIRY, EGG

Philadelphia Roll
With avocado, salmon, cream cheese, and cucumber

Serving Size: 4 pieces
Calories: 100, Calories From Fat: 40, Total Fat: 4g, Sodium: 130mg, Protein: 4g
Contains: DAIRY, FISH