



Chinese Meals



1 cup of any approved entrée below +

1 cup of steamed white or *brown rice OR 1 serving

*Plain Lo Mein + Fortune cookie +

CHOOSE 1 OF THE FOLLOWING

CHAMPSS

Chicken Entrées:

- * Beijing Chicken
- * Black Pepper Chicken
- Cashew Chicken
- * Garlic Chicken
- * Kung Pao Chicken
- * Szechuan Chicken

Pork Entrées:

- Pork with Green Beans
- * Twice Cooked Pork
- Black Pepper Pork

Shrimp Entrée:

- * Spicy Triple Delight

Vegetable Entrées:

- Vegetable Delight
- Steamed Vegetables with stir-fried chicken, pork, or beef.
- Plain Lo Mein with Vegetables

Beef Entrées:

- * Beef and Broccoli
- * Beef and Vegetables

****Not available at all stores***

Menu approved by Courtney Kruse RD, LD