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