WOK 'N' ROLL

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
ENTREES									
Egg Foo Yong ■	5 oz.	104	5.6 g	49%	185 mg	7.6 g	5.7 g	0.5 g	492 mg
Kung Pao Chicken	4 oz.	218	11.5 g	47%	42 mg	18.2 g	10.4 g	1 g	480 mg
Pork Chop Suey	8 oz.	260	16.4 g	57%	68 mg	19 g	9 g	1.2 g	553 mg
Sweet & Sour Chicken	5 oz.	362	18.7 g	47%	106 mg	24.7 g	23.6 g	0.4 g	503 mg
White Rice ▲	1/2 cup	103	0.2 g	2%	0 mg	2 g	22 g	0 g	1 mg
RICE									
Brown Rice ▲	1/2 cup	108	0.8 g	7%	0 mg	2.5 g	22 g	1.8 g	5 mg
Sticky Rice ▲	1/2 cup	117	0.2 g	2%	0 mg	2.2 g	26.7 g	0.3 g	0 mg
White Rice ▲	1/2 cup	103	0.2 g	2%	0 mg	2 g	22 g	0 g	1 mg
STIR FRY BAR									
Beef	1 portion	91	4.5 g	44%	35 mg	12 g	0 g	0 g	31 mg
Baby Corn ▲	1/2 cup	24	0 g	0%	0 mg	2 g	4 g	2 g	280 mg
Bamboo Shoots ▲	1/4 cup	6	0 g	0%	0 mg	0.5 g	1 g	0.5 g	2 mg
Bean Sprouts ▲	1/2 cup	45	0 g	0%	0 mg	1.4 g	1.7 g	0 g	7 mg
Bok Choy ▲	1/2 cup	5	0 g	0%	0 mg	0.5 g	0.7 g	0 g	23 mg
Broccoli ▲	1/2 cup	6	0 g	0%	0 mg	1.3 g	2 g	1.3 g	12 mg
Canola Oil ▲	2 T.	240	27 g	100%	0 mg	0 g	0 g	0 g	0 mg
Chicken	1 portion	62	0.7 g	10%	33 mg	13 g	0 g	0 g	37 mg
Duck Sauce ▲	2 T.	50	0 g	0%	0 mg	0 g	13 g	0 g	290 mg
Garlic Water ▲	2 T.	0	0 g	0%	0 mg	0 g	0 g	0 g	1 mg
Ginger Soy Sauce	2 T.	20	0 g	0%	0 mg	2 g	2 g	0 g	1150 mg
Ginger Water ▲	2 T.	0	0 g	0%	0 mg	0 g	0 g	0 g	1 mg
Green Onions ▲	1/4 cup	8	0 g	0%	0 mg	0.5 g	1.8 g	0.7 g	4 mg
Hoisin Sauce	2 T.	100	0 g	0%	1 mg	<1 g	25 g	N/A	1110 mg
Kosher Salt ▲	1/4 t.	0	0 g	0%	0 mg	0 g	0 g	0 g	480 mg
Lite Soy Sauce	2 T.	20	0 g	0%	0 mg	2 g	2 g	0 g	1150 mg
Mandarin Oranges ▲	1/2 cup	80	0 g	0%	0 mg	1 g	20 g	1 g	20 mg
Peanuts ▲	1/4 cup	214	18 g	76%	0 mg	0 g	2.5 g	0.5 g	1 mg
Peanut Oil ▲	2 T.	240	27 g	100%	0 mg	0 g	0 g	0 g	0 mg
Peanut Sauce	2 T.	60	2.5 g	38%	0 mg	3 g	6.5 g	1 g	622 mg
Peppers ▲	4 rings	11	0 g	0%	0 mg	0 g	2.6 g	0.8 g	1 mg
Red Onion ▲	1/4 cup	11	0 g	0%	0 mg	0 g	2.5 g	0.5 g	1 mg
Sesame Oil ▲	2 T.	240	27 g	100%	0 mg	0 g	0 g	0 g	0 mg
Sesame Seeds ▲	1 T.	51	4 g	76%	0 mg	1.5 g	2 g	1 g	1 mg
Shrimp	1 portion	60	1 g	15%	86 mg	11.5 g	0.5 g	0 g	84 mg
Sliced Carrots ▲	1/4 cup	13	0 g	0%	0 mg	0 g	3 g	1 g	11 mg
Sliced Onions ▲	1/4 cup	15	0 g	0%	0 mg	0 g	3.5 g	1 g	1 mg
Snow Peas ▲	1/2 cup	14	0 g	0%	0 mg	1 g	2 g	0.8 g	1 mg
Straw Mushrooms ▲	1/2 cup	20	0 g	0%	0 mg	2 g	3 g	2 g	380 mg
Sweet & Sour Sauce	2 T.	35	1 g	26%	N/A	0 g	7 g	N/A	55 mg
Szechuan Sauce	2 T.	15	0 g	0%	0 mg	1 g	2.4 g	0 g	473 mg
Teriyaki Sauce ▲	2 T.	30	0 g	0%	0 mg	2 g	6 g	0 g	1380 mg
Tofu ▲	1 portion	30	1 g	30%	0 mg	4 g	0.7 g	0.7 g	30 mg
Water Chestnuts ▲	1/4 cup	22	0 g	0%	0 mg	0 g	5.4 g	2 g	5 mg

■ *These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.*
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WOK 'N' ROLL, CONT.

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
White Pepper ▲	1/4 t.	2	0 g	0%	0 mg	0 g	0 g	0 g	0 mg
WAFFLE BAR									
Apple Topping ▲	1/4 cup	65	0 g	0%	0 mg	0 g	17 g	0.6 g	28 mg
Cherry Topping ▲	1/4 cup	74	0 g	0%	0 mg	0 g	18 g	0 g	12 mg
Margarine ■	1 T.	101	11 g	98%	0 mg	0 g	0 g	0 g	133 mg
Peach Topping ▲	1/4 cup	76	0 g	0%	0 mg	0 g	18 g	0 g	23 mg
Strawberry Topping ▲	1/4 cup	76	0 g	0%	0 mg	0 g	18 g	0.8 g	42 mg
Syrup ▲	1/4 cup	240	0 g	0%	0 mg	0 g	60 g	0 g	66 mg
Whipped Topping ■	2 T.	20	1 g	45%	0 mg	0 g	2 g	0 g	5 mg

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