

2026 - 2027 Nutrition & Big 9 Allergens

INDIVIDUAL ITEMS	Catagories	Weight of Portion Serving (oz)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Potassium (mg)	Calcium (mg)	Iron (mg)	Egg	Fish	Shellfish	Milk	Soy	Wheat	Peanut	Tree Nut	Sesame Seed
White Rice	Starch/Base	8	290	1	-	-	-	-	64	1	-	-	6	79	23	3	-	-	-	-	-	-	-	-	-
Brown Rice	Starch/Base	8	230	2	-	-	-	10	49	2	-	-	5	174	26	1	-	-	-	-	-	-	-	-	-
Vegetable Fried Rice	Starch/Base	8	270	5	-	-	-	750	50	3	3	-	7	187	34	2	-	-	-	-	x	-	-	-	-
Vegetable Lo Mein Noodle	Starch/Base	8	270	8	-	-	-	1470	37	4	9	2	8	297	62	2	x	-	-	-	x	x	-	-	-
Vegetable Egg Roll (1pc)	Starters	3	140	5	1	-	-	550	20	2	2	-	4	120	20	1	x	-	-	-	x	x	-	-	-
Chicken Dumplings (2pc)	Starters	51 grams	100	3	1	-	20	233	10	-	1	-	6	87	7	1	x	x	-	-	x	x	-	-	x
Fried Chicken Wings (3pcs)	Starters	6	270	16	3	-	75	1040	18	-	4	4	13	14	17	1	-	-	-	-	x	x	-	-	-
Crab Rangoon (4pc)	Starters	4	310	7	5	-	35	630	52	-	28	1	5	10	71	1	x	x	x	x	x	x	-	-	-
General Tso's Chicken	Daily Entrée	5	230	14	3	-	35	390	18	1	5	4	8	224	28	1	-	-	-	-	x	x	-	-	-
Honey Glaze Chicken	Daily Entrée	5	290	17	3	-	35	410	28	1	17	15	8	224	24	1	-	-	-	-	-	x	-	-	x
Teriyaki Chicken	Daily Entrée	5	260	14	1	-	75	1140	75	0	8	8	19	118	39	1	-	-	-	-	x	x	-	-	-
Beef & Broccoli	Daily Entrée	5	210	13	3	-	40	680	9	1	4	1	15	323	30	1	-	-	-	-	x	x	-	-	x
Hibachi Cajun Shrimp	Daily Entrée	5	180	2	1	-	75	550	6	2	2	-	9	260	51	1	x	-	x	-	x	-	-	-	-
Tofu Delight	Daily Entrée	5	130	7	1	-	-	520	9	1	4	1	7	226	115	2	-	-	-	-	x	X	-	-	X
Thai Sweet Chili Chicken	Festival Entrée	5	250	13	2	-	35	740	25	1	14	12	7	194	23	1	-	-	-	-	x	x	-	-	-
Spicy Gochujang Beef	Festival Entrée	5	220	12	3	-	35	380	18	1	12	10	12	285	27	1	-	-	-	-	x	x	-	-	x
Teriyaki Shrimp	Festival Entrée	5	130	5	0	-	45	760	10	1	7	5	11	218	63	0	-	-	x	-	x	x	-	-	x
Kung Pao Chicken	Festival Entrée	5	180	8	1	-	40	380	14	2	7	5	11	193	27	1	-	-	-	-	x	x	-	-	x
Spicy Mango Beef	Festival Entrée	5	230	12	3	-	40	520	18	1	13	9	14	344	37	1	-	-	-	-	x	x	-	-	-
Ruby Glaze Seafood Delight	Festival Entrée	5	190	5	0	-	40	720	28	1	13	11	7	141	43	1	X	X	X	-	x	x	-	-	x
Orange Chicken	Festival Entrée	5	290	18	3	-	45	420	24	-	8	8	10	182	29	1	-	-	-	-	x	x	-	-	x
Asian Slaw with Fresh Cilantro	Topping	1	10	-	-	-	-	5	2	1	1	-	-	3	9	-	-	x	-	-	-	x	-	-	-
Pickled Cucumber and Carrot Salad	Topping	1	10	-	-	-	-	360	3	-	2	2	-	40	4	-	-	-	-	-	-	-	-	-	-
Edamame Salad	Topping	1	25	0	-	-	-	95	4	1	1	1	2	101	19	1	-	x	-	-	x	-	-	-	-
Fresh Vegetable Salad	Topping	1	10	-	-	-	-	95	2	-	2	1	-	48	4	-	-	x	-	-	-	x	-	-	-
Steamed Broccoli Florets	Topping	1	10	-	-	-	-	10	1	1	-	-	1	92	14	-	-	-	-	-	-	-	-	-	-
Fried Onions	Topping	10 grams	60	5	2	-	-	50	4	-	1	-	1	40	8	-	-	-	-	-	-	x	-	-	-
Sriracha Sauce	Topping Sauces	1	25	-	-	-	-	440	5	-	3	2	1	-	7	1	-	-	-	-	-	-	-	-	-
Chili Lime Sauce	Topping Sauces	1	45	-	-	-	-	700	8	-	7	7	1	6	-	1	-	x	-	-	-	x	-	-	-
Yum Yum Sauce	Topping Sauces	1	150	15	3	-	10	160	2	-	2	2	-	11	1	-	x	-	-	-	x	-	-	-	-
Spicy Mayo	Topping Sauces	1	144	19	2	-	24	236	1	-	1	-	-	14	-	-	x	-	-	-	x	-	-	-	-
Spicy Sweet Chili Sauce	Topping Sauces	1	35	0	0	-	0	410	9	0	8	8	0	11	4	0	-	-	-	-	x	x	-	-	-
Zesty Sweet Chili Sauce	Topping Sauces	1	50	-	-	-	-	430	11	-	11	11	-	15	6	-	-	-	-	-	x	x	-	-	-
Mini Cinnamon Sugar Doughnuts	Dessert	6	520	23	15	-	-	1710	67	-	-	4	8	151	99	5	-	-	-	x	x	x	-	-	-
Mini Cinnamon Sugar Doughnuts (W/ Condensed Milk)	Dessert	6	540	23	15	-	-	1720	70	-	-	12	8	174	116	5	-	-	-	x	x	x	-	-	-

X - It contains this ingredient.