



Corner 17 Nutrition Information 2026-2027



	Allergens	Serving Size	Energy (kcal)	Fat (g)	Saturated (g)	Trans-Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vitamin D (mcg)
2000 calories a day is used for general nutrition advice, but calorie needs vary.																	
Bakery																	
All Butter Croissants	Milk, Egg, Wheat, Gluten	1 ea	320	19	12	1	50	300	33	1	5	3	5	30	0.5	70	0.0
Butter Croissant	Milk, Egg, Wheat, Gluten	1 ea	250	15	9	1	40	230	25	1	3	4	3	30	0.3	60	0.0
Chocolate Chip Cookie	Wheat, Gluten, Egg, Milk, Soy	1 ea	260	11	6	0	0	150	36	1	22	0	3	0	0.0	0	0.0
Chocolate Croissant	Milk, Egg, Wheat, Gluten	1 ea	270	16	10	0	30	190	28	1	9	9	4	20	0.3	50	0.0
Cinnamon Raisin Bagel	Wheat, Gluten	1 ea	180	1	0	0	0	250	37	1	7	0	6	0	0.0	0	0.0
Everything Bagel	Wheat, Gluten	1 ea	250	0	0	0	0	510	51	2	5	5	8	19	3.0	81	0.0
Ginger Molasses Cookie	Milk, Egg, Wheat, Gluten	1 cookie	480	18	11	1	70	390	75	1	40	40	6	40	1.0	160	0.0
Pineapple Cake	Milk, Wheat, Gluten	1 ea	238	18	8	1	33	215	16	1	9	7	5	60	0.9	117	0.0
Plain Bagel	Wheat, Gluten	1 ea	280	0	0	0	0	580	57	2	6	6	9	16	3.0	85	0.0
Rousong Cake	Milk, Egg, Wheat, Gluten	1 ea	131	7	2	0	5	528	11	1	4	3	9	27	3.2	189	0.0
Entree																	
Beef and Broccoli w/ Rice (L)	Wheat, Sesame	1 Plate	603	22	7	1	180	824	36	3	1	0	66	51	6.9	702	0.0
Beef and Broccoli w/ Rice (S)	Wheat, Sesame	1 Plate	497	11	4	0	90	413	60	2	1	0	37	41	5.2	404	0.0
Black Pepper Chicken w/ Rice (L)	Wheat, Sesame	1 Plate	827	26	6	0	294	931	78	4	34	27	69	97	5.9	900	0.0
Black Pepper Chicken w/ Rice (S)	Wheat, Sesame	1 Plate	609	13	3	0	147	467	81	3	17	14	39	64	4.8	502	0.0
Chicken Fried Rice	Egg, Soy, Sesame, Wheat, Gluten	1 Plate	438	4	1	0	21	492	89	2	1	1	10	40	4.0	148	0.0
Chicken Stir-Fried Noodles	Wheat, Soy	1 Plate	312	3	1	0	64	590	50	2	2	1	18	25	1.0	157	0.0
General Tso Chicken w/ Rice (L)	Wheat, Soy, Egg	1 Plate	790	28	6	0	199	1991	81	2	28	27	49	185	7.6	859	0.0
General Tso Chicken w/ Rice (S)	Wheat, Soy, Egg	1 Plate	590	14	3	0	100	997	83	2	14	13	28	108	5.6	482	0.0
House Special Fried Rice	Egg, Shellfish (Shrimp), Soy, Sesame	1 Plate	428	3	1	0	21	575	88	2	1	1	10	39	4.0	151	0.1
Kung Pao Chicken w/ Rice (L)	Wheat, Soy	1 Plate	579	13	4	0	256	671	51	1	21	21	59	54	4.5	552	0.0
Kung Pao Chicken w/ Rice (S)	Wheat, Soy	1 Plate	485	7	2	0	128	337	68	1	11	10	34	42	4.1	329	0.0
Minced Pork Rice Bowl	Soy	1 Plate	590	29	8	0	54	1092	62	1	5	5	19	40	3.3	234	0.0
Orange Chicken w/ Rice (L)	Wheat, Soy, Egg	1 Plate	686	21	5	0	199	1569	74	2	28	27	47	182	4.2	646	0.0
Orange Chicken w/ Rice (S)	Wheat, Soy, Egg	1 Plate	538	11	2	0	100	786	79	1	14	13	28	106	3.9	375	0.0
Pork with Garlic Sauce	Soy	1 Plate	435	20	5	0	146	749	7	1	2	2	53	17	2.4	885	0.0
Sesame Chicken w/ Rice (L)	Wheat, Soy, Egg, Sesame	1 Plate	793	28	6	0	199	2003	81	2	26	25	49	190	7.7	861	0.0
Sesame Chicken w/ Rice (S)	Wheat, Soy, Egg, Sesame	1 Plate	591	15	3	0	100	1003	83	2	13	12	28	110	5.6	483	0.0

Sichuan Crispy Chicken w/ Rice (L)	Wheat, Egg	1 Plate	667	17	5	0	331	1081	47	2	2	1	75	66	6.2	714	0.0
Sichuan Crispy Chicken w/ Rice (S)	Wheat, Egg	1 Plate	528	9	3	0	166	542	66	1	1	1	41	48	4.9	409	0.0
Singapore Rice Noodle	None	1 Plate	230	0	0	0	0	661	51	3	2	1	4	20	0.6	83	0.0
Spicy Beef and Tripe	Soy	1 Plate	275	14	4	0	137	753	3	0	2	2	34	34	2.8	284	0.0
Teriyaki Chicken w/ Rice (L)	Wheat, Soy, Egg	1 Plate	600	17	5	0	327	1338	34	1	3	3	73	65	5.0	630	0.0
Teriyaki Chicken w/ Rice (S)	Wheat, Soy, Egg	1 Plate	495	9	3	0	164	670	59	1	2	2	40	47	4.3	367	0.0
Three Cups Chicken w/ Rice (L)	Sesame	1 Plate	678	17	5	0	320	274	54	1	25	25	72	59	5.1	627	0.0
Three Cups Chicken w/ Rice (S)	Sesame	1 Plate	534	9	3	0	160	139	69	1	13	12	40	45	4.3	366	0.0
Veggie Fried Rice	None	1 Plate	251	4	1	0	2	321	48	1	2	1	5	25	2.1	116	0.0
Veggie Stir-Fried Noodles	Wheat, Soy	1 Plate	236	0	0	0	0	545	53	3	3	1	5	37	0.5	141	0.0
Grab n Go																	
Chicken Salad Sandwich	Wheat, Gluten, Egg, Milk	1 sandwich	635	38	20	1	166	1092	48	2	8	6	28	207	3.1	921	0.6
Ribeye Kimchi Rice Wrap	None	1 Wrap	277	17	7	0	61	499	15	1	0	0	16	11	1.7	56	0.0
Smoked Salmon Croissant	Fish, Milk, Egg, Wheat, Gluten	1 sandwich	652	29	20	1	136	1293	47	3	9	6	28	79	4.0	408	1.5
Tuna Salad	Fish, Egg	1 Serving	521	28	5	0	76	1555	20	1	9	8	47	40	3.2	516	7.1
Tuna Salad Sandwich	Wheat, Gluten, Egg, Milk	1 sandwich	652	39	17	1	126	802	53	2	10	8	24	80	4.1	363	2.9
Veggie Rice Wrap	None	1 Wrap	167	6	1	0	0	57	27	4	3	0	3	16	0.9	298	0.0
Yogurt Parfait	Milk, Soy	1 Serving	673	32	13	1	68	487	82	5	43	21	19	476	1.9	688	0.3
Side																	
Chili Wonton	Wheat, Gluten, Sesame	10 Wontons	214	6	1	0	14	752	30	1	1	0	8	13	2.3	91	0.0
Pork Bao	Wheat, Gluten, Soy	1 ea	646	22	7	0	73	2205	77	3	7	7	33	43	3.9	427	0.0
Pork Dumpling	Wheat, Soy	10 Dumplings	1315	62	20	1	243	2202	104	4	10	10	85	93	7.0	1113	1.4
Veggie Bao	Wheat, Gluten, Soy	1 ea	426	6	1	0	0	1514	79	4	9	8	12	39	3.1	185	0.0
Veggie Dumpling	Wheat, Soy	10 Dumplings	618	8	1	0	0	2084	117	8	15	10	19	103	4.4	557	0.1