Chow Mein	https://pandaxpressnutrition.com/					
Fried Rice	11	600	210	23	4	0
Fried Rice – Cub Meal	11	620	170	19	4	0
White Steamed Rice	8.25	466	120	13	3	0
White Steamed Rice – Cub Meal	11	520	0	0	0	0
Super Greens	8.25	390	0	0	0	0
Super Greens – Cub Meal	10	130	40	4	0	0
Chow Fun	7.5	90	30	3	0	0
Chow Fun – Cub Meal	8.5	410	80	9	1	0
	6.2	300	60	6	0.5	0
Vegetables						
DISH	**SIZE (oz)**	**CALORIES**	**CALORIES FROM FAT**	**TOTAL FAT (g)**	**SATURATED FAT (g)**	**TRANS FAT (g)**
Super Greens Entree	7	90	25	3	0	0
Super Greens – Cub Meal Entree	5.25	60	20	2	0	0
Eggplant Tofu	6.1	340	220	24	3.5	0
Eggplant Tofu – Cub Meal	4.6	250	160	18	2.5	0

Specialty

DISH	SIZE (oz)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)
Beyond Orange Chicken	4.75	440	200	22	5	0
Beyond Orange Chicken – Cub Meal	3.6	330	155	17	4	0

Chicken

DISH	SIZE (oz)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)
Black Pepper Chicken	6.3	280	170	19	3.5	0
Black Pepper Chicken – Cub Meal	4.6	200	130	14	2.5	0
Kung Pao Chicken	6.73	320	185	21	4	0
Kung Pao Chicken – Cub Meal	5.05	220	130	15	3	0
Grilled Teriyaki Chicken	6	275	90	10	3	0
Grilled Teriyaki Chicken – Cub Meal	4.5	210	70	8	2.5	0
Teriyaki Chicken	6	340	110	13	3.5	0
Teriyaki Chicken – Cub Meal	4.5	250	90	10	2.5	0

Mushroom Chicken	5.7	220	130	14	2.5	0
Mushroom Chicken – Cub Meal	4.3	170	100	11	2	0
Orange Chicken	5.92	510	220	24	5	0
Orange Chicken – Cub Meal	4.44	380	160	18	4	0
Potato Chicken	5.2	190	90	10	2	0
Potato Chicken – Cub Meal	3.9	140	70	8	1.5	0

0	1000	94	7	11	15	
140	1000	101	1	4	13	
110	760	76	0	3	9	
0	0	118	0	0	10	
0	0	87	0	0	8	
0	370	14	7	6	9	
0	290	10	6	4	6	
0	1110	73	1	6	9	
0	810	53	1	4	6	
CHOLESTEROL (mg)	**SODIUM (mg)**	**TOTAL CARBS (g)**	**DIETARY FIBER (g)**	**SUGARS (g)**	**PROTEIN (g)**	**ALLERGENS**
0	260	10	5	4	6	
0	200	7	4	3	4	
0	520	23	3	17	7	
0	390	17	2	13	5	

CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	ALLERGENS
0	810	47	5	15	13	
0	610	36	4	11	10	
CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	ALLERGENS
55	1130	15	1	7	13	
40	830	11	0	5	10	
60	1050	15	2	7	17	
43	750	11	2	4	12	
160	470	14	0	9	33	
120	350	10.5	0	6.75	24.75	
195	630	14	3	10	41	
145	470	10	0	8	31	

50	840	10	1	5	13	
40	650	8	0	4	10	
86	850	53	2	20	26	
60	645	39	1	15	20	
30	510	18	2	4	8	

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