



NO HIGH-FRUCTOSE CORN SYRUP

NO TRANS FAT

NO MSG



Try All of Our Rolls and Grains!

Item	Code	Portion Size (oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	A (%)	C (%)	Calcium (%)	Iron (%)
Whole Grain Chicken Egg Roll (96 pieces per case, 1 M/A, 1 G)	CMDTYEG-0500 COMEG-0500	2.5	150	45	5	1.5	0	35	200	17	2	<1	9	10	0	0	6
Whole Grain Vegetable Egg Roll (84 pieces per case, 1 G, 1 V)	OFC-2262	3	170	30	3.5	1	0	0	260	29	4	4	7	15	20	4	10
Whole Grain Vegetable Spring Roll (200 pieces per case, .5 G, .5 V)	KYWG-068	1.5	60	5	0.5	0	0	0	210	12	<1	<1	2	25	15	2	4
Whole Grain Lo Mein Noodles (6 count 5lb bags per case, 1 G)	CCF-0011	2.06	87	0	0	0	0	0	2	18.6	0	0.56	3.7	0	0	1	4
Whole Grain Vegetable Chow Mein (6 count 5lb bags per case, 1 G, .5 V)	OFC-2192	3.12	100	10	1	0	0	0	360	20	2	1	4	25	10	2	15
Whole Grain Yakisoba Noodles (6 count 5lb bags per case, 1 G)	CCF-0010	2.06	87	0	0	0	0	0	2	18.6	0	0.56	3.7	0	0	1	4
Vegetable Brown Fried Rice (6 count 5lb bags per case, 1 G, 1 V)	OFC-2149	4.75	130	20	2.5	0	0	0	362	24	2	2	3	50	8	2	8
Whole Grain Steamed Bun (50 pieces per case, 2 B)	OFC-2205	2	130	0	0.5	0	0	0	25	29	2	7	4	0	0	4	6

