



Chinese Meals



1 cup of any approved entrée below +

1 cup of steamed white or *brown rice OR 1 serving

*Plain Lo Mein + Fortune cookie +

3/4 cup fresh fruit cup (when available) or 1 whole fruit,
8 oz. - 1% white or chocolate milk

CHOOSE 1 OF THE FOLLOWING

CHAMPSS

APPROVED SELECTIONS

Chicken Entrées:

- * Beijing Chicken
- * Black Pepper Chicken
- Cashew Chicken
- * Garlic Chicken
- * Kung Pao Chicken
- * Szechuan Chicken

Pork Entrées:

- Pork with Green Beans
- * Twice Cooked Pork
- Black Pepper Pork

Beef Entrées:

- * Beef and Broccoli
- * Beef and Vegetables
- Mongolian Beef

* not available at all stores

July 2020



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Shrimp Entrée:

- * Spicy Triple Delight
- Triple delight

Vegetable Entrées:

- Vegetable Delight
- Steamed Vegetables with stir-fried chicken, pork, or beef.
- Plain Lo Mein with Vegetables
(no rice w/ this option)

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- * Spicy Triple Delight
- Triple Delight

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- Plain Lo Mein with Vegetables
(no rice w/ this option)