

BUILD YOUR OWN STIR-FRY (550 – 670 Cals)

TOFU \$9.99 CHICKEN or BEEF \$12.99 SHRIMP \$12.99

1. PICK YOUR VEGGIES

Broccoli, Carrots, Green pepper, Red pepper, Mushrooms, Onions, Olives , Garlic , Cabbage

2. CHOOSE YOUR PROTEIN

Chicken, Beef, Shrimp or Tofu

3. CHOOSE YOUR SAUCE

Teriyaki, Red Thai, Szechwan, Sweet Chili, Shanghai, Sweet & Sour, Soy

4. RICE OR NOODLES

Brown Rice 🤬 , Jasmine Rice, Cantonese

Noodles(wheat), Rice Noodles

5. TOPPINGS

Cilantro, Green Onions, Sesame Seeds

6. ADD A SPRING ROLL \$2.99

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.