



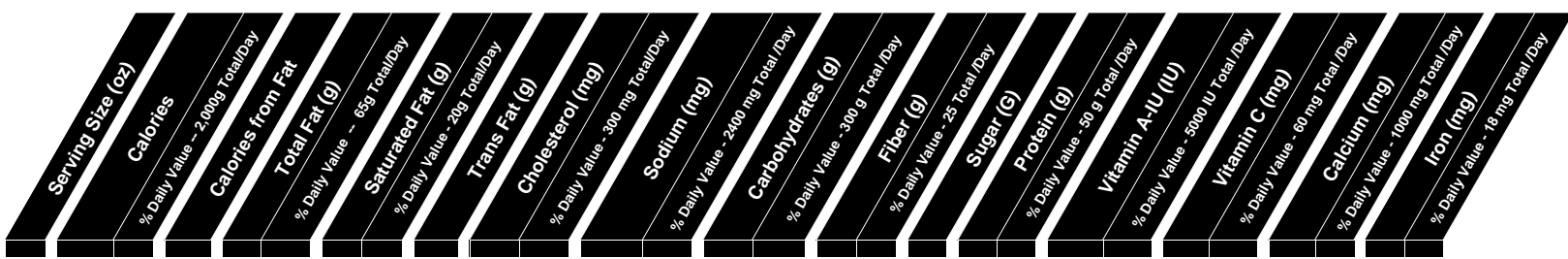
Serving Size (oz)	Calories	% Daily Value - 2,000g Total/Day	Calories from Fat	Total Fat (g)	% Daily Value - 65g Total/Day	Saturated Fat (g)	% Daily Value - 20g Total/Day	Trans Fat (g)	Cholesterol (mg)	% Daily Value - 300 mg Total/Day	Sodium (mg)	% Daily Value - 2,400 mg Total/Day	Carbohydrates (g)	% Daily Value - 300 g Total/Day	Fiber (g)	% Daily Value - 25 Total/Day	Sugar (G)	Protein (g)	% Daily Value - 50 g Total/Day	Vitamin A-IU (IU)	% Daily Value - 5000 IU Total/Day	Vitamin C (mg)	% Daily Value - 60 mg Total/Day	Calcium (mg)	% Daily Value - 1000 mg Total/Day	Iron (mg)	% Daily Value - 18 mg Total/Day
-------------------	----------	----------------------------------	-------------------	---------------	-------------------------------	-------------------	-------------------------------	---------------	------------------	----------------------------------	-------------	------------------------------------	-------------------	---------------------------------	-----------	------------------------------	-----------	-------------	--------------------------------	-------------------	-----------------------------------	----------------	---------------------------------	--------------	-----------------------------------	-----------	---------------------------------

Egg Rolls:

Jump Pork & Shrimp	2	118.1	6%	78.4	8.7	13%	1.8	9%	0.20	14.5	5%	201.2	8%	6.2	2%	0.8	3%	1.7	3.9	8%	1928.4	39%	7.0	12%	23.8	2%	0.6	3%
Jump Southwestern Chicken	2	158.1	8%	61.5	6.8	11%	2.6	13%	0.12	13.8	5%	265.4	11%	17.1	6%	1.0	4%	3.0	7.1	14%	113.4	2%	0.5	1%	92.4	9%	0.4	2%
Jump Vegetable	2	81.6	4%	54.8	6.1	9%	0.9	5%	0.18	0.0	0%	306.4	13%	6.5	2%	1.2	5%	2.9	0.8	2%	2746.9	55%	9.0	15%	34.9	3%	0.0	0%

Entrées

Beef and Broccoli	18	545.6	27%	109.1	12.1	19%	3.2	16%	0.35	30.4	10%	1363.8	57%	84.9	28%	3.6	14%	7.4	22.4	45%	3579.6	72%	59.3	99%	99.9	10%	5.6	31%
Chicken and Broccoli	18	506.8	25%	75.6	8.4	13%	1.4	7%	0.17	33.0	11%	1348.9	56%	83.0	28%	3.6	14%	7.3	23.0	46%	3590.6	72%	59.9	100%	102.9	10%	4.8	27%
Shrimp and Broccoli	18	470.8	24%	44.4	4.9	8%	0.7	4%	0.04	144.3	48%	1323.2	55%	80.3	27%	3.5	14%	7.3	25.8	52%	3579.6	72%	59.2	99%	113.6	11%	6.7	37%
Beef and Snowpeas	18	555.8	28%	108.1	12.0	19%	3.1	16%	0.35	30.4	10%	1347.0	56%	86.6	29%	3.3	13%	8.8	22.3	45%	2614.4	52%	38.8	65%	96.3	10%	6.5	36%
Beef Mushrooms and Onion	18	550.2	28%	108.9	12.1	19%	3.1	16%	0.35	30.4	10%	1338.7	56%	86.3	29%	2.1	8%	8.0	21.6	43%	6.6	0%	4.7	8%	72.4	7%	5.6	31%
Cashew Chicken	18	585.6	29%	137.1	15.2	23%	2.6	13%	0.17	33.0	11%	1351.3	56%	86.8	29%	2.5	10%	6.9	23.9	48%	56.9	1%	4.0	7%	84.2	8%	5.4	30%
Beef Chow Mein	18	740.8	37%	139.0	15.5	24%	3.7	19%	8.15	57.2	19%	2319.9	97%	117.8	39%	5.0	20%	12.3	30.1	60%	77.9	2%	7.0	12%	103.6	10%	7.9	44%
Chicken Chow Mein	18	692.3	35%	97.1	10.8	17%	1.5	8%	7.93	60.6	20%	2301.3	96%	115.5	39%	5.0	20%	12.2	30.8	62%	91.7	2%	7.8	13%	107.4	11%	6.9	38%
Shrimp Chow Mein	18	647.3	32%	58.1	6.5	10%	0.6	3%	7.77	199.6	67%	2269.3	95%	112.1	37%	4.9	20%	12.2	34.3	69%	77.9	2%	7.0	12%	120.7	12%	9.3	52%
Vegetable Chow Mein	18	677.3	34%	63.3	7.0	11%	1.6	8%	7.25	19.2	6%	2607.2	109%	136.2	45%	7.6	30%	37.5	18.4	37%	1316.1	26%	74.8	12%	118.3	12%	7.0	39%
Double Pleasure	18	532.0	27%	92.8	10.3	16%	2.3	11%	0.26	31.7	11%	1345.4	56%	85.4	28%	2.7	11%	7.2	22.3	45%	2090.4	42%	28.1	47%	88.8	9%	5.4	30%
General Tso Chicken	18	897.4	45%	272.6	30.3	47%	6.9	34%	0.45	63.0	21%	2005.5	84%	122.2	41%	6.8	27%	37.9	31.6	63%	2298.0	46%	4.5	8%	64.5	6%	3.8	21%
Hawaiian Chicken	18	799.9	40%	214.8	23.8	37%	3.8	19%	0.58	46.4	15%	489.3	20%	117.5	39%	2.7	11%	33.9	26.3	53%	799.8	16%	46.1	77%	57.7	6%	5.0	28%
Hunan Beef	18	644.8	32%	125.7	14.0	22%	4.0	20%	0.35	30.4	10%	2100.6	88%	104.3	35%	3.5	14%	23.6	24.0	48%	3406.0	68%	46.8	81%	71.4	7%	5.3	29%
Hunan Chicken	18	606.0	30%	92.3	10.3	16%	2.3	12%	0.17	33.0	11%	2085.8	87%	102.4	34%	3.5	14%	23.6	24.6	49%	3417.1	68%	49.3	82%	74.4	7%	4.5	25%
Hunan Shrimp	18	570.0	29%	61.0	6.8	10%	1.6	8%	0.04	144.3	48%	2060.1	86%	99.7	33%	3.5	14%	23.6	27.4	55%	3406.0	68%	48.6	81%	85.1	9%	6.4	36%
Kung Po Beef	18	631.2	32%	171.5	19.1	29%	4.1	21%	0.35	30.2	10%	1358.4	57%	88.0	29%	3.4	14%	7.6	25.4	51%	2193.4	44%	4.1	7%	91.3	9%	5.5	31%
Kung Po Chicken	18	592.6	30%	138.3	15.4	24%	2.4	12%	0.17	32.8	11%	1343.6	56%	86.2	29%	3.4	14%	7.6	26.0	52%	2204.3	44%	4.7	8%	94.3	9%	4.7	26%
Kung Po Shrimp	18	556.8	28%	107.2	11.9	18%	1.7	8%	0.04	143.5	48%	1318.1	55%	83.5	28%	3.3	13%	7.6	28.7	57%	2193.4	44%	4.1	7%	104.9	10%	6.6	37%
Orange Chicken	18	942.8	47%	272.8	30.3	47%	6.4	32%	0.47	65.1	22%	1853.3	77%	134.7	45%	6.2	25%	48.2	30.3	61%	5.9	0%	1.1	2%	59.0	6%	3.6	20%
Pepper Steak	18	551.1	28%	108.0	12.0	18%	3.1	16%	0.35	30.4	10%	1337.8	56%	87.1	29%	2.4	9%	8.5	21.1	42%	971.4	19%	49.2	82%	74.1	7%	5.2	29%
Sauteed Mushrooms and Snowpeas	18	511.0	26%	47.2	5.3	8%	1.4	7%	0.04	1.0	0%	1566.9	65%	103.1	34%	4.1	17%	29.8	12.4	25%	99.0	2%	40.0	67%	83.4	8%	5.7	32%
Sesame Chicken	18	981.7	49%	310.1	34.5	53%	6.9	35%	0.46	64.0	21%	1825.2	76%	134.9	45%	7.7	31%	47.3	31.4	63%	12.2	0%	1.1	2%	70.7	7%	4.3	24%
Beef and Snowpeas	18	555.8	28%	108.1	12.0	19%	3.1	16%	0.35	30.4	10%	1347.0	56%	86.6	29%	3.3	13%	8.8	22.3	45%	2614.4	52%	38.8	65%	96.3	10%	6.5	36%
Chicken and Snowpeas	18	517.0	26%	74.6	8.3	13%	1.4	7%	0.17	33.0	11%	1332.1	56%	84.7	28%	3.3	13%	8.8	22.8	46%	2625.4	53%	39.4	66%	99.3	10%	5.7	32%
Shrimp and Snowpeas	18	481.0	24%	43.4	4.8	7%	0.7	3%	0.04	144.3	48%	1306.5	54%	82.0	27%	3.2	13%	8.8	25.6	51%	2614.4	52%	38.8	65%	110.0	11%	7.6	42%
Beef and StringBeans	18	534.6	27%	79.6	8.9	14%	2.6	13%	0.30	28.7	10%	1468.2	61%	89.8	30%	5.8	23%	10.8	21.0	42%	389.1	8%	17.7	30%	109.4	11%	5.0	28%
Chicken and StringBeans	18	496.8	25%	47.1	5.2	8%	0.9	5%	0.13	31.3	10%	1453.7	61%	88.0	29%	5.8	23%	10.8	21.5	43%	399.8	8%	18.3	31%	112.3	11%	4.2	24%
Ma La StringBeans	18	439.5	22%	9.9	1.1	2%	0.2	1%	0.00	0.3	0%	1383.8	58%	95.0	32%	7.4	30%	12.5	10.2	20%	498.9	10%	21.5	36%	130.4	13%	4.3	24%
Shrimp and StringBeans	18	461.9	23%	16.7	1.9	3%	0.2	1%	0.00	139.5	46%	1428.8	60%	85.4	28%	5.8	23%	10.8	24.2	48%	389.1	8%	17.7	29%	122.7	12%	6.1	34%
Stir Fry Beef	18	660.4	33%	120.5	13.4	21%	3.9	19%	0.35	30.4	10%	1906.0	79%	109.3	36%	2.6	11%	29.3	22.9	46%	1300.9	26%	18.7	31%	71.1	7%	5.7	32%
Stir Fry Chicken	18	621.5	31%	87.0	9.7	15%	2.2	11%	0.17	33.0	11%	1891.1	79%	107.4	36%	2.6	11%	29.3	23.5	47%	1311.9	26%	19.4	32%	74.1	7%	4.9	27%
Stir Fry Shrimp	18	585.6	29%	55.8	6.2	10%	1.4	7%	0.04	144.3	48%	1865.5	78%	104.7	35%	2.6	10%	29.3	26.3	53%	1300.9	26%	18.7	31%	84.8	8%	6.8	38%
Szechuan Beef	18	645.3	32%	122.8	13.7	21%	4.0	20%	0.35	30.2	10%	2065.4	86%	104.4	35%	2.8	11%	25.2	23.3	47%	2416.9	48%	37.1	62%	56.1	6%	4.9	27%
Szechuan Chicken	18	606.7	30%	89.8	10.0	15%	2.3	11%	0.17	32.8	11%	2050.6	85%	102.6	34%	2.8	11%	25.2	23.9	48%	2427.9	49%	37.8	63%	59.1	6%	4.1	23%
Szechuan Shrimp	18	570.9	29%	58.4	6.5	10%	1.5	8%	0.04	143.5	48%	2025.1	84%	99.9	33%	2.7	11%	25.2	26.7	53%	2416.9	48%	37.1	62%	69.8	7%	6.0	33%
Szechuan Vegetable	18	507.6	25%	46.7	5.2	8%	1.4	7%	0.04	1.0	0%	1576.8	66%	102.9	34%	5.4	22%	29.5	12.6	25%	4201.4	84%	129.4	216%	96.2	10%	4.4	25%
Szechuan Broccoli	18	510.4	26%	47.5	5.3	8%	1.4	7%	0.04	1.0	0%	1590.3	66%	102.8	34%	6.0	24%	29.5	13.7	27%	3938.4	79%	110.1	183%	118.7	12%	4.6	26%
Teriyaki Chicken	18	688.9	34%	96.0	10.7	16%	2.4	12%	0.04	69.6	23%	1878.2	78%	116.4	39%	2.0	8%	39.7	29.2	58%	52.5	1%	4.6	8%	74.2	7%	5.2	29%
Beef and Vegetables	18	551.4	28%	109.5	12.2	19%	3.2	16%	0.35	30.4	10%	1352.9	56%	86.3	29%	2.7	11%	7.2	22.0	44%	2084.9	42%	27.8	46%	87.3	9%	5.8	32%
Chicken and Vegetables	18	512.6	26%	76.0	8.5	13%	1.4	7%	0.17	33.1	11%	1338.0	56%	84.4	28%	2.7	11%	7.1										



Noodles:

Beef Noodles	18	925.6	46%	410.3	45.6	70%	7.9	40%	0.26	89.7	30%	3187.7	133%	100.2	33%	2.9	11%	13.5	31.2	62%	1615.5	32%	20.1	33%	74.0	7%	5.5	31%
Chicken Noodles	18	892.7	45%	381.9	42.5	65%	6.5	32%	0.11	91.9	31%	3175.1	132%	98.6	33%	2.9	11%	13.5	31.7	63%	1624.9	32%	20.6	34%	76.6	8%	4.8	27%
Shrimp Noodles	18	862.1	43%	355.4	39.5	61%	5.8	29%	0.00	186.3	62%	3153.4	131%	96.3	32%	2.8	11%	13.5	34.0	68%	1615.5	32%	20.1	33%	85.6	9%	6.5	36%
Vegetable Noodles	18	914.0	46%	396.9	44.1	68%	6.6	33%	0.00	73.7	25%	3429.1	143%	109.6	37%	3.2	13%	15.4	23.6	47%	1838.4	37%	22.8	38%	80.7	8%	5.1	28%
Side Noodles	18	688.3	34%	92.3	10.3	16%	3.3	17%	0.00	86.1	29%	3272.0	136%	122.2	41%	3.4	14%	14.4	26.8	54%	1719.8	34%	21.4	36%	75.5	8%	5.4	30%

Thai Products:

Thai Chicken Salad	18	643.8	32%	259.2	28.8	44%	5.6	28%	2.05	45.2	15%	1078.7	45%	69.7	23%	4.4	18%	28.1	32.2	64%	4064.2	81%	27.9	46%	103.1	10%	3.4	19%
Thai Chicken Noodle Salad	18	754.6	38%	304.9	33.9	52%	6.6	33%	0.12	74.4	25%	896.2	37%	82.7	28%	3.9	16%	21.6	34.4	69%	3720.4	74%	12.1	20%	67.1	7%	3.3	18%
Thai Vegetable Noodles	18	929.1	46%	393.4	43.7	67%	8.2	41%	0.00	66.5	22%	863.8	36%	110.7	37%	5.2	21%	25.6	29.8	60%	1670.8	33%	20.6	34%	64.5	6%	4.7	26%
Thai Chicken Noodles	18	907.9	45%	380.1	42.3	65%	7.9	39%	0.10	84.0	28%	916.1	38%	100.5	33%	4.7	19%	22.8	36.5	73%	1493.8	30%	18.8	31%	62.5	6%	4.5	25%
Spicy Thai Vegetable	18	723.6	36%	238.6	26.5	41%	4.8	24%	0.00	0.2	0%	565.8	24%	104.1	35%	7.1	28%	26.0	22.4	45%	3839.1	77%	93.2	155%	90.7	9%	5.0	28%
Spicy Thai Chicken	18	809.0	40%	275.0	30.6	47%	5.5	28%	0.13	32.0	11%	742.3	31%	103.2	34%	5.5	22%	24.7	33.3	67%	3214.2	64%	58.6	98%	75.1	8%	4.7	26%

Tofu Entrées:

Broccoli with Tofu	18	526.6	26%	33.6	3.7	6%	1.1	5%	0.03	0.9	0%	1351.7	56%	97.0	32%	3.1	12%	34.2	19.3	39%	2983.0	60%	49.4	82%	119.5	12%	5.3	29%
Cashew Tofu	18	592.3	30%	84.8	9.4	14%	2.1	11%	0.03	0.9	0%	1353.7	56%	100.1	33%	2.2	9%	33.8	20.0	40%	38.2	1%	2.8	5%	103.9	10%	5.7	32%
Canton Vegetable with Tofu	18	511.4	26%	41.7	4.6	7%	1.7	8%	0.03	0.9	0%	1525.4	64%	90.5	30%	3.1	12%	26.1	20.3	41%	2837.3	57%	40.5	68%	108.0	11%	5.3	30%
Kung Po Tofu	18	573.3	29%	93.1	10.3	16%	2.5	12%	0.03	0.9	0%	1521.4	63%	90.7	30%	2.9	12%	26.0	22.7	45%	1829.5	37%	3.4	6%	106.3	11%	5.3	29%
Ma La String Beans with Tofu	18	419.2	21%	8.6	1.0	1%	0.6	3%	0.00	0.4	0%	2112.0	88%	77.5	26%	4.8	19%	15.6	17.8	36%	312.4	6%	14.4	24%	138.5	14%	5.0	28%
Mixed Vegetable with Tofu	18	531.5	27%	34.0	3.8	6%	1.1	5%	0.03	0.9	0%	1342.6	56%	98.2	33%	2.3	9%	34.0	18.9	38%	1737.3	35%	23.1	39%	109.0	11%	5.4	30%
Sauteed Mushrooms and Snowpeas with Tofu	18	523.9	26%	32.9	3.6	6%	1.1	5%	0.03	0.9	0%	1300.4	54%	96.7	32%	2.4	9%	34.5	18.7	37%	46.1	1%	18.1	30%	104.2	10%	5.6	31%
Sauteed Snowpeas with Tofu	18	535.1	27%	32.8	3.6	6%	1.1	5%	0.03	0.9	0%	1337.7	56%	98.4	33%	2.9	11%	35.4	19.2	38%	2178.6	44%	32.3	54%	116.5	12%	6.0	33%
Stir Fry Vegetable with Tofu	18	510.3	26%	39.9	4.4	7%	1.7	8%	0.03	0.9	0%	1509.0	63%	90.2	30%	2.3	9%	27.2	19.7	39%	1084.1	22%	15.6	26%	101.4	10%	5.5	30%
Szechuan Vegetables with Tofu	18	501.1	25%	39.4	4.4	7%	1.6	8%	0.03	0.9	0%	1473.0	61%	88.3	29%	3.1	12%	26.5	20.0	40%	2734.9	55%	57.9	95%	105.4	11%	5.1	28%
Tofu Mushrooms and Onion	18	530.5	27%	33.5	3.7	6%	1.1	5%	0.03	0.9	0%	1330.8	55%	98.2	33%	1.9	7%	34.7	18.6	37%	5.5	0%	3.9	6%	96.6	10%	5.2	29%
Vegetable Chow Mein with Tofu	18	620.4	31%	40.3	4.5	7%	1.0	5%	5.58	14.8	5%	1907.9	79%	114.5	38%	4.9	19%	39.9	23.9	48%	629.8	13%	36.7	61%	133.0	13%	6.9	38%
Vegetable Fried Rice with Tofu	18	625.4	31%	216.0	24.0	37%	3.9	20%	0.00	84.0	28%	1913.3	80%	78.7	26%	3.7	15%	12.1	20.4	41%	4630.8	93%	27.7	46%	126.6	13%	6.0	33%
Vegetable Noodles with Tofu	18	770.4	39%	262.8	29.2	45%	5.3	26%	0.00	66.6	22%	2235.0	93%	93.9	31%	2.9	12%	11.6	30.1	60%	699.4	14%	21.8	36%	80.5	8%	5.3	29%

Udon Noodles

Beef Udon Noodles	18	1039.2	52%	483.2	53.7	83%	5.5	27%	0.26	25.4	8%	3516.1	147%	116.1	39%	3.5	14%	13.5	24.4	49%	1615.5	32%	20.1	33%	74.0	7%	9.1	51%
Chicken Udon Noodles	18	1006.3	50%	454.8	50.6	78%	4.0	20%	0.11	27.7	9%	3503.4	146%	114.5	38%	3.5	14%	13.5	24.9	50%	1624.9	32%	20.6	34%	76.6	8%	8.4	47%
Shrimp Udon Noodles	18	975.8	49%	428.3	47.6	73%	3.4	17%	0.00	122.1	41%	3481.7	145%	112.2	37%	3.4	14%	13.5	27.2	54%	1615.5	32%	20.1	33%	85.6	9%	10.0	56%
Vegetable Udon Noodles	18	1043.3	52%	479.8	53.3	82%	3.9	19%	0.00	0.6	0%	3802.7	158%	127.7	43%	3.9	16%	15.4	15.9	32%	1838.4	37%	22.8	38%	80.7	8%	9.2	51%
Teriyaki Beef Noodles	18	1052.3	53%	458.1	50.9	78%	5.3	27%	0.27	23.2	8%	2076.7	87%	127.8	43%	3.1	12%	35.2	22.1	44%	1443.6	29%	18.4	31%	62.7	6%	8.0	45%
Teriyaki Chicken Noodles	18	1022.9	51%	432.8	48.1	74%	4.0	20%	0.14	25.2	8%	2065.5	86%	126.3	42%	3.1	12%	35.2	22.5	45%	1451.9	29%	18.9	32%	65.0	6%	7.4	41%
Teriyaki Shrimp Noodles	18	995.7	50%	409.1	45.5	70%	3.5	17%	0.04	109.4	36%	2046.1	85%	124.3	41%	3.1	12%	35.2	24.6	49%	1443.6	29%	18.4	31%	73.1	7%	8.9	49%
Teriyaki Vegetable Noodles	18	1057.5	53%	452.0	50.2	77%	3.9	20%	0.04	1.1	0%	2154.2	90%	139.4	46%	3.4	14%	39.5	14.4	29%	1618.5	32%	20.6	34%	67.2	7%	8.0	44%
Vegetable Stir Fry w/Udon Noodle	18	843.8	42%	295.3	32.8	51%	2.8	14%	0.04	1.0	0%	2164.6	90%	123.1	41%	5.9	24%	28.5	16.8	34%	2305.3	46%	72.9	122%	68.6	7%	8.0	44%
Mixed Vegetable w/Udon Noodle	18	993.1	50%	334.7	37.2	57%	2.4	12%	0.05	1.2	0%	2298.6	96%	150.4	50%	4.3	17%	42.3	15.6	31%	2354.1	47%	31.3	52%	60.0	6%	8.1	45%
Spicy Thai Stir Fry w/Udon Noodle	18	1030.2	52%	479.0	53.3	82%	6.1	30%	0.00	0.2	0%	1066.9	44%	119.5	40%	8.0	32%	25.2	25.7	51%	3733.1	75%	90.6	151%	65.6	7%	7.6	42%
Stir Fry Vegetable w/Udon Noodle	18	964.1	48%	342.5	38.1	59%	3.2	16%	0.05	1.2	0%	2523.4	105%	139.6	47%	4.2	17%	33.0	16.6	33%	1468.7	29%	21.1	35%	49.8	5%	8.2	45%
Szechuan Vegetables w/Udon Noodle	18	796.2	40%	273.6	30.4	47%	2.6	13%	0.04	1.0	0%	2013.8	84%	117.2	39%	6.3	25%	28.7	15.8	32%	4094.3	82%	126.1	210%	72.8	7%	6.8	38%

Vegan / Vegetarian Entrées

Ma La String Beans	18	439.5	22%	9.9	1.1	2%	0.2	1%	0.00	0.3	0%	1383.8	58%	95.0	32%	7.4	30%	12.5	10.2	20%	498.9	10%	21.5	36%	130.4	13%	4.3	24%
Sauteed Mushrooms and Snowpeas	18	511.0	26%	47.2	5.3	8%	1.4	7%	0.04	1.0	0%	1566.9	65%	103.1	34%	4.1	17%	29.8	12.4	25%	99.0	2%	40.0	67%	83.4	8%	5.7	32%
Szechuan Broccoli	18	510.4	26%	47.5	5.3	8%	1.4	7%	0.04	1.0	0%	1590.3	66%	102.8	34%	6.0	24%	29.5	13.7	27%	3938.4	79%	110.1	33%	118.7	12%	4.6	26%
Szechuan Vegetables	18	507.6	25%	46.7	5.2	8%	1.4	7%	0.04	1.0	0%	1576.8	66%	102.9	34%	5.4	22%	29.5	12.6	25%	4201.4	84%	129.4	216%	96.2	10%	4.4	25%
Vegetable Chow Mein	18	677.3	34%	63.3	7.0	11%	1.6	8%	7.25	19.2	6%	2607.2	109%	136.2	45%	7.												



Serving Size (oz)	% Daily Value - 2,000g Total/Day	Calories	Calories from Fat	Total Fat (g)	% Daily Value - 65g Total/Day	Saturated Fat (g)	% Daily Value - 20g Total/Day	Trans Fat (g)	Cholesterol (mg)	% Daily Value - 300 mg Total/Day	Sodium (mg)	% Daily Value - 2400 mg Total/Day	Carbohydrates (g)	% Daily Value - 300 g Total/Day	Fiber (g)	% Daily Value - 25 Total/Day	Sugar (g)	Protein (g)	% Daily Value - 50 g Total/Day	Vitamin A-IU (IU)	% Daily Value - 5000 IU Total/Day	Vitamin C (mg)	% Daily Value - 60 mg Total/Day	Calcium (mg)	% Daily Value - 1000 mg Total/Day	Iron (mg)	% Daily Value - 18 mg Total/Day
-------------------	----------------------------------	----------	-------------------	---------------	-------------------------------	-------------------	-------------------------------	---------------	------------------	----------------------------------	-------------	-----------------------------------	-------------------	---------------------------------	-----------	------------------------------	-----------	-------------	--------------------------------	-------------------	-----------------------------------	----------------	---------------------------------	--------------	-----------------------------------	-----------	---------------------------------

Mandarin Entrees

Mandarin Beef and Broccoli	18	624.5	31%	101.5	11.7	18%	3.1	15%	0.43	30.4	10%	603.3	25%	106.6	36%	3.6	14%	27.6	21.3	43%	3746.7	75%	59.3	99%	95.1	10%	5.7	32%
Mandarin Beef and Snowpeas	18	634.7	32%	100.5	11.6	18%	3.0	15%	0.43	30.4	10%	227.1	9%	108.3	36%	3.3	13%	29.1	21.2	42%	2781.4	56%	38.8	65%	91.5	9%	6.6	37%
Mandarin Beef and Vegetables	18	630.3	32%	101.9	11.7	18%	3.1	15%	0.43	30.4	10%	592.0	25%	108.1	36%	2.7	11%	27.5	21.0	42%	2252.1	45%	27.8	46%	82.5	8%	5.9	33%
Mandarin Beef Chow Mein	18	839.4	42%	129.5	14.9	23%	3.6	18%	8.25	57.2	19%	1369.3	57%	145.0	46%	5.0	20%	37.6	28.8	58%	286.7	6%	7.0	12%	97.6	10%	8.0	45%
Mandarin Beef Mushrooms and Onions	18	629.1	31%	101.4	11.7	18%	3.1	15%	0.43	30.4	10%	578.2	24%	108.1	36%	2.1	8%	28.2	20.6	41%	173.7	3%	4.7	8%	67.6	7%	5.7	31%
Mandarin Beef Noodles	18	927.1	46%	417.7	46.6	72%	8.1	40%	0.33	89.7	30%	623.9	26%	99.3	33%	2.9	11%	15.3	30.2	60%	1704.1	34%	20.1	33%	57.5	6%	5.2	29%
Mandarin Broccoli with Tofu	18	480.4	24%	24.1	3.0	5%	1.0	5%	0.10	0.9	0%	423.4	18%	88.0	29%	3.1	12%	25.7	18.3	37%	3122.2	62%	49.4	82%	121.4	12%	5.5	30%
Mandarin Cashew Chicken	18	664.4	33%	129.5	14.8	23%	2.6	13%	0.25	33.0	11%	590.8	25%	108.5	36%	2.5	10%	27.1	22.8	46%	224.0	4%	4.0	7%	79.4	8%	5.5	30%
Mandarin Cashew Tofu	18	546.0	27%	75.3	8.7	13%	2.0	10%	0.10	0.9	0%	425.4	18%	91.1	30%	2.2	9%	25.4	19.1	38%	177.5	4%	2.8	5%	105.8	11%	6.0	33%
Mandarin Chicken and Broccoli	18	585.6	29%	68.1	8.0	12%	1.4	7%	0.25	33.0	11%	588.4	25%	104.7	35%	3.6	14%	27.6	21.9	44%	3757.7	75%	59.9	100%	98.1	10%	4.9	27%
Mandarin Chicken and Snowpeas	18	595.8	30%	67.1	7.9	12%	1.3	7%	0.25	33.0	11%	571.6	24%	106.4	35%	3.3	13%	29.0	21.8	44%	2792.5	56%	39.4	66%	94.6	9%	5.8	32%
Mandarin Chicken and Vegetables	18	591.5	30%	68.5	8.0	12%	1.3	7%	0.25	33.1	11%	577.1	24%	106.2	35%	2.7	11%	27.4	21.5	43%	2263.1	45%	28.4	47%	85.5	9%	5.1	28%
Mandarin Chicken Chow Mein	18	810.7	41%	90.8	10.6	16%	1.5	8%	8.33	62.8	21%	1399.2	58%	145.6	49%	4.7	19%	38.5	30.4	61%	311.6	6%	7.8	13%	104.4	10%	7.1	39%
Mandarin Chicken Noodles	18	894.2	45%	389.3	43.5	67%	6.6	33%	0.17	91.9	31%	611.2	25%	97.7	33%	2.9	11%	15.2	30.6	61%	1713.5	34%	20.6	34%	60.0	6%	4.5	25%
Mandarin Chicken	18	761.1	38%	200.4	22.7	35%	4.8	24%	0.43	48.4	16%	613.1	26%	113.5	38%	6.7	27%	34.2	24.9	50%	1137.5	23%	53.7	89%	87.3	9%	4.2	23%
Mandarin Double Pleasure	18	610.9	31%	85.2	9.9	15%	2.2	11%	0.34	31.7	11%	584.5	24%	107.1	36%	2.7	11%	27.4	21.2	42%	2257.6	45%	28.1	47%	84.0	8%	5.5	30%
Mandarin Mixed Vegetable with Tofu	18	485.2	24%	24.4	3.1	5%	1.0	5%	0.10	0.9	0%	413.9	17%	89.2	30%	2.3	9%	25.6	18.0	36%	1876.6	38%	23.1	39%	110.9	11%	5.6	31%
Mandarin Mixed Vegetable with Udon	18	815.5	41%	179.3	20.4	31%	0.5	3%	0.14	1.2	0%	1074.8	45%	142.8	48%	4.4	18%	31.9	14.8	30%	2627.7	53%	32.4	54%	64.7	6%	8.7	48%
Mandarin Pepper Steak	18	630.0	31%	100.5	11.6	18%	3.0	15%	0.43	30.4	10%	577.3	24%	108.9	36%	2.4	9%	28.7	20.0	40%	1138.4	23%	49.2	82%	69.4	7%	5.3	30%
Mandarin Sauteed Mush and Snowpeas	18	487.4	24%	29.0	3.6	6%	0.6	3%	0.11	1.0	0%	347.5	14%	103.0	34%	4.1	17%	29.6	10.3	21%	252.9	5%	40.0	67%	92.1	9%	5.8	32%
Mandarin Mush & Snowpeas with Tofu	18	478.7	24%	23.6	2.9	5%	1.0	5%	0.10	0.9	0%	393.7	16%	87.9	29%	2.4	9%	26.2	17.8	36%	182.1	4%	18.1	30%	106.1	11%	5.8	32%
Mandarin Snowpeas with Tofu	18	488.9	24%	23.3	2.9	5%	1.0	5%	0.10	0.9	0%	409.4	17%	89.4	30%	2.9	11%	26.9	18.2	36%	2317.9	46%	32.3	54%	118.4	12%	6.2	35%
Mandarin Shrimp and Broccoli	18	654.0	33%	184.3	20.5	32%	2.2	11%	0.00	179.0	60%	244.2	10%	88.5	29%	4.4	18%	2.6	30.2	60%	4467.3	89%	72.7	121%	100.0	10%	7.3	41%
Mandarin Shrimp and Snowpeas	18	559.9	28%	35.8	4.4	7%	0.6	3%	0.12	144.3	48%	546.0	23%	103.7	35%	3.2	13%	29.0	24.6	49%	2781.4	56%	38.8	65%	105.2	11%	7.7	43%
Mandarin Shrimp and Vegetables	18	555.5	28%	37.2	4.5	7%	0.6	3%	0.12	144.4	48%	551.4	23%	103.5	34%	2.6	10%	27.4	24.3	49%	2252.1	45%	27.8	46%	96.2	10%	7.0	39%
Mandarin Shrimp Chow Mein	18	764.1	38%	50.3	6.1	9%	0.6	3%	8.16	207.0	69%	1366.0	57%	142.1	47%	4.6	19%	38.5	34.0	68%	297.3	6%	7.0	12%	118.3	12%	9.6	53%
Mandarin Shrimp Noodles	18	863.6	43%	362.8	40.5	62%	6.0	30%	0.07	186.3	62%	348.5	15%	95.4	32%	2.8	11%	15.2	33.0	66%	1704.1	34%	20.1	33%	69.1	7%	3.8	21%
Mandarin Stir Fry Beef	18	634.8	32%	100.6	11.6	18%	3.1	15%	0.43	30.4	10%	582.1	24%	109.2	36%	2.6	11%	29.1	20.7	41%	1467.9	29%	18.7	31%	80.5	8%	5.9	33%
Mandarin Stir Fry Chicken	18	596.0	30%	67.2	7.9	12%	1.3	7%	0.25	33.0	11%	567.2	24%	107.3	36%	2.6	11%	29.1	21.2	42%	1479.0	30%	19.4	32%	83.5	8%	5.0	28%
Mandarin Stir Fry Shrimp	18	560.0	28%	35.9	4.4	7%	0.6	3%	0.12	144.3	48%	541.6	23%	104.6	35%	2.6	10%	29.1	24.0	48%	1467.9	29%	18.7	31%	94.2	9%	7.0	39%
Mandarin Stir Fry Vegetable with Tofu	18	489.0	24%	23.4	2.9	5%	1.0	5%	0.10	0.9	0%	405.8	17%	90.1	30%	2.3	9%	27.0	17.8	36%	1223.3	24%	15.6	26%	109.3	11%	5.6	31%
Mandarin Stir Fry Vegetable with Udon	18	820.6	41%	177.7	20.2	31%	0.5	3%	0.14	1.2	0%	1063.0	44%	144.1	48%	4.4	17%	33.8	14.5	29%	1712.6	34%	21.8	36%	62.4	6%	8.6	48%
Mandarin Vegetable Chow Mein	18	661.0	33%	41.4	5.1	8%	0.6	3%	7.60	19.9	7%	1097.9	46%	138.6	46%	7.4	29%	38.1	16.2	32%	1563.2	31%	77.1	129%	133.1	13%	7.3	41%
Mandarin Vegetable Noodles	18	956.2	48%	455.7	50.7	78%	7.6	38%	0.00	84.8	28%	336.2	14%	104.1	35%	3.7	15%	2.2	25.7	51%	2128.5	43%	25.7	43%	51.6	5%	4.8	26%
Mandarin Vegetable Stir Fry	18	509.3	25%	32.2	4.0	6%	0.7	3%	0.12	1.1	0%	393.4	16%	107.8	36%	4.9	20%	29.1	11.1	22%	2535.0	51%	75.0	125%	102.8	10%	5.6	31%

Although this nutritional data is based on standard portion products guidelines, variations in actual values can be expected due to seasonal influences, mineral content of soil, diet of animal, fertilizer or growth hormone used, genetics of plant or animal, processing method, minor differences in product assembly per restaurants and other factors. Actual nutrient values will vary. All nutrient data should be viewed and be used only as a guide.

Nutritional data for Jump Proprietary products are based on actual laboratory testing, however various factors will influence your results, differences in moisture content of sample, length and method of sample storage, number of sample tested, and varying methods of cooking or preparing the food.

All additional nutritional information on this database is from "The Food Processor Nutritional Analysis Software from ESHA Research, Salem, Oregon". Results are an rounded average of a range of data, scientific journals and other publications, food composition tables from England and Canada, data from USDA and other research scientists, and information from other nutrient databank. When calculating estimates of nutrients in cooked foods from reported amounts in raw food, published retention factors are applied. In such cases, it is felt that calculated approximations are better than zeros or blanks. Blanks in the database represent cases where there is either no available data or a lack of reliable data.