



## Nutrition Information and Comparisons

	Calories	Protein (g)	Total Fat (g)	Sat. Fats (g)	Unsat. Fat (g)	Total Carbs (g)	Total Fiber (g)	Sodium (mg)
Bento Box #1	470	20	18	7	9	59	5	1620
Bento Box #2	470	15	11	1	9	81	5	1820
Bento Box #3	470	15	21	3	17	57	2	1400
Bento Box #4	440	14	23	3	18	51	7	1550
Entree #1- Birthday Noodles with "Beef"	520	32	15	6	8	69	7	2160
Entree #2- Gimme Some Pad Thai	530	21	3	0	2	106	5	1440
Entree #3- Bam Bam "Beef" and Broccoli	470	15	21	3	17	57	2	1400
Entree #4- Lucky Fortune Veggie Fried Rice	420	13	22	3	18	48	7	1500
Signature Sunomono Salad	10	0	0	0	0	2	0	20

	Calories	Protein (g)	Total Fat (g)	Sat. Fats (g)	Unsat. Fat (g)	Total Carbs (g)	Total Fiber (g)	Sodium (mg)
<b>Our "Beef" Lo Mein</b>	520	32	15	6	8	69	7	2160
Competitor's Beef Lo Mein	980	48	31	7	0	127	7	2630
<b>Our "Beef" and Broccoli</b>	470	15	21	3	17	57	2	1400
Competitor's Beef and Broccoli	670	50	33	7	26	46	5	2110
<b>Our Pad Thai</b>	530	21	3	0	2	106	5	1440
Competitor's Pad Thai	820	24	37	2	0	102	7	1310
<b>Our Veggie Fried Rice</b>	420	13	22	3	18	48	7	1500
Competitor's Veggie Fried Rice	910	25	16	3	12	164	10	1360
<b>Our Sunomono Salad</b>	10	0	0	0	0	2	0	20
Competitor's Sunomono Salad	33	1	0	0	0	7	0	136

Analysis completed by Hanna Soto