



	Calories	Fat	Protein	Carbohydrates						
BBQ CHICKEN QUESO PASTA	359	7	35	39						
Low Carb	286	6	35	23						
Extra Protein	407	7	47	39						
Extra Protein + Low Carb	343	7	47	23						
CHICKEN PARMESAN W/ BAKED ZUCCHINI	437	21	24	38						
Low Carb	336	16	31	17						
Extra Protein	576	28	34	47						
Extra Protein + Low Carb	401	17	43	19						
STEAKHOUSE BOWL	352	8	29	41						
Low Carb	279	7	29	25						
Extra Protein	397	9	38	41						
Extra Protein + Low Carb	328	8	38	26						
LOADED AUSSIE CHICKEN W/ BACON & CHEDDAR	362	14	29	30						
Low Carb	297	13	27	18						
Extra Protein	415	15	39	31						
Extra Protein + Low Carb	358	14	39	19						
GREEN CHILI CHICKEN QUESO MAC	379	11	30	40						
Low Carb	278	10	24	23						
Extra Protein	464	12	40	49						
Extra Protein + Low Carb	342	10	40	23						
QUESO STEAK BREAKFAST BOWL	320	16	24	20						
Extra Protein	383	19	32	21						
LOADED BUFFALO CHICKEN PIZZA	734	34	44	63						
PREMIUM: TERIYAKI BISON & RICE	447	15	49	29						
SALAD: HOT HONEY CRISPY CHICKEN SALAD	582	26	38	49						
SALAD: ITALIAN PASTA SALAD	426	14	34	41						
GRAPE PB&J	250	12	12	33						
STRAWBERRY PB&J	250	12	12	33						
BEEF & CHEESE EMPANADA	250	12	14	19						
PEPPERONI PIZZA EMPANADA	330	23	15	17						
BLUEBERRY WAFFLE & SAUSAGE BREAKFAST SAMMIEZ	440	24	14	42						
CHICKEN & WAFFLE BREAKFAST SAMMIEZ	570	28	24	56						
SAUSAGE EGG & CHEESE BREAKFAST SAMMIEZ	410	23	21	29						
DARK CHOCOLATE PEANUT BUTTER BUCKEYES (PER 1 BUCKEYE)	100	7	5	6						
ENERGY BITES (PER 1 ENERGY BITE)	93	5	2	10						