



	Calories	Fat	Protein	Carbohydrates						
BOURBON CHICKEN MAC & CHEESE	365	5	30	50						
Low Carb	216	4	25	20						
Extra Protein	418	6	40	51						
Extra Protein + Low Carb	269	5	35	21						
HOT HONEY CHICKEN BITES	315	7	21	42						
Low Carb	221	5	30	14						
Extra Protein	427	11	31	51						
Extra Protein + Low Carb	258	6	36	15						
SOUTHWEST STEAK ENCHILADA BOWL	327	11	26	31						
Low Carb	247	11	26	11						
Extra Protein	411	15	36	33						
Extra Protein + Low Carb	331	15	36	13						
LOADED TURKEY STUFFED SHELLS	552	24	38	46						
Low Carb	N/A	N/A	N/A	N/A						
Extra Protein	592	24	48	46						
Extra Protein + Low Carb	592	24	48	46						
CUBAN MOJO PORK BOWL	353	9	25	43						
Low Carb	241	9	25	15						
Extra Protein	416	12	34	43						
Extra Protein + Low Carb	304	12	34	15						
STEAK & EGG HIBACHI	384	12	31	38						
Extra Protein	432	12	43	38						
FIVE CHEESE PIZZA	841	37	45	82						
PREMIUM: BISON SALISBURY STEAK	381	17	29	28						
SALAD: WALDORF SALAD	371	19	32	18						
SALAD: TACO SALAD	246	6	26	22						
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						