



	Calories	Fat	Protein	Carbohydrates						
BUFFALO CHICKEN MAC & CHEESE	396	12	33	39						
Low Carb	332	12	33	23						
Extra Protein	462	14	45	39						
Extra Protein + Low Carb	398	14	45	23						
BRAISED BEEF POT ROAST	369	17	26	28						
Low Carb	288	12	26	19						
Extra Protein	453	21	37	29						
Extra Protein + Low Carb	350	14	37	19						
SOUTHERN CHICKEN DINNER	492	24	27	42						
Low Carb	299	11	27	23						
Extra Protein	633	29	38	55						
Extra Protein + Low Carb	352	12	38	23						
BEEF CHILAQUILES W/ QUESO FRESCO	613	37	38	32						
Low Carb	N/A	N/A	N/A	N/A						
Extra Protein	734	46	48	32						
Extra Protein + Low Carb	N/A	N/A	N/A	N/A						
HIBACHI CHICKEN RICE BOWL	455	15	32	48						
Low Carb	301	13	29	17						
Extra Protein	498	14	44	49						
Extra Protein + Low Carb	370	14	44	17						
CHORIZO QUESO SKILLET	553	29	35	38						
Extra Protein	659	35	45	41						
LOADED PEPPERONI PIZZA	730	30	36	79						
PREMIUM: PESTO BISON ANGEL HAIR PASTA	597	29	36	48						
SALAD: SOUTHWEST CHICKEN SALAD	318	10	31	26						
SALAD: CAPRESE CHICKEN SALAD	395	23	29	18						
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						