



	Calories	Fat	Protein	Carbohydrates						
COWBOY SHEPHERDS BOWL	363	11	25	41						
Low Carb	274	10	23	23						
Extra Protein	443	15	36	41						
Extra Protein + Low Carb	326	10	36	23						
GRILLED CHICKEN PARMESAN	387	11	34	38						
Low Carb	290	10	29	21						
Extra Protein	437	13	41	39						
Extra Protein + Low Carb	356	12	41	21						
THAI PEANUT CHICKEN BOWL	354	6	31	44						
Low Carb	238	6	31	15						
Extra Protein	411	7	43	44						
Extra Protein + Low Carb	295	7	43	15						
VERDE CHICKEN RICE BOWL	344	8	34	34						
Low Carb	300	8	34	23						
Extra Protein	410	10	46	34						
Extra Protein + Low Carb	366	10	46	23						
CHEESEBURGER LOADED TOTS	435	23	35	22						
Low Carb	435	23	35	22						
Extra Protein	549	29	50	22						
Extra Protein + Low Carb	549	29	50	22						
SUNRISE BURGER OMELETTE	525	33	29	28						
Extra Protein	637	41	39	28						
BACON CHICKEN RANCH PIZZA	654	22	36	78						
PREMIUM: GREEN CHILI BISON BOWL	463	19	32	41						
SALAD: CAPRESE CHICKEN SALAD	395	23	29	18						
SALAD: BBQ CHICKEN SALAD	306	6	31	32						
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						