



	Calories	Fat	Protein	Carbohydrates						
SWEET CHILI CHICKEN MAC & CHEESE	449	9	26	66						
Low Carb	241	5	32	17						
Extra Protein	528	12	35	70						
Extra Protein + Low Carb	306	6	45	18						
PUB CHICKEN	372	12	35	31						
Low Carb	302	10	33	20						
Extra Protein	413	13	47	27						
Extra Protein + Low Carb	363	11	45	21						
BACON CHICKEN RANCH FRIES	481	25	34	30						
Low Carb	412	24	34	15						
Extra Protein	547	27	46	30						
Extra Protein + Low Carb	487	27	46	15						
HOMESTYLE BEEF BBQ PLATE	312	12	27	24						
Low Carb	312	12	27	24						
Extra Protein	379	15	37	24						
Extra Protein + Low Carb	379	15	37	24						
SKINNY BURRITO BOWL	397	17	28	33						
Low Carb	357	17	28	23						
Extra Protein	482	22	38	33						
Extra Protein + Low Carb	438	22	37	23						
HOT HONEY SAUSAGE BREAKFAST BOWL	581	29	29	51						
Extra Protein	667	35	37	51						
QUESO CHORIZO PIZZA	697	25	33	85						
PREMIUM: PRIME RIB STUFFED POTATOES	409	21	31	24						
SALAD: BBQ CHICKEN SALAD	306	6	31	32						
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						