

NutritionGuide														
Kid's Menu														
Choose a Drink				Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Milk (1%)				150	30	3.5	2.5	0	20	160	18	0	19	12
Chocolate Milk (1%)				270	35	4	2.5	0	10	230	37	2	37	12
Orange Juice				150	0	0	0	0	0	35	39	0	38	0
Apple Juice				160	0	0	0	0	0	25	39	0	37	0
Hot Chocolate				320	80	9	7	0	0	300	55	2	44	4
Diet Pepsi				0	0	0	0	0	0	35	0	0	0	0
Starry				140	0	0	0	0	0	35	37	0	37	0
Mountain Dew				90	0	0	0	0	0	35	29	0	29	0
Mug Root Beer				100	0	0	0	0	0	30	25	0	25	0
Pepsi-Cola				90	0	0	0	0	0	10	22	0	21	0
Breakfast All Day				Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cinna-Bunny French Toast	Includes: Cinnamon Roll French Toast, , Banana, Blueberries, Chocolate Sauce, Pancake Syrup			1120	350	40	14	0	135	990	180	4	75	14
	Choice of Meat:	Pork Sausage Link (1)		100	80	9	3	0	20	220	0	0	0	5
		Bacon (1)		70	50	6	2	0	15	290	0	0	0	5
		Chicken Sausage Link (1)		90	50	6	1.5	0	45	350	1	0	0	8
Chocolate Strawberry Pancakes	Includes: 5 Mini Pancakes, Glazed Strawberries, Chocolate Topping, Powdered Sugar , Whipped Topping, Pancake Syrup			920	220	18	9	0	0	1210	177	5	73	12
	Choice of Meat:	Pork Sausage Link (1)		100	80	9	3	0	20	220	0	0	0	5
		Bacon (1)		70	50	6	2	0	15	290	0	0	0	5
		Chicken Sausage Link (1)		90	50	6	1.5	0	45	350	1	0	0	8
Strawberry Pancakes	Includes: 5 Mini Pancakes, Glazed Strawberries, Powdered Sugar , Whipped Topping, Pancake Syrup			860	190	16	7	0	0	1200	169	4	65	11
	Choice of Meat:	Pork Sausage Link (1)		100	80	9	3	0	20	220	0	0	0	5
		Bacon (1)		70	50	6	2	0	15	290	0	0	0	5
		Chicken Sausage Link (1)		90	50	6	1.5	0	45	350	1	0	0	8
Kid's Double Dippers	Includes: French Toast, Apple Slices & Caramel Sauce			410	50	6	2	0	95	540	80	<1	39	10
Little Piggy Pancakes	Includes: Pancakes, Banana, Chocolate Sauce, Pancake Syrup			650	130	9	3	0	0	940	133	3	47	8
	Choice of Meat:	Pork Sausage Link (1)		100	80	9	3	0	20	220	0	0	0	5
		Bacon (1)		70	50	6	2	0	15	290	0	0	0	5
		Chicken Sausage Link (1)		90	50	6	1.5	0	45	350	1	0	0	8
Li'l Farmers Breakfast	Includes: Home Fries, Pancakes, Syrup, Whipped Butter Blend			590	280	28	8	0	15	590	81	2	24	6
	Choice of Egg:	Scrambled		80	55	5.5	1.75	0	210	140	0.5	0	0	7
		Fried		130	80	12	2	0	185	70	0	0	0	6
	Choice of Meat:	Pork Sausage Link (1)		100	80	9	3	0	20	220	0	0	0	5
		Bacon (1)		70	50	6	2	0	15	290	0	0	0	5
		Chicken Sausage Link (1)		90	50	6	1.5	0	45	350	1	0	0	8

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Breakfast All Day				Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Plenty-O-Pancakes	Includes: Pancakes, Syrup, Whipped Topping			730	170	16	8	0	0	1190	135	3	43	11
	Choice of Meat:	Pork Sausage Link (1)		100	80	9	3	0	20	220	0	0	0	5
		Bacon (1)		70	50	6	2	0	15	290	0	0	0	5
		Chicken Sausage Link (1)		90	50	6	1.5	0	45	350	1	0	0	8
Tic-Tac-Toast	Includes: Pancakes, Syrup			630	130	19	8	0	130	610	103	1	46	10
	Choice of Meat:	Pork Sausage Link (1)		100	80	9	3	0	20	220	0	0	0	5
		Bacon (1)		70	50	6	2	0	15	290	0	0	0	5
		Chicken Sausage Link (1)		90	50	6	1.5	0	45	350	1	0	0	8

Nutrition Guide														
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Lunch and Dinner				Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Fish Fry	1 Piece of Fish, Dill Tartar Sauce, Lemon Wedge			200	120	14	2.5	0	35	560	9	<1	1	10
	Choice of Side:	Fresh-Cut Fruit (Apples, Blueberries, Bananas, Strawberries)	80	0	0	0	0	0	0	20	3	12	1	
		Glazed Carrots	90	40	4.5	1.5	0	5	115	13	3	10	<1	
		Buttered Broccoli	110	90	10	3	0	10	110	5	0	0	3	
		French Fries	330	130	14	3	0	0	480	47	4	0	0	
		Coleslaw	170	110	12	2	0	10	210	16	1	14	<1	
		Mashed Potatoes with Chicken Gravy	160	80	9	3.5	0	15	920	18	1	1	3	
		Green Beans with Ham	30	15	1.5	0	0	<5	460	4	2	0	2	
		Bread and Celery Dressing	320	5	18	4	0	5	1220	36	2	3	6	
Hand Breaded Chicken Tenders	Breaded Chicken Tenders			160	60	7	1.5	0	55	320	9	0	0	21
	Choice of Sauce:	Bob Evans Wildfire	50	0	0	0	0	0	220	13	0	5	0	
		Buffalo Wing Sauce	30	25	2.5	0	0	0	1170	2	<1	<1	0	
		Honey Mustard	140	120	13	2	0	15	180	7	0	7	0	
		Ranch	140	140	15	2.5	0	15	340	1	0	<1	<1	
	Choice of Side:	Fresh-Cut Fruit (Apples, Blueberries, Bananas, Strawberries)	70	0	0	0	0	0	0	18	2	10	<1	
		Glazed Carrots	90	40	4.5	1.5	0	5	115	13	3	10	<1	
		Buttered Broccoli	110	90	10	3	0	10	110	5	0	0	3	
		French Fries	330	130	14	3	0	0	480	47	4	0	0	
		Coleslaw	170	110	12	2	0	10	210	16	1	14	<1	
		Mashed Potatoes with Chicken Gravy	160	80	9	3.5	0	15	920	18	1	1	3	
		Green Beans with Ham	30	15	1.5	0	0	<5	460	4	2	0	2	
		Bread and Celery Dressing	320	5	18	4	0	5	1220	36	2	3	6	
	Mac & Cheese	Macaroni & Cheese Only			260	90	10	5	0	25	940	31	1	5
Choice of Side:		Fresh-Cut Fruit (Apples, Blueberries, Bananas, Strawberries)	80	0	0	0	0	0	0	20	3	12	1	
		Glazed Carrots	90	40	4.5	1.5	0	5	115	13	3	10	<1	
		Buttered Broccoli	110	90	10	3	0	10	110	5	0	0	3	
		French Fries	330	130	14	3	0	0	480	47	4	0	0	
		Coleslaw	170	110	12	2	0	10	210	16	1	14	<1	
		Mashed Potatoes with Chicken Gravy	160	80	9	3.5	0	15	920	18	1	1	3	
		Green Beans with Ham	30	15	1.5	0	0	<5	460	4	2	0	2	
		Bread and Celery Dressing	320	5	18	4	0	5	1220	36	2	3	6	
Grilled Chicken	Grilled Chicken Only			70	10	1	0	0	40	260	0	0	0	14
		Fresh-Cut Fruit (Apples, Blueberries, Bananas, Strawberries)	80	0	0	0	0	0	0	20	3	12	1	
		Glazed Carrots	90	40	4.5	1.5	0	5	115	13	3	10	<1	
		Buttered Broccoli	110	90	10	3	0	10	110	5	0	0	3	

Nutrition Guide													
Kid's Menu													
	Choice of Side:	French Fries	330	130	14	3	0	0	480	47	4	0	0
		Coleslaw	170	110	12	2	0	10	210	16	1	14	<1
		Mashed Potatoes with Chicken Gravy	160	80	9	3.5	0	15	920	18	1	1	3
		Green Beans with Ham	30	15	1.5	0	0	<5	460	4	2	0	2
		Bread and Celery Dressing	320	5	18	4	0	5	1220	36	2	3	6
	Served with:	Dinner Roll	150	30	3.5	1	0	0	260	25	1	1	4
Grilled Cheese Triangles	Grilled Cheese Sandwich Only		280	130	15	7	0	30	770	26	1	4	10
	Choice of Side:	Fresh-Cut Fruit (Apples, Blueberries, Bananas, Strawberries)	80	0	0	0	0	0	0	20	3	12	1
		Glazed Carrots	90	40	4.5	1.5	0	5	115	13	3	10	<1
		Buttered Broccoli	110	90	10	3	0	10	110	5	0	0	3
		French Fries	330	130	14	3	0	0	480	47	4	0	0
		Coleslaw	170	110	12	2	0	10	210	16	1	14	<1
		Mashed Potatoes with Chicken Gravy	160	80	9	3.5	0	15	920	18	1	1	3
		Green Beans with Ham	30	15	1.5	0	0	<5	460	4	2	0	2
		Bread and Celery Dressing	320	5	18	4	0	5	1220	36	2	3	6
Turkey Lurkey	Includes: Turkey, Mashed Potatoes with Chicken Gravy		260	120	13	5	0	45	1400	20	1	2	15
	Choice of Side:	Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1
		Glazed Carrots	90	40	4.5	1.5	0	5	115	13	3	10	<1
		Buttered Broccoli	110	90	10	3	0	10	110	5	0	0	3
		French Fries	330	130	14	3	0	0	480	47	4	0	0
		Coleslaw	170	110	12	2	0	10	210	16	1	14	<1
		Mashed Potatoes with Chicken Gravy	160	80	9	3.5	0	15	920	18	1	1	3
		Green Beans with Ham	30	15	1.5	0	0	<5	460	4	2	0	2
		Bread and Celery Dressing	320	5	18	4	0	5	1220	36	2	3	6
Cheesin' Cheeseburger	Cheeseburger Sandwich Only		440	210	23	9	1	75	630	32	<1	6	26
	Choice of Side:	Fresh-Cut Fruit (Apples, Blueberries, Bananas, Strawberries)	80	0	0	0	0	0	0	20	3	12	1
		Glazed Carrots	90	40	4.5	1.5	0	5	115	13	3	10	<1
		Buttered Broccoli	110	90	10	3	0	10	110	5	0	0	3
		French Fries	330	130	14	3	0	0	480	47	4	0	0
		Coleslaw	170	110	12	2	0	10	210	16	1	14	<1
		Mashed Potatoes with Chicken Gravy	160	80	9	3.5	0	15	920	18	1	1	3
		Green Beans with Ham	30	15	1.5	0	0	<5	460	4	2	0	2
		Bread and Celery Dressing	320	5	18	4	0	5	1220	36	2	3	6

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Lunch and Dinner			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken-N-Noodles	Includes: Chicken and Noodle Soup, Two Saltine Crackers		120	50	5	1	1	15	500	13	<1	<1	5
	Choice of Side:	Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1
		Glazed Carrots	90	40	4.5	1.5	0	5	115	13	3	10	<1
		Buttered Broccoli	110	90	10	3	0	10	110	5	0	0	3
		French Fries	330	130	14	3	0	0	480	47	4	0	0
		Coleslaw	170	110	12	2	0	10	210	16	1	14	<1
		Mashed Potatoes with Chicken Gravy	160	80	9	3.5	0	15	920	18	1	1	3
		Green Beans with Ham	30	15	1.5	0	0	<5	460	4	2	0	2
		Bread and Celery Dressing	340	140	15	5	0	20	1000	42	2	6	7
Pick A Side			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
French Fries			330	130	14	2.5	0	0	500	47	4	0	0
Shredded Hash Browns			200	100	12	2	0	0	110	22	2	<1	2
Golden Brown Home Fries			180	90	10	2	0	0	15	21	2	2	2
Load 'Em Up: (French Fries, Shredded Hash Browns, Golden Brown Home Fries Only)	Bacon		90	65	7	2	0	18	373	<1	0	0	6
	Cheddar Cheese		110	85	10	5	0	29	182	<1	0	<1	7
	Sour Cream		30	30	3	2	0	9	8	<1	0	<1	<1
	Green Onions		0	0	0	0	0	0	0	0	0	0	0
Bob Evans Signature Coleslaw			170	110	12	2	0	10	210	16	1	14	<1
Mashed Potatoes & Chicken Gravy			160	80	9	3.5	0	15	920	18	1	1	3
Bread & Celery Dressing			340	140	15	5	0	20	1000	42	2	6	7
Green Beans with Ham			30	15	1.5	0	0	<5	460	4	2	0	2
French Fries			330	130	14	2.5	0	0	480	47	4	0	0
Carrots			90	40	4.5	1.5	0	5	115	13	3	10	<1
Broccoli (Buttered)			110	90	10	3	0	10	110	5	0	0	3
Corn			170	90	10	30	0	10	90	20	2	2	3
Fresh-Cut Fruit (Apples, Blueberries, Banana, Strawberries)			80	0	0	0	0	0	0	20	3	12	1
Caramel Apple Dippers			150	15	1.5	1	0	10	105	33	<1	23	2

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Tack on a Treat			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Kids Sundae	Includes: Vanilla Ice Cream, Chocolate Sauce & Whipped Topping		180	90	9	6	0	30	60	24	0	20	3
Caramel Apple Dipper			150	15	15	1	0	10	105	33	<1	23	2
Chocolate Chunk Cookie			520	230	26	13	0	35	370	68	3	41	6

* 2,000 calories a day is used for general nutrition advice, but calorie needs vary