



Nutrition Guide

updated November 2018

FAMILY MEALS TO-GO

Classics			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)
All Classic Family Meals add choice of 1-2 sides + bread	*Plus, Choose 1-2 sides:	Baked Potato	330	100	12	4	0	15	120	51	4	2	6
		Broccoli	20	0	0	0	0	0	20	4	0	0	2
		Broccoli w/ Butter	110	90	10	3	0	10	110	5	0	0	3
		Bread & Celery Dressing	230	100	11	3.5	0	15	700	30	1	4	5
		Carrots (glazed)	150	70	8	2.5	0	10	190	21	4	16	1
		Coleslaw	400	250	27	4	0	20	490	37	3	34	2
		French Fries	330	130	14	2.5	0	0	480	47	4	0	0
		Golden Brown Home Fries	270	150	17	2.5	1	0	770	27	3	2	3
		Green Beans w/ Ham	40	20	1.5	0.5	0	<5	560	4	2	0	2
		Hash Browns	180	60	7	1.5	1.5	0	2690	29	4	1	3
		Herb Corn	190	110	12	3	0	0	320	21	2	3	3
		Macaroni & Cheese	250	110	12	5	0	24	910	25	2	4	11
		Mashed Potatoes & Chicken Gravy	300	170	19	10	0.5	45	1100	28	3	3	5
		Seasonal Fruit	70	0	0	0	0	0	10	18	1	16	<1
	*Plus, Choose Bread:	Buttermilk Biscuits w/ Butter	440	270	30	14	1	15	1200	40	1	3	6
		Dinner Rolls w/ Butter	360	190	21	6	0	20	530	38	2	2	6
Bob Evans Wildfire Meatloaf	Includes: Wildfire Sauce, Meatloaf, Haystack Onions,	660	380	43	13	1	125	1060	42	3	13	28	
Chicken-N-Noodles Deep Dish Dinner	Includes: Chicken-N-Noodles, Mashed Potatoes, Biscuit	480	230	26	12	1.5	80	1760	42	2	3	20	
Down-Home Country Fried Steak	Includes: Country Fried Steak, Country Gravy	540	300	34	11	1	55	970	39	4	0	21	
Fork- Tender Pot Roast	Includes: Slow Roasted Pot Roast, Onions, Beef Gravy, Carrots	270	140	16	6	0.5	50	540	17	4	11	14	
Grilled Chicken Breasts	Includes: Grilled Chicken	280	60	7	2	0	145	1070	0	0	0	54	
Herb Rubbed Turkey & Dressing	Includes: Slow Roasted Turkey, Bread & Celery Dressing, Chicken Gravy, Cranberry Orange Relish	390	140	15	4.5	0	70	1300	37	1	18	28	
Homestyle Fried Chicken Tenders	Includes: Chicken Tenders	640	320	36	13	0	105	1260	46	3	0	34	
Farm-Fresh Salads			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)
All Salads Add Choice of Dressing and Bread	*Plus, Choose Salad Dressing:	Colonial	310	250	27	4.5	0	0	260	15	0	15	0
		Wildfire Ranch	160	110	12	2	0	10	410	12	0	8	<1
		Sweet Italian	230	190	22	3.5	0	0	680	10	0	9	0
		Low Fat Balsamic Vinaigrette	79	29	2.5	0	0	0	280	14	0	13	0
		French	280	230	26	4	0.5	10	330	12	0	12	0
		Bleu Cheese	280	270	30	6	0	30	440	4	0	2	2
		Buttermilk Ranch	210	190	21	4	0	20	420	2	0	2	0
		Reduced Fat Raspberry Vinaigrette	150	70	7	1	0	0	140	20	0	19	0
	*Plus, Choose a Bread:	Dinner Rolls with Butter	360	190	21	6	0	20	530	38	2	2	6
		Buttermilk Biscuits with Butter	440	270	30	14	1	15	1200	40	1	3	6
Chicken Cobb	Includes: Fresh Greens, Grilled Chicken, Blue Cheese, Tomatoes, Cheddar Cheese,	370	190	22	9	0	240	1000	7	3	3	37	
Cranberry Pecan Chicken	Includes: Fresh Greens, Grilled Chicken, Blue Cheese, Dried Cranberries, Pecans,	260	90	10	4	0	65	680	20	4	13	25	
Farmhouse Garden Side	Includes: Fresh Greens, Cucumber, Croutons, Cheddar, Tomatoes, Onions	150	60	7	3.5	0	15	290	15	4	3	7	
Wildfire Chicken	Includes: Fresh Greens, Corn, Tomatoes, Onions, Tortilla Strips, Cheddar Cheese, BBQ Wildfire	230	90	10	4	0	15	460	32	4	16	7	
	*Plus, Your Choice:	Grilled Chicken	90	20	2	<1	0	48	354	0	0	0	18



Nutrition Guide

updated November 2018

FAMILY MEALS TO-GO

		Homestyle Fried Chicken	220	110	12	4	0	35	420	15	1	0	11
			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)
Breakfast													
Farmer's Choice Breakfast	Choice of Farm Fresh Eggs:	Freshly Cracked	200	150	16	4	0	370	140	<1	0	0	13
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	*Plus, Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	190	140	16	6	0	25	310	0	0	0	9
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Turkey Sausage Links	140	60	7	2	0	60	810	2	<1	0	18
		*Plus, Choice of Side:	Grits (w/ butter)	240	180	21	7	0	25	280	13	<1	0
		Hashbrowns	200	110	12	2	1.5	0	160	28	3	1	2
		Homefries	250	150	17	2.5	0.5	0	690	24	2	2	3
	*Plus, Choice of Griddle Item:	Brioche French Toast (w/ butter & syrup)	830	220	25	8	0.5	220	840	134	3	22	19
		Hotcakes (w/ butter & syrup)	1150	250	28	9	0.5	10	1910	209	4	39	17
Homestead Breakfast	Includes: Sausage Gravy		225	140	16	9	0	20	816	14	0	2	8
	*Plus, Choice of Farm Fresh Eggs (2):	Freshly Cracked	200	150	16	4	0	370	140	<1	0	0	13
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	*Plus, Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	190	140	16	6	0	25	310	0	0	0	9
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Turkey Sausage Links	140	60	7	2	0	60	810	2	<1	0	18
		*Plus, Choice of Side:	Grits (with butter)	240	180	21	7	0	25	280	13	<1	0
		Hashbrowns	200	110	12	2	1.5	0	160	28	3	1	2
		Homefries	250	150	17	2.5	0.5	0	690	24	2	2	3
	The Rise & Shine	Choice of Farm Fresh Eggs:	Freshly Cracked	200	150	16	4	0	370	140	<1	0	0
Scrambled			160	110	11	3.5	0	420	280	1	0	0	14
*Plus, Choice of Breakfast Meat:		Bob Evans Sausage Links (3)	190	140	16	6	0	25	310	0	0	0	9
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Turkey Sausage Links	140	60	7	2	0	60	810	2	<1	0	18
		*Plus, Choice of Side:	Grits (with butter)	240	180	21	7	0	25	280	13	<1	0
		Hashbrowns	200	110	12	2	1.5	0	160	28	3	1	2
		Homefries	250	150	17	2.5	0.5	0	690	24	2	2	3
*Plus, Choice of Bread:		Dinner Rolls w/ Butter	360	190	21	6	0	20	530	38	2	2	6
		Buttermilk Biscuits w/ Butter	440	270	30	14	1	15	1200	40	1	3	6
Family Sized Soup			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)
Cheddar Baked Potato	Includes: Soup, Saltines		230	100	11	6	0	35	940	23	1	3	9
Chicken -N- Noodles	Includes: Soup, Saltines		200	80	9	2	1	35	720	19	1	1	9
Hearty Beef Vegetable	Includes: Soup, Saltines		150	30	3.5	1	0	15	720	24	3	4	8



Nutrition Guide

updated November 2018

FAMILY MEALS TO-GO

Beverages		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)
Coffee		5	0	0	0	0	0	10	0	0	0	<1
Decaf Coffee		0	0	0	0	0	0	10	0	0	0	<1
Diet Mt. Dew		0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi		0	0	0	0	0	0	40	0	0	0	0
Freshly Brewed Iced Tea -Unsweetened		5	0	0	0	0	0	10	2	<1	0	0
Freshly Brewed Iced Tea - Sweet		70	0	0	0	0	0	10	20	<1	18	0
Freshly Brewed Iced Tea - Peach		150	0	0	0	0	0	10	39	<1	36	0
Hot Tea		0	0	0	0	0	0	10	<1	0	0	0
Hot Chocolate		320	80	9	7	0	0	300	55	2	44	4
Lemonade		100	0	0	0	0	0	15	25	0	21	0
Mountain Dew		110	0	0	0	0	0	35	29	0	29	0
Mist Twist		100	0	0	0	0	0	20	27	0	27	0
Mug Root Beer		100	0	0	0	0	0	30	26	0	26	0
Orange Juice		160	0	0	0	0	0	20	39	0	38	0
Pepsi-Cola		100	0	0	0	0	0	20	28	0	28	0
Strawberry Lemonade		120	0	0	0	0	0	15	30	<1	27	0
Tropicana Light Lemonade		0	0	0	0	0	0	95	0	0	0	0
Wild Cherry Pepsi		100	0	0	0	0	0	20	28	0	28	0
Bakery & Desserts		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)
Banana Nut Bread - Two Slices		420	200	22	5	0	15	540	37	2	31	5
Buttermilk Biscuits - Two Slices with Butter		520	290	31	16	1	10	1530	53	1	3	7
Chocolate Chunk Cookie		520	230	26	13	0	35	370	68	3	41	6
Chocolate Peanut Butter Pie Topped With Reese's	Slice	680	370	41	20	0	45	420	74	3	56	7
	Whole Pie	4010	2260	252	123	2	270	2510	411	16	320	40
Coconut Cream Pie	Slice	580	320	35	26	0	<5	440	62	1	39	5
	Whole Pie	3470	1890	210	154	2	15	2630	375	7	234	27
Double-Crust Apple Pie	Slice	530	210	24	10	0	0	410	77	3	47	3
	Whole Pie	2990	1270	141	60	1.5	0	2490	410	16	231	16
Dinner Rolls - Two Rolls with Butter		380	150	17	5	0	10	610	50	3	3	8
Peanut Butter Cookie		530	250	28	13	0	20	420	63	2	42	9
Strawberry Supreme Pie	Slice	590	340	38	23	0.5	55	380	60	3	38	5
	Whole Pie	3540	2040	226	135	3.5	335	2280	358	17	231	32

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