

Nutrition Guide

All-Day Breakfast														
Seasonal				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)
Fresh Berry Farmer's Choice	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12	
		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	
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	70	680	1	0	0	15	
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19	
		Hardwood-Smoked Bacon (3)	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 (2)	140	60	7	2	0	60	810	2	<1	0	18	
	Choice of Griddle Item:	Brioche French Toast (Strawberry Topping)	660	150	17	6	0	210	720	107	5	45	20	
		Hotcakes (Strawberry Topping)	760	140	15	6	0	0	1340	143	6	52	13	
Fresh Berry French Toast (with Meat)	Includes: Two Slices French Toast, Strawberries, Strawberry Topping, Whipped Topping, Powdered Sugar		660	150	17	6	0	210	720	107	5	45	20	
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	70	680	1	0	0	15	
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19	
		Hardwood-Smoked Bacon (3)	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 (2)	140	60	7	2	0	60	810	2	<1	0	18	
	Fresh Berry Hotcakes (with Meat)	Includes: Four Hotcakes, Strawberries, Strawberry Topping, Whipped Topping, Powdered Sugar		980	180	20	8	0	0	1780	181	7	61	18
Choice of Breakfast Meat:		Bob Evans Sausage Links (3)	320	260	29	10	0	70	680	1	0	0	15	
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19	
		Hardwood-Smoked Bacon (3)	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 (2)	140	60	7	2	0	60	810	2	<1	0	18	
Strawberry Banana Oatmeal		Includes: Oatmeal, Fruit, Topping, Pecans, Milk		340	70	8	1.5	0	<5	260	63	8	31	8

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All-Day Breakfast														
Farm Fresh Breakfast Value Menu				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)
Brioche French Toast		Includes: 2 Slices Brioche French Toast, Butter, Syrup, Powdered Sugar		810	170	20	7	0	185	910	142	<1	49	16
Buttermilk Hotcakes		Includes: 4 Buttermilk Hotcakes, Butter, Syrup		1150	250	28	9	0	10	1910	209	4	39	17
The Classic Breakfast	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12	
		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	
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	70	680	1	0	0	15	
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19	
		Hardwood-Smoked Bacon (3)	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	
		Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7	
	Served with Choice of Bread:	Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4	
Country Biscuit Breakfast	Includes: Buttermilk Biscuit, Bob Evans Sausage, Country Gravy, Cheddar Cheese		520	320	36	17	0	80	1340	29	1	2	22	
	Choice of Farm Fresh Egg (1):	Egg Whites	30	0	0	0	0	0	100	0	0	0	6	
		Freshly Cracked	130	80	12	2	0	185	70	0	0	0	6	
		Scrambled	80	55	6	1.5	0	210	140	0	0	0	7	
	Choice of Side:	Hashbrowns	200	110	12	2	0	0	160	28	3	1	2	
		Homefries	250	150	17	2.5	0	0	690	24	2	2	3	
		Fresh-Cut Fruit	90	0	0	0	0	0	15	22	2	19	1	
Mini Sampler	Includes: Biscuit (with margarine PCs)		260	140	16	8	0	0	790	26	<1	2	4	
	Choice of Farm Fresh Egg (1):	Egg Whites	30	0	0	0	0	0	100	0	0	0	6	
		Freshly Cracked	130	80	12	2	0	185	70	0	0	0	6	
		Scrambled	80	55	6	1.5	0	210	140	0	0	0	7	
	Choice of Side:	Hashbrowns	200	110	12	2	0	0	160	28	3	1	2	
		Fresh Fruit	90	0	0	0	0	0	15	22	2	19	1	
		Homefries	250	150	17	2.5	0	0	690	24	2	2	3	
	Choice of Breakfast Meat:	Bob Evans Sausage Links (2)	220	60	7	3.5	0	90	630	2	1	0	19	
		Hardwood-Smoked Bacon (2)	190	130	14	4.5	0	40	670	<1	0	0	13	
		Turkey Sausage Link (1)	70	30	3.5	1	0	30	400	1	0	0	9	
Sunrise	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12	
		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	
	Choice of Side:	Hashbrowns	200	110	12	2	0	0	160	28	3	1	2	
		Fresh Fruit	90	0	0	0	0	0	15	22	2	19	1	
		Homefries	250	150	17	2.5	0	0	690	24	2	2	3	
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7	
Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4			
Sausage Gravy and Biscuits	Includes:	Sausage Gravy (Cup)	220	140	16	9	0	20	820	14	0	2	8	
		Biscuits (2)	440	200	22	13	0	0	1440	53	1	3	7	
Oatmeal	Bowl	Includes Oatmeal, Brown Sugar, Milk	230	35	4	1	0	<5	300	41	4	12	8	
	Choice of Add-Ins:	Dried Cranberries	40	0	<1	<1	0	0	<1	12	<1	9	<1	
		Honey-Roasted Pecans	80	<1	<1	<1	0	0	2.81	20	<1	15	<1	
Bowl of Grits	Includes: Grits and Butter		390	280	32	10	0	40	470	25	2	0	3	

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Farmer's Choice Breakfasts			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)
Double Meat Farmer's Choice	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		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
	Choice of Any Two:	Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Bob Evans Sausage Links (3)	320	260	29	10	0	70	680	1	0	0	15
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Turkey Sausage Links (2)	140	60	7	2	0	60	810	2	<1	0	18
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
	Choice of Griddle Item:	Brioche French Toast (Served w/ Butter & Syrup)	810	170	20	7	0	185	910	142	<1	49	16
		Hotcakes (Served w/ Butter & Syrup)	940	220	24	8	0	15	1480	170	3	29	13
Farmer's Choice	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		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
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	70	680	1	0	0	15
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	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 (2)	140	60	7	2	0	60	810	2	<1	0	18
	Choice of Griddle Item:	Brioche French Toast (Served w/ Butter & Syrup)	810	170	20	7	0	185	910	142	<1	49	16
		Hotcakes (Served w/ Butter & Syrup)	940	220	24	8	0	15	1480	170	3	29	13
Homestead Farmer's Choice	Includes: Sausage Gravy & Biscuits		670	340	38	22	0	20	2250	67	1	5	15
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		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
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	70	680	1	0	0	15
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	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 (2)	140	60	7	2	0	60	810	2	<1	0	18
Banana Berry Farmer's Choice	Includes:		1010	220	25	8	0	15	1480	188	6	40	13
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		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
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	70	680	1	0	0	15
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	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 (2)	140	60	7	2	0	60	810	2	<1	0	18

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All-Day Breakfast													
Bowls and Skillets			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)
Everything Breakfast	Includes: Biscuit, Ham, Hollandaise Sauce, Sausage, Bacon, Scrambled Eggs, Cheddar Cheese, Tomatoes, and Hash Browns		1130	660	73	31	0	725	2850	63	5	6	57
Double Meat Protein Bowl	Includes: Sweet potatoes, bacon, ham, onions, peppers, spinach, cheddar cheese, eggs, hollandaise, and tomatoes		1020	700	78	21	<0.5	505	2300	36	7	14	41
Avocado Veggie Protein Bowl	Includes: Sweet potatoes, peppers, corn/bean relish, onions, spinach, cheddar cheese, eggs, lime cream sauce, tomatoes, and avocado		910	630	71	14	0	430	940	44	11	15	22
Pot Roast Hash	Includes: Slow Roasted Pot Roast, Homefries, Cheddar Cheese, Green Onions		580	350	39	14	<0.5	95	1280	28	4	3	30
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	13
		Freshly Cracked	200	150	16	4	0	370	140	<1	0	0	14
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	12
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
Sunshine Skillet	Includes: Eggs, Bob Evans Sausage, Country Gravy, Cheddar Cheese, Homefries		660	150	17	6	0	210	720	107	5	45	20
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
Griddle & More			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)
Brioche French Toast	Includes: 2 Slices Brioche French Toast, Butter, Syrup, Powdered Sugar		810	170	20	7	0	185	910	142	<1	49	16
Buttermilk Hotcakes	Includes: 4 Buttermilk Hotcakes, Butter, Syrup		1150	250	28	9	0	10	1910	209	4	39	17
Double Blueberry Hotcakes	Includes: 4 Buttermilk Hotcakes, Blueberries, Blueberry Topping, Whipped Topping, Powdered Sugar		1090	210	23	10	0	0	1900	203	6	78	17
Double Chocolate Hotcakes	Includes: 4 Chocolate Chip Hotcakes, Chocolate Chips, Chocolate Sauce, Whipped Topping, Powdered Sugar		1120	240	27	13	0	0	1820	199	6	74	18
Farm Famous Breakfast Meats			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)
Bob Evans Sausage Links (3)			320	260	29	10	0	70	680	1	0	0	15
Bob Evans Sausage Patties (2)			320	230	26	10	0	90	630	2	1	0	19
Hardwood-Smoked Bacon (3)			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 (2)			140	60	7	2	0	60	810	2	<1	0	18

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All-Day Breakfast														
Farm-Fresh Combos				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)
The Whole Hog	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12	
		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	
	Includes Breakfast Meats:	Bob Evans Sausage Links (2)	210	170	19	7	0	47	450	1	0	0	10	
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19	
		Hardwood-Smoked Bacon (2)	130	90	9	3	0	30	450	0	0	0	9	
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17	
	Includes Griddle Items:	Brioche French Toast (1) (with butter and syrup)	570	160	18	6	0	115	500	93	1	11	10	
		Pancake (1)	220	40	4.5	1.5	0	0	450	39	1	10	4	
Sirloin Steak & Farm-Fresh Eggs	Includes: Sirloin Steak		390	185	20	9	0	102	850	3	0	0	44	
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12	
		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	
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7	
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4	
Country-Fried Steak & Farm-Fresh Eggs	Includes: Country Fried Steak, Country Gravy		540	300	33	10	0	55	929	38	4	<1	20	
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12	
		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	
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7	
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4	
Rise & Shine	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12	
		Freshly Cracked	200	150	16	4	0	370	210	1	0	0	19	
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14	
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	70	680	1	0	0	15	
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19	
		Hardwood-Smoked Bacon (3)	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 (2)	140	60	7	2	0	60	810	2	<1	0	18	
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7	
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4	
Honey Butter Chicken & Biscuit Breakfast	Includes (1) Chicken Fillet, Biscuit, Honey, Butter		650	190	36	13	0	120	1640	48	0	13	37	
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12	
		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	
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7	
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4	
Big Egg Breakfast	Choice of Farm Fresh Eggs (3):	Egg Whites	90	0	0	0	0	0	300	1	0	1	19	
		Freshly Cracked	270	200	21	5	0	510	140	<1	0	0	13	
		Scrambled	240	140	16	5	0	620	420	2	0	0	22	
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	70	680	1	0	0	15	
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19	
		Hardwood-Smoked Bacon (3)	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 (2)	140	60	7	2	0	60	810	2	<1	0	18	
	Choice of Side:	Hashbrowns	200	110	12	2	0	0	160	28	3	1	2	
		Fresh Fruit	90	0	0	0	0	0	15	22	2	19	1	
		Homefries	250	150	17	2.5	0	0	690	24	2	2	3	
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7	
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4	

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All-Day Breakfast														
Three-Egg Omelets				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)
Southwest Avocado Omelet		Includes: Eggs, sausage, roasted corn and black beans, avocado, cheddar cheese, cilantro lime cream sauce, tomatoes, green onions		800	580	65	20	0	705	1060	15	5	4	39
Three Meat & Cheese Omelet		Includes: Eggs, sausage, ham, bacon, caramelized onions, tomatoes, provolone cheese, american cheese, cheddar cheese, green onions		1210	750	94	34	<0.5	740	3400	21	3	9	70
Western Omelet		Includes: Eggs, ham, sauteed onions & bell peppers, cheddar cheese		650	450	50	17	0	635	1590	11	1	5	40
Build Your Own 3-Egg Omelet	Choose Eggs:	Eggs	310	220	24	8	0	575	390	3	0	<1	20	
		Egg Whites	80	0	0	0	0	0	300	1	0	1	19	
		American Cheese	110	80	9	5	0	30	470	1	0	<1	5	
	Choose Two:	Hardwood Smoked Bacon	220	160	18	6	0	45	900	<1	0	0	15	
		Spinach (without oil)*	0	0	0	0	0	0	10	<1	0	0	0	
		Bob Evans Farm Fresh Sausage	140	110	12	4.5	0	40	290	<1	0	0	9	
		Real Cheddar Cheese	90	70	8	4.5	0	25	150	0	0	0	5	
		Hickory Smoked Ham	70	15	1.5	1	0	25	990	2	0	2	12	
		Diced Tomatoes (without oil)*	0	0	0	0	0	0	0	<1	0	<1	0	
		Mushrooms	60	60	6	1.5	0	0	70	1	0	0	0	
		Onions (without oil)*	10	0	0	0	0	0	0	3	0	1	0	
		Real Provolone Cheese	70	50	6	3.5	0	15	180	0	0	0	5	
		Red & Green Bell Peppers (without oil)*	5	0	0	0	0	0	0	1	<1	<1	0	
		Avocado	70	50	6	1	0	0	0	4	3	0	<1	
* Grill Oil - added to grilled vegetables	130	130	14	2	0	0	0	0	0	0	0			
Addition				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)
Avocado				70	50	6	1	0	0	0	4	3	0	<1
Freshly Baked Breads				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)
Biscuits (2) (with margarine)				520	280	31	15	0	0	1590	53	1	3	7
Banana Nut Bread				260	80	8	1.5	0	0	350	30	2	24	4
Dinner Rolls (After 11 AM)				380	150	17	5	0	10	610	50	3	3	8

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