

Nutrition Guide

		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)
Grilled to Perfection Chicken	Includes Two Grilled Chicken Breasts	270	50	4	1	0	150	1040	2	0	2	55
Homestyle Boneless Fried	Includes: 2 Homestyle Boneless Fried Chicken Breasts	580	240	27	6	0	205	1650	19	0	0	66
Homestyle Fried Chicken Tenders	Includes: Three Homestyle Fried Chicken Tenders	640	320	36	13	0	105	1260	46	3	0	34
	Choice of Sauce:											
	Bob Evans Wildfire	50	0	0	0	0	0	220	13	0	5	0
	Honey Mustard	120	100	11	1.5	0	10	150	5	0	5	0
	Ranch	100	90	10	2	0	10	210	<1	0	<1	0
Buffalo	60	50	6	1	0	5	700	1	0	0	0	
Black Pepper Maple Honey	90	0	0	0	0	0	10	23	0	18	0	
Honey Butter Chicken Biscuit Dinner	Includes 2 Chicken fillets, biscuit, honey, butter	940	430	48	16	0	220	2460	58	<1	13	70
Chicken, Southwest Avocado	Includes: Chicken breast, corn/bean relish, avocado, lime cream sauce, tomatoes, tortilla strips	520	210	22	4	0	160	1710	22	6	6	59
Slow Roasted Turkey & Dressing	Includes: Slow Roasted Turkey, Bread & Celery Dressing, Gravy, Mashed Potatoes, Carrots, Cranberry Relish	820	360	40	15	0	120	2680	81	6	28	37
Chicken-N-Noodles Deep Dish Dinner	Includes: Chicken and Noodles, Mashed Potatoes, Biscuit	620	300	33	15	0	105	2320	54	3	4	26

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