Nutrition Guide

CATERING

Breakfast	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	550	140	16	5	0	210	720	81	3	22	19
Classic Breakfast	900	500	55	25	1	480	2650	65	2	4	35
Signature Breakfast	1240	600	67	30	2.5	485	3990	120	6	20	43
Lunch & Dinner	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)
Burger Bar	630	260	29	13	1	90	1270	58	3	9	31
Country Cobb Salad	650	480	54	14	0.5	225	1370	10	3	6	32
Cranberry Pecan Chicken Salad	480	300	22	8	0	50	1350	29	3	21	20
Farmhouse Garden Salad No Dressing	190	100	12	6	0	30	340	12	3	3	10
Grilled Chicken Dinner	190	40	4.5	1.5	0	95	720	0	0	0	36
Homestyle Fried Chicken Tender Platter	530	270	30	11	0	85	1050	38	3	0	28
Meatloaf	200	90	10	3.5	0	40	400	18	1	6	9
Slow Roasted Turkey & Dressing	1380	590	66	21	1	140	4830	147	5	33	50
Slow Roasted Pot Roast	840	490	54	20	1.5	150	1880	50	8	16	39
Wildfire Chicken Salad	550	290	32	9	0	55	1190	52	4	22	16
Sides	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)
Bacon	190	130	14	4.5	0	40	670	<1	0	0	13
Baked Potato	330	100	12	4	0	15	120	51	4	2	6
Bob Evans Signature Coleslaw	200	130	14	2	0	10	250	19	2	17	<1
Carrots	90	40	4.5	1.5	0	5	115	13	3	10	<1
Farmhouse Garden Salad - No Dressing	190	100	12	6	0	30	340	12	3	3	10
Green Beans with Ham	30	15	1.5	0	0	<5	450	4	1	0	2
Herb Corn	210	110	12	3	0	0	320	25	3	3	4
Homefries	190	40	4.5	1	1	0	990	35	4	3	4
Macaroni & Cheese	180	80	9	4	0	20	680	19	1	3	8
Mashed Potatoes & Chicken Gravy	240	140	16	8	0	35	990	20	2	2	4
Mini Blueberry Hotcakes with Syrup and Butter	460	140	16	5	0	15	580	77	2	12	4
Mini Buttermilk Hotcakes with Syrup and Butter	450	140	16	5	0	15	570	74	1	10	4
Mini Cinnamon Hotcakes with Syrup and Butter	470	150	17	6	0	15	580	78	1	13	4
Sausage Links	190	140	16	6	0	25	310	0	0	0	9
Bakery & Dessert	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	320	90	10	1.5	0	0	440	37	2	30	5
Buttermilk Biscuits with Butter	310	170	19	10	0.5	5	920	32	<1	2	3
Chocolate Chunk Cookie	520	230	26	13	0	35	370	68	3	41	6
Chocolate Peanut Butter Pie	680	370	41	20	0	45	420	74	3	56	7
Coconut Cream Pie	580	320	35	26	0	<5	440	62	1	39	5
Dinner Rolls with Butter	240	90	11	3	0	10	370	30	2	2	5
Double Crust Apple Pie	530	210	24	10	0	0	410	77	3	47	3
Peanut Butter Chip Cookie	530	250	28	13	0	20	420	63	2	42	9

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

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