

Nutrition Guide														
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)	
Caramel Apple Pancakes		Includes: Buttermilk Pancakes, Roasted Apples, Caramel Sauce, Powdered Sugar, Whipped Topping, Whipped Butter Blend, Syrup		860	110	23	8	0	10	1220	15	5	60	10
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		450	80	9	3	0	0	880	83	3	23	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
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: French Toast, Syrup, Whipped Butter Blend, Whipped Topping		630	130	21	9	0	135	620	102	0	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

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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)		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
Hand Breaded Chicken Tenders	Breaded Chicken Tenders			160	60	7	2	0	45	5	8	<1	0	18
	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)		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
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)		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

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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)
Cheesin' Cheeseburger	Cheeseburger Sandwich Only			450	220	24	10	2	80	630	32	1	5	25
	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	
Mac & Cheese	Macaroni & Cheese Only			250	110	12	5	0	25	910	25	2	4	11
	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	
Grilled Chicken	Grilled Chicken Only			90	20	1.5	0	0	55	360	<1	0	<1	19
	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	
Served with:	Dinner Roll	150	30	3.5	1	0	0	260	25	1	1	4		

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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
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
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)
Kid 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