

GOPHER GRUB

FOOD	CAL.	FAT gms	%
2 Chocolate donuts	408	18	40%
2 Cups 2% milk	<u>260</u>	<u>10</u>	35%
	668	28	
Snickers bar (3.7oz)	510	24	41%
Coke (12oz)	<u>140</u>	<u>0</u>	0%
	650	24	
Big Bacon Classic	570	29	46%
Biggie Fries	460	23	45%
Large Frosty	<u>570</u>	<u>17</u>	27%
	1,600	69	
Lays Potato chips (20)	150	10	60%
6 Chocolate chip cookies (Safeway select)	480	24	44%
Coke (12oz)	<u>140</u>	<u>0</u>	0
	770	34	
Pepperoni Pizza (3 slices)	543	21	35%
Caesar Salad	170	14	74%
2 Cups 2% Milk	<u>260</u>	<u>10</u>	35%
	973	45	
1 Cup Ice Cream (Haugen-Dazs Vanilla Swiss Almond)	620	42	61%
TOTALS	5,281	242	41%