

Nutrition for Deli Sandwiches, Subs, Wraps & 4 Squares

Product Name	Serving Size (oz)												Allergens	
		Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g) * less than .5 grams per serving	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)		Gluten Free Ingrid.
4 Square, Cheddar Veg & Dill Dip Snack	9.59 oz	783	542	60.2	24.4	0.6	127.6	981	29.6	3.3	3.8	20.9	Y	Milk, Egg
4 Square, Grilled Chicken & Cheddar Snack	9.45 oz	393	205	22.8	12	0.6	94.4	1013	22.3	2.3	15.6	26	Y	Milk
4 Square, Grilled Chicken & Gouda Snack	9.28 oz	461	199	22.1	10.6	0	84.7	1773	37	2.6	13.5	32.4	Y	Milk
4 Square, Fruit, Veggie & Hummus Snack	11.68 oz	287	102	11.3	1.8	0	0	474	40.4	9.7	17.8	11	Y	
4 Square, Fruit & Veggie Hummus Snack(w/ flatbread)	10.23 oz	360	127	14	4.7	0	0	706	49	12	7.1	16.2	N	Wheat
4 Square, Honey Turkey & Cheddar Snack	10.72 oz	753	376	42	23	0.7	111	1399	67	2.8	51	34	N	Wheat, Milk, Soy
4 Square, Mega Protein & Veggie Snack	10.72 oz	559	388	43	7.4	0	340	1081	15	4.5	6.9	26.4	Y	Milk, Egg, Nut (Almond)
4 Square, Peanut Butter & Trail Mix	7.69 oz	628	335	37.2	11.8	0	0	494	69	6.7	44	13	N	Wheat, Milk, Soy, Nut (Peanut)
4 Square, Protein Packed Snack	8.47 oz	646	440	49	16	0.6	399	1308	14	4	6.1	44	Y	Milk, Egg, Nut (Almond)
4 Square, Salami Cheddar & Fruit Snack	8.32 oz	680	400	44.4	20	0.7	124	1127	38	2.5	12	33	Y	Milk
4 Square, Trail Mixm Veg & Hummus Snack	11.36 oz	531	225	25.1	9	0	0	729	71	11	39	13	N	Milk, Wheat, Soy
4 Square, Turkey Cheddar Veg & Cookies	9.28 oz	573	246	27.3	12	0.6	87	1243	50	0.8	25	31	N	Milk, Wheat, Soy
4 Square, Turkey Sausage Veg & Fruit Snack	9.77 oz	527	302	33.5	16.1	0.6	829	1252	27.2	2.5	18	34	Y	Milk
4 Square, Turkey Sausage Veg & Hummus	10.55 oz	356	176	19.6	4.5	0	762	1167	25	7.5	6.4	25	Y	
Cranberry Bread with Chicken Salad	Whole (10 oz.)	757	395	44	6	*.5	57	1335	66	6	9	22	N	Wheat, Milk, Egg, Soy, Pecans
Cranberry Bread with Honey Craisin Ham	Whole (10 oz.)	639	244	27	11.5	0	96	1749	72	5	16	27	N	Wheat, Milk, Egg, Soy
Cranberry Bread with Honey Craisin Turkey	Whole (10.35 oz.)	547	160	18	5	0	69	1294	68	5	12	25	N	Wheat, Milk, Egg, Soy
Croissant, mini, Turkey Cheddar	1ct. (4oz.)	283	128	14	9	0	67	1004	16	0	3	19	N	Wheat, Milk, Egg, Soy
Croissant, mini, Egg Salad	1ct. (4oz.)	323	204	23	7	0	208	541	17	0.2	5	6	N	Wheat, Milk, Egg, Soy
Croissant, mini, Ham Salad	1ct. (4oz.)	331	206	23	7	0	44	761	19	0.1	7	6	N	Wheat, Milk, Egg, Soy
Croissant, mini, Chunky Chicken Salad (no grapes)	1ct. (4oz.)	336	221	25	6	0	44	394	16	0.5	3	7	N	Wheat, Milk, Egg, Soy, Pecans
Croissant, mini, Home-style Chicken Salad	1ct. (4oz.)	293	177	20	6	0	51	258	14	0.2	2	9	N	Wheat, Milk, Egg, Soy
Croissant, mini, Tuna Salad	1ct. (4oz.)	301	167	19	5	0	46	677	17	0.2	3	11	N	Wheat, Milk, Egg, Soy, Tuna
Dietz & Watson Mini Bagel, Turkey Cucumber, Herb Cream Cheese	Whole (4 oz.)	253	45	5	3	0.1	33	518	27	1	2	17	N	Wheat, Milk, Soy
Dietz & Watson Mini Bagel, Turkey Cucumber, Red Pepper Spread	Whole (4 oz.)	224	45	5	1	0	26	475	27	1	5	16	N	Wheat, Milk, Egg, Soy
Dietz & Watson Mini Bagel, Smoked Ham & Swiss	Whole (4 oz.)	311	69	8	4	0	43	637	26	0.9	16	17	N	Wheat, Milk, Soy
Dietz & Watson Chicken Spinach Feta	Whole (8oz.)	463	87	9.6	4.4	0	66.5	1515.6	49.3	2.3	8.2	30.3	N	Wheat, Milk, Soy
Dietz & Watson Pesto Chicken Havarti	Whole (9 oz.)	816	275	30.6	4.1	0	84.6	1454	66.4	2.3	3.9	30.3	N	Wheat, Milk, Nut (Almond)
Dietz & Watson BL Turkey and Smoked Ham	Whole (7 oz.)	512	147	16.3	9.4	0	91.2	1227.3	45.7	2.6	9	33.5	N	Wheat, Milk
Dietz & Watson Smoked Ham Provolone	Whole (8 oz.)	491	160	17.8	5.4	0	63.7	1402.2	52.9	2.6	11.5	30.6	N	Wheat, Milk
Dietz & Watson Southern Fried Chicken and Swiss	Whole (8 oz.)	498	160	17.8	7.3	0.3	74.4	1012.2	48.4	3.2	10.2	34	N	Wheat, Milk, Egg, Soy
Dietz & Watson Peppered Ham Swiss on Rye	Whole (6 oz.)	412	148	16	9	0	94	1273	34	2	6	31	N	Wheat, Milk, Soy
Dietz & Watson Smoked Turkey Swiss on Rye	Whole (6 oz.)	327	159	17.6	9	0	38.4	1182	37.3	2	6.5	36.8	N	Wheat, Milk
Dietz & Watson Skinny Turkey Cucumber, Herb Cream Cheese	Whole (6 oz.)	262	57	6.3	2.4	*.1	54.1	1042.7	27.6	5.3	3.3	21.5	N	Wheat, Milk, Egg, Soy
Dietz & Watson Skinny Ham and Swiss	Whole (6 oz.)	351	134	14.9	8.5	0	86.4	893.9	23.5	5.1	7.9	30	N	Wheat, Milk, Soy
Dietz & Watson Skinny Pesto Chicken	Whole (7 oz.)	560	258	28.6	7.3	0	70.8	1131.3	36.4	5.3	6.1	33.4	N	Wheat, Milk, Soy, Nut (Almond)
Dietz & Watson Skinny Turkey, Red Pepper Spread	Whole (6 oz.)	255	74	8.3	1.2	0	49.1	1038.1	27.5	5.5	2.3	20.5	N	Wheat, Milk, Egg, Soy

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Dietz & Watson Snacker, BL Turkey	Whole (3 oz.)	201	45	5	0.5	0	28.8	561.4	23.6	1	5	16.7	N	Wheat, Milk
Dietz & Watson Snacker, Souther Fried Chicken	Whole (3 oz.)	201	45	5	1	0	28.8	580.6	22.6	1	4.1	15.7	N	Wheat, Milk, Egg, Soy
Dietz & Watson Snacker, Peppered Ham	Whole (3 oz.)	157	22	2.4	0.5	0	33.6	746.4	19.9	0	2.9	11.6	N	Wheat, Milk
Dietz & Watson Snacker, Smoked Turkey	Whole (3 oz.)	141	18	2	0	0	25.6	640.8	18.9	0	0	11	N	Wheat, Milk
Dietz & Watson Snacker, Smoked Ham	Whole (3 oz.)	182	41	4.5	0.5	0	28.8	571	21.6	1	3.1	14.8	N	Wheat, Milk
Dietz & Watson Snacker, Roasted Chicken	Whole (3 oz.)	201	41	5	0.5	0	29	533	23	1	4	17	N	Wheat, Milk, Soy
Flatbread,Grld Chicken & Cheddar Chipotle	1 each	543	195	22	9.2	*.3	108	1185	49	1.7	4.4	35.5	N	Wheat, Milk, Egg
Flatbread, Honey Ham Swiss	Whole (10oz.)	739	362	40	14	0	68	1625	59	3	16	38	N	Wheat, Milk, Egg
Flatbread, Pesto Hummus Veggie	1 each	705	303	34	3.9	0	5.6	1236	74.2	9.7	5.1	18.4	N	Wheat, Milk, Nut(Almond)
Flatbread, Ovn Roasted Trky & Havarti	1 each	694	321	35.7	2.5	0	91.9	1933	55.2	2.6	3.7	34	N	Wheat, Milk, Egg, Nut(Almond)
Flatbread, Tuscan Turkey	Whole (11oz.)	554	196	22	9	0	89	1826	49	2	4	35	N	Wheat, Milk, Egg
Flatbread, Veggie Cheese	Whole (8oz.)	468	159	18	8	0.1	40	879	54	4	9	17	N	wheat, Milk, Egg
Gourmet Sub - All American, Hlf	8.6oz	587	203	23	11	1.5	89	1687	61	2	10	35	N	Wheat, Milk, Egg, Soy
Gourmet Sub - All American, Whl	2 servings	587	203	23	11	1.5	89	1687	61	2	10	35	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Ancnt Grn California Chckn & Havarti-Hlf	11oz	769	343	38	4.6	0	74	1840	68	4.1	9	31	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Ancnt Grn California Chckn & Havarti- Whl	2 Servings	769	343	38	4.6	0	74	1840	68	4.1	9	31	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Ancnt Grn Mesq Turkey & Smk Gouda-Hlf	8.3oz	633	187	21	6.3	0	64	2266	73	3.1	15	34	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Ancnt Grn Mesq Turkey & Smk Gouda-Whl	2 Servings	633	187	21	6.3	0	64	2266	73	3.1	15	34	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Mesquite Combo, Hlf	9.5oz	727	281	31.3	15.8	1.7	107.4	2339	63	2.1	11.1	40.2	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Mesquite Combo, Whl	2 servings	727	281	31.3	15.8	1.7	107.4	2339	63	2.1	11.1	40.2	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Primo, Hlf	11.14oz	750	306	34	14.4	0	123.1	2746	59	1.8	5.8	39.8	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Primo, Whl	2 Servings	748	300	33.4	14.1	0	121.7	2794	57.6	1.7	4.2	41	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Sicilian Hero- Hlf	10.7oz	739	367	40.7	12.7	1.5	47.8	2707	64.4	2	12	27	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Sicilian Hero- Whl	2 Servings	739	367	40.7	12.7	1.5	47.8	2707	64.4	2	12	27	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Spicy Jalapeno Rstd Chicken-Hlf	9.4oz	505	131	14.6	3	1.5	56	2200	64	2.5	9	27	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Spicy Jalapeno Rstd Chicken-Whl	2 servings	505	131	14.6	3	1.5	56	2200	64	2.5	9	27	N	Wheat, Milk, Egg, Soy
Herb Focaccia, Chunky Chicken	1 each	823	377	42	9	0	72	1165	58	3	3	24	N	Wheat, Egg
Herb Focaccia, Turkey and Cheddar	1 each	855	399	44	12	0	104	1461	54	2	2	30	N	Wheat, Milk
Herb Focaccia, Beef and Provolone	1 each	845	412	46	12	0	87	1771	54	2	0.3	31	N	Wheat, Milk
Sub Sand - Corned Beef & Swiss, Half	10.96 oz.	779	331	37	11.5	0.8	95	1900	67	3	6	37	N	Wheat, Milk, Egg, Soy
Sub Sand - Corned Beef & Swiss, Whole	2 Servings	779	331	37	11.5	0.8	95	1900	67	3	6	37	N	Wheat, Milk, Egg, Soy
Sub Sand - Rueben, Half	13.36 oz.	792	332	37	12	0.8	95	2216	70	5	7	38	N	Wheat, Milk, Egg, Soy
Sub Sand - Rueben, Whole	2 servings	792	332	37	12	0.8	95	2216	70	5	7	38	N	Wheat, Milk, Egg, Soy
Sub Sand- Simple Sammy Ham & Swiss- Hlf	8oz	400	116	12.9	7.7	0	41	898	51	1.3	0.1	19	N	Wheat, Milk, Egg, Soy
Sub Sand- Simple Sammy Ham & Swiss- Whl	2 servings	400	116	12.9	7.7	0	40.7	898	51	1.3	0.1	19	N	Wheat, Milk, Egg, Soy
Sub Sand- Simple Sammy Poorboy- Hlf	8oz	255	92	10.3	4.6	*.1	34	900	27	0.6	1.8	12.5	N	Wheat, Milk, Egg, Soy
Sub Sand- Simple Sammy Poorboy- Whl	2 servings	509	185	21	9.3	*.3	69	1800	54	1.3	3.6	25	N	Wheat, Milk, Egg, Soy
Sub Sand- Simple Sammy Turkey & Cheddar- Hlf	8oz	550	156	17.4	9.3	0	73.2	1355	63.6	2.6	10	29	N	Wheat, Milk, Egg, Soy

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Sub Sand- Simple Sammy Turkey & Cheddar- Whl	2 servings	550	156	17.4	9.3	0	73.2	1355	63.6	2.6	10	29.4	N	Wheat, Milk, Egg, Soy
Hawaiian Bread, Beef with Cheddar Cheese	7.04 oz.	445	163	18	8	0	86	1207	36	1	4	28	N	Wheat, Milk, Egg, Soy
Hawaiian Bread, Chicken with Colby Cheese	7.2 oz.	430	154	17	9	0	75	1125	36	1	4	33	N	Wheat, Milk, Egg, Soy
Hawaiian Bread, Ham with Swiss Cheese	7.04 oz.	432	151	17	8	0	80	1325	42	1	9	30	N	Wheat, Milk, Egg, Soy
Hawaiian Bread, Turkey with Colby Cheese	7.2 oz.	446	147	16	9	0	83	1221	37	1	5	34	N	Wheat, Milk, Egg, Soy
Marble Rye, New York Rieben	Whole (10 oz.)	597	295	33	13	0	94	1932	43	4	5	33	N	Wheat, Milk, Egg, Soy
Marble Rye, Corned Beef & Swiss	Whole (7.8 oz.)	499	213	24	13	0	98	1477	38	2	2	38	N	Wheat, Milk, Egg, Soy
Mini Sandwich, Beef & Cheddar, 1 count	1 each	168	41	4.5	0.6	0	22	642	19.5	0.5	2.2	9	N	Wheat, Milk, Egg, Soy
Mini Sandwich, Beef & Cheddar, 2 count	2 each	336	82	9	1.2	0	44	1284	39	1	4.4	18	N	Wheat, Milk, Egg, Soy
Mini Sandwich, Primo, 1 count	1 each	258	105	12	5	0	33	703	19	0.5	3	13.7	N	Wheat, Milk, Egg, Soy
Mini Sandwich, Primo, 2 count	2 each	516	210	24	10	0	66	1406	38	1	6	27.4	N	Wheat, Milk, Egg, Soy
Mini Turkey Cheddar & Cranberry Honey Mustard, 1 count	1 each	213	64	7	2	0	29	611	23	1	7	13.4	N	Wheat, Milk, Egg, Soy
Mini Turkey Cheddar & Cranberry Honey Mustard, 2 count	2 each	426	128	14	4	0	58	1222	46	2	14	26.8	N	Wheat, Milk, Egg, Soy
Pretzel, Smoked Turkey & Cheddar Bavarian	1 each	550	182	20.3	8.4	*.3	76	1549	60.1	2.3	6.4	31.2	N	Wheat, Egg, Milk
Pretzel, Chicken & Smoked Gouda	1 each	466	109	12	7	0	62	2115	55	2	1	33	N	Wheat, Milk
Pretzel, Ham & Swiss	1 each	500	162	18	9	0.3	70	1164	51	2	3	32	N	Wheat, Milk
Pretzel, Smokey Turkey & Ham Bavarian	1 each	551	182	20	8	0	69	1828	57	2	4	33	N	Wheat, Egg
Roll-up, Flatbread, Beef & Horseradish	Whole (6 each)	861	403	45	27	0	194	2647	51	3	4	53	N	Wheat, Milk
Roll-up, Flatbread, Ham & Colby	Whole (6 each)	897	439	49	25	0	171	2046	57	3	14	52	N	Wheat, Milk
Roll-up, Flatbread, Rstd Red Pepper & Turkey	Whole (6 each)	552	134	15	3	0	95	1914	55	4	10	42	N	Wheat, Milk
Skinny Sandwich, Turkey	1 each	261	62	7	1.3	0	52	735.1	25.4	5.3	4	22	N	Wheat, Milk, Egg, Soy
Skinny Sandwich, Ham	1 each	256	85	9.4	2.3	0	41	792.4	26.7	5.3	6	19	N	Wheat, Milk, Egg, Soy
Skinny Sandwich, Roasted Veggie	1 each	230	99	11	1.6	0	6.7	275	29.6	6.7	5.6	6.6	N	Wheat, Milk, Egg, Soy
Skinny Sandwich, Roast Beef	1 each	279	76	8	3	*.1	54	632	23.5	5	3	24.4	N	Wheat, Milk, Soy
Slider, BBQ, Asian Salmon, 2 count	2 each	633	138	15	2	0	27	2080	97	2	22	14	25	Wheat, Milk, Egg, Soy, Salmon
Slider, BBQ, Beef, 2 count	2 each	411	79	9	0.9	0.1	41	897	57	2	18	27	N	Wheat, Milk, Egg
Slider, BBQ, Chicken, 2 count	2 each	406	72	8	0.4	0	51	907	57	2	18	26	N	Wheat, Milk, Egg
Slider, BBQ, Meatloaf, 2 count	2 each	482	164	18	5	71	805	53	53	3	8	27	N	Wheat, Milk, Egg
Slider, BBQ, Pork, 2 count	2 each	483	137	15	4	0	52	740	57	2	18	29	N	Wheat, Milk, Egg
Slider, BBQ, Turkey, 2 count	2 each	380	62	7	0	0	26	928	57	2	18	6	24	Wheat, Milk, Egg
Snacker, Beef, 1 count	1 each	211	54	6	1	0	29	446	22	1	3	17	N	Wheat, Milk, Egg
Snacker, Chicken, 1 count	1 each	178	30	3	0.1	0	20	772	23	1	3	14	N	Wheat, Milk, Egg
Snacker, Ham, 1 count	1 each	192	45	5	0.6	0	23	815	22	1	4	15	N	Wheat, Milk, Egg
Snacker, Turkey, 1 count	1 each	182	32	4	0	0	24	705	24	1	5	15	N	Wheat, Milk, Egg
Snacker, Chicken in Buffalo Sauce, 2 count	2 each	425	134	15	2	0	67	1252	40	2	6	31	N	Wheat, Milk, Egg
Snacker, Chicken in Gravy, 2 count	2 each	402	106	12	2	0	67	626	42	2	6	32	N	Wheat, Milk, Egg, Soy
Snacker, Chicken in Teriyaki Sauce, 2 count	2 each	448	101	11	2	0	67	919	54	2	16	31	N	Wheat, Milk, Egg
Snacker, Chicken Salad, 2 count	2 each	448	193	21	4	0	96	599	41	3	7	21	N	Wheat, Milk, Egg

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Snacker, Homestyle Chicken Salad, 2 count	2 each	504	251	28	5	0	72	685	35	0	0	20	N	Wheat, Milk, Egg
Snacker, Ham Salad, 2 count	2 each	610	319	35	6	0	57	1424	47	2	13	19	N	Wheat, Milk, Egg
Snacker, Seafood Crab Salad, 2 count	2 each	467	189	21	2	0	27	1202	57	2	13	14	N	Wheat, Milk, Egg, Soy, Pollock, Crab
Snacker, Tuna Salad, 2 count	2 each	540	241	27	4	0	56	1225	43	2	8	26	N	Wheat, Milk, Egg, Tuna
Traditional, Beef and Cheddar, 9 Grain Bread	1each	673	172	19.2	7.5	0	81.6	1222.1	73.1	4.1	12.2	40.1	N	Wheat, Milk
Traditional, Beef and Cheddar, Sourdough Bread	1 each	522	135	15	7.5	0	81.6	1183.6	49.2	2	2	35.8	N	Wheat, Milk
Traditional, Deli Chicken Sandwich, 9 Grain Bread	1 each	506	77	8.5	0.1	0	36	1647	75	4	12	31	N	Wheat
Traditional, Deli Chicken Sandwich, Sourdough Bread	1 each	355	39	4	0.1	0	36	169	52	2	2	27	N	Wheat
Traditional, Corned Beef Sandwich, 9 Grain Bread	1 each	532	105	12	2	0	53	1665	73	4	12	32	N	Wheat
Traditional, Corned Beef Sandwich, Sourdough Bread	1 each	381	67	8	2	0	53	1627	49	2	2	27	N	Wheat
Traditional, Corned Beef Sandwich, Rye Bread	1 each	421	76	8	2	0	53	1569	55	4	2	29	N	Wheat
Traditional, Corned Beef and Swiss, 9 Grain Bread	1 each	638	183	20	8	0	82	1718	74	4	12	39	N	Wheat, Milk
Traditional Corned Beef and Swiss, Sourdough Bread	1 each	487	145	16	8	0	82	1680	50	2	2	34	N	Wheat, Milk
Traditional, Corned Beef and Swiss, Rye Bread	1each	527	154	17	8	0	82	1621	56	4	2	36	N	Wheat, Milk
Traditional, Egg Salad Sandwich, 9 Grain Bread	1 each	722	294	33	5	0	275	1180	78	4	16	23	N	Wheat, Egg
Traditional, Egg Salad Sandwich, Sourdough Bread	1 each	571	256	29	5	0	275	1142	54	2	6	19	N	Wheat, Egg
Traditional , Ham Sandwich, 9 Grain Bread	1 each	532	105	12	1	0	41	1725	74	4	13	32	N	Wheat
Traditional, Ham Sandwich, Sourdough Bread	1 each	381	67	8	1	0	41	1687	50	2	3	27	N	Wheat
Traditional, Ham and Colby Sandwich, 9 Grain Bread	1 each	638	183	20	6	0	70	1888	75	4	13	39	N	Wheat, Milk
Traditional, Ham and Colby Sandwich, Sourdough Bread	1 each	487	145	16	6	0	70	1850	51	2	3	34	N	Wheat, Milk
Traditional, Ham Salad Sandwich, 9 Grain Bread	1 each	795	342	38	6	0	57	1662	81	4	20	24	N	Wheat, Egg
Traditional, HamSalad Sandwich, Sourdough Bread	1 each	644	304	34	6	0	57	1623	57	2	10	20	N	Wheat, Egg
Traditional, Homesyle Chicken Salad, 9 Grain Bread	1 each	753	309	34	5	0	73	837	74	4	12	31	N	Wheat, Egg
Traditional, Homestyle Chicken Salad, Sourdough	1 each	602	271	30	5	0	73	799	50	2	2	26	N	Wheat, Egg
Traditional, Pastrami Sandwich, Rye Bread	1 each	421	76	8	2	0	53	1621	55	4	2	29	N	Wheat
Traditional, Pastrami and Swiss Sandwich, Rye Bread	1each	527	154	17	8	0	82	1674	56	4	2	36	N	Wheat, Milk
Traditional, Peanut Butter and Jelly, 9 Grain Bread	1 each	865	325	36	6	0	0	853	115	7	45	26	N	Wheat, Peanuts
Traditional, Peanut Butter and Jelly, Sourdough	1 each	714	287	32	6	0	0	814	91	5	35	22	N	Wheat, Peanuts
Traditional, Roast Beef Sandwich, 9 Grain Bread	1 each	567	121	13	2	0	53	1049	73	4	12	35	N	Wheat
Traditional, Roast Beef Sandwich, Sourdough Bread	1 each	416	83	9	2	0	53	1011	49	2	2	31	N	Wheat
Traditional, Tuna Salad Sandwich, 9 Grain Bread	1 each	726	264	29	4	0	56	1464	77	4	14	31	N	Wheat, Egg, Fish (Tuna)
Traditional, Tuna Salad Sandwich, Sourdough Bread	1 each	575	227	25	4	0	56	1425	53	2	4	27	N	Wheat, Egg, Fish (Tuna)
Traditional, Turkey Sandwich, 9 Grain Bread	1 each	532	81	9	0	0	44	1454	75	4	14	35	N	Wheat
Traditional, Turkey Sandwich, Sourdough Bread	1 each	381	43	5	0	0	44	1416	51	2	4	31	N	Wheat
Traditional, Turkey and Colby Sandwich, 9 Grain Bread	1 each	638	159	18	5	0	73	1617	16	4	14	42	N	Wheat, Milk
Traditional, Turkey and Colby Sandwich, Sourdough	1 each	487	121	14	5	0	73	1579	52	2	4	38	N	Wheat, Milk
Whole Grain Wheat, Beef & Provel	Whole (8.7 oz.)	457	137	15	7	0	80	1100	49	2.5	6	29	N	Wheat, Milk, Egg, Soy
Whole Grain Wheat, Fresh Veggie	Whole (10.9 oz.)	482	199	22.1	10.4	*.1	51.8	700	54	4.1	8.5	17.5	N	Wheat, Milk, Egg, Soy

Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g) * less than .5 grams per serving	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingrid.	Allergens
Whole Grain Wheat, Turkey Bacon Club	Whole (9.7 oz.)	529	186	21	6	0	67	1379	51	3	8	31	N	Wheat, Milk, Egg, Soy
White, Beef & Cheddar	Whole (9.12 oz.)	488	152	17	7	0	75	1216	50	0.7	1	31	N	Wheat, Milk, Egg, Soy
White, Chicken Bacon Club	Whole (9.77 oz.)	575	223	25	8	0	67	1869	51	0.5	4	35	N	Wheat, Milk, Egg, Soy
White, Chipotle Jack Turkey	Whole (10.18 oz.)	609	240	27	7	0	77	1513	51	0.7	0.8	28	N	Wheat, Milk, Egg, Soy
White, Honey Ham & Muenster	Whole (11.14 oz.)	657	291	32	10	0	89	1923	58	1	6	26	N	Wheat, Milk, Egg, Soy
Wrap, Beef & Bleu	Whole (9.63 oz.)	558	209	23	10	0	72	1713	48	4	5	25	N	Wheat, Milk, Egg, Soy
Wrap, BLT	Whole (9.3 oz.)	680	353	39	16	0	65	2174	45	6	3	35	N	Wheat, Milk, Eff
Wrap, Buffalo Chicken	Whole (12.61 oz.)	648	223	25	12	*.1	110	1867	58	3	3	39	N	Wheat, Milk
Wrap, Chicken Caesar	Whole (11.11 oz.)	665	240	27	12	*.1	78	1502	62	6	4.2	35	N	Wheat, Milk, Egg, Soy, Fish (anchovies)
Wrap, Chicken Ranch	Whole (11.33 oz.)	763	346	39	17	*.5	99	1884	58	3	4	36	N	Wheat, Milk, Egg
Wrap, Mediterranean Greek	Whole (10.79 oz.)	610	226	25.1	10.1	*.1	72	1521	61.1	6	3	29	N	Wheat, Milk, Egg
Wrap, Rueben	Whole (12.35 oz.)	890	462	51	20	0	125	2100	53	3.5	7	41	N	Wheat, Milk, Egg
Wrap, Santa Fe Chicken	Whole (10.9 oz.)	873	459	51	15	*.3	151	1540	53	3	5	40.4	N	Wheat, Milk, Egg
Wrap, Santa Fe Veggie	Whole (10 oz.)	978	548	61	22	*.7	103	1953	66	6	8.2	29	N	Wheat, Milk, Egg
Wrap, Turkey Club	Whole (11 oz.)	760	366	40.6	14	*.4	78.4	2231	64	3	8	34	N	Wheat, Milk, Egg