

Nutrition for Deli Sandwiches, Subs, Wraps & 4 Squares														
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 Ingreed.	Allergens
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

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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
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,Grid 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 - Sicilain 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

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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
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 Rueben	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

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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
Snacker, Chicken, 1 count	1 each	178	30	3	0.1	0	20	772	23	1	3	14	N	Wheat
Snacker, Ham, 1 count	1 each	192	45	5	0.6	0	23	815	22	1	4	15	N	Wheat
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
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

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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
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, Rubeen	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