



Serving Size (g)	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Cal b (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	% Daily Value	Vitamin C % DV	Calcium % DV	Iron % DV
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CHOOSE MOST 6 INCH SANDWICHES Values include wheat bread, cucumbers, lettuce, tomatoes and green peppers.

Oven Roasted Chicken	219	296	45	5	2	0	41	645	46	4	8	22	6	33	6	22
Chicken Strips	219	289	39	4	1	0	45	647	43	4	6	24	8	37	7	25
Veggie Delite incl all Veggies with Cheese	176	275	65	7	4	0	10	575	44	5	7	12	8	35	12	25
Veggie Delite incl all Veggies no Cheese	167	230	30	3	1	0	0	509	44	5	7	9	8	35	6	25

CHOOSE MOST WRAPS Values include wrap and all Veggies

Veggie Delite incl all Veggies no Cheese	199	329	74	8	3	0	0	747	55	2	3	9	8	20	10	18
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CHOOSE SOMETIMES 6 INCH SANDWICHES Values include wheat bread, cucumbers, lettuce, tomatoes and green peppers.

Ham	212	281	41	5	1	0	20	922	44	4	7	17	8	35	6	22
Roast Beef	212	271	44	5	2	0	20	887	43	4	6	19	8	33	6	22
Turkey Breast	212	268	38	4	1	0	11	808	45	4	7	17	8	33	7	25

CHOOSE SOMETIMES WRAPS Values include wrap, cucumbers, lettuce, tomatoes and green peppers.

Ham	237	385	87	10	3	0	20	1171	56	2	2	17	8	21	10	17
Oven Roasted Chicken	244	400	91	10	3	1	41	895	57	2	3	22	8	19	9	17
Roast Beef	237	375	90	10	4	0	20	1137	54	2	1	19	8	19	9	17
Chicken Strips	244	393	84	9	3	0	45	896	54	2	1	24	8	23	11	19
Turkey Breast	237	372	84	9	3	0	11	1058	56	2	3	17	8	19	11	20
Veggie Delite incl all Veggies and Cheese	203	374	109	12	6	0	10	822	55	2	2	12	8	20	16	18

Additional Toppings

Natural Cheddar Cheese Add On	11	45	35	3.5	2.5	0.2	10	75	0	0	0	3	0	0	6	0
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