



What's for dinner? That's easy.




We're always cooking.™

NUTRITIONAL INFORMATION

SANDWICHES

Sandwich	Serv. Size	Calories	Calories from Fat	Total Fat	Sat. Fat	Carbs	Protein	Cholest.	Sodium	Fiber	Sugar
Chicken ² with cheese and sauce	304 g	640	260	29 g	7 g	61 g	38 g	90 mg	980 mg	4 g	13 g
 Chicken ² (no cheese, no sauce)	256 g	400	60	6 g	0.5 g	60 g	32 g	55 mg	860 mg	4 g	12 g
Ham ² with cheese and sauce	304 g	660	290	32 g	9 g	67 g	32 g	85 mg	1560 mg	4 g	18 g
Ham ² (no cheese, no sauce)	256 g	420	80	9 g	2 g	65 g	26 g	45 mg	1440 mg	4 g	17 g
Meatloaf ² with cheese	375 g	730	260	29 g	12 g	85 g	39 g	100 mg	1590 mg	5 g	18 g
Open-Faced Meatloaf with Potatoes & Gravy	499 g	730	320	36 g	14 g	74 g	29 g	95 mg	2180 mg	5 g	7 g
Turkey ² with cheese and sauce	304 g	630	230	26 g	7 g	64 g	40 g	110 mg	1350 mg	4 g	14 g
 Turkey ² (no cheese, no sauce)	256 g	400	40	4.5 g	0 g	61 g	34 g	60 mg	1080 mg	4 g	13 g
Turkey Bacon Club ²	337 g	770	330	37 g	12 g	64 g	50 g	145 mg	1680 mg	4 g	15 g
Open-Faced Turkey	584 g	720	180	20 g	7 g	93 g	41 g	105 mg	2850 mg	5 g	20 g
BBQ Grilled Chicken	333 g	830	400	45 g	11 g	59 g	50 g	135 mg	1410 mg	2 g	17 g
BBQ Grilled Chicken (no cheese, no mayo)	284 g	550	140	15 g	3.5 g	58 g	45 g	100 mg	1130 mg	2 g	17 g
Marinated Grilled Chicken	284 g	670	320	36 g	6 g	45 g	42 g	105 mg	810 mg	2 g	5 g
Marinated Grilled Chicken (no mayo)	255 g	470	120	13 g	2.5 g	45 g	42 g	90 mg	640 mg	2 g	5 g
Teriyaki Grilled Chicken	311 g	650	240	26 g	4.5 g	58 g	42 g	100 mg	1260 mg	2 g	15 g
Shredded BBQ Chicken	270 g	590	100	11 g	2 g	102 g	30 g	80 mg	2180 mg	4 g	50 g

² On Honey Wheat Roll

 Low Fat