

HAM & CHEESE SUB ON WHEAT

Serving Size 1/2 Sub Sandwich (140g)

Servings Per 1

Amount Per Serving

Calories 230 **Calories from Fat** 36

% Daily Value

Total Fat 4g	6%
Saturated Fat 1.4g	7%
Cholesterol 15mg	5%
Sodium 920mg	38%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	20%
Sugars 6g	

Protein 10g

Vitamin A 4%	•	Vitamin C 14%
Calcium 3%	•	Iron 9%

HAM & CHEESE SUB ON WHITE

Serving Size 1/2 Sub Sandwich (130g)

Servings Per 1

Amount Per Serving

Calories 240 **Calories from Fat** 36

% Daily Value

Total Fat 4g	6%
Saturated Fat 1.4g	7%
Cholesterol 26mg	9%
Sodium 1100mg	42%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 6g	

Protein 16g

Vitamin A 4%	•	Vitamin C 14%
Calcium 3%	•	Iron 6%



Jreck Subs, Inc.
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**Nutritious
& Delicious!**

*Nutrition
Guideline*

- Jreck Subs
Lite Menu Choices**
- VEGETARIAN
 - TURKEY BREAST
 - HAM
 - ROAST BEEF
 - CHICKEN
 - SALAD WITH LIGHT DRESSING

**Subs and Salads on the
Lite Menu do not include
cheese or condiments**



At Jreck, we want you to be aware that we care about your health.

Our sub sandwiches are a healthy and nutritious meal.

**ALL SUBS INCLUDE:
MEAT, LETTUCE,
TOMATO, ONIONS,
HOT PEPPERS AND
(OF COURSE) THE ROLL.**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

ROAST SUB BEEF ON WHEAT

Serving Size 1/2 Sub Sandwich (174g)
Servings Per 1

Amount Per Serving

Calories 240 **Calories from Fat 36**

	% Daily Value
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Cholesterol 25mg	8%
Sodium 630mg	26%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 18g	

Vitamin A 4%	•	Vitamin C 14%
Calcium 3%	•	Iron 15%

ROAST SUB BEEF ON WHITE

Serving Size 1/2 Sub Sandwich (163g)
Servings Per 1

Amount Per Serving

Calories 250 **Calories from Fat 30**

	% Daily Value
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Cholesterol 25mg	8%
Sodium 710mg	30%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 18g	

Vitamin A 4%	•	Vitamin C 14%
Calcium 3%	•	Iron 12%

TURKEY BREAST SUB ON WHEAT

Serving Size 1/2 Sub Sandwich (174g)
Servings Per 1

Amount Per Serving

Calories 220 **Calories from Fat 30**

	% Daily Value
Total Fat 3g	5%
Saturated Fat .5g	3%
Cholesterol 25mg	8%
Sodium 850mg	35%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 16g	

Vitamin A 4%	•	Vitamin C 14%
Calcium 2%	•	Iron 11%

TURKEY BREAST SUB ON WHITE

Serving Size 1/2 Sub Sandwich (163g)
Servings Per 1

Amount Per Serving

Calories 230 **Calories from Fat 40**

	% Daily Value
Total Fat 3g	5%
Saturated Fat .5g	3%
Cholesterol 25mg	8%
Sodium 930mg	39%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 16g	

Vitamin A 4%	•	Vitamin C 14%
Calcium 3%	•	Iron 8%