



	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGAR (G)	PROTIEN (G)	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
HALF SUBS - COLD															
COLD SUBS VALUES ARE CALCULATED ON A WHITE ROLL WITH LETTUCE, TOMATO, & ONION															
Deli Ham	290	39	4	2	0	31	1160	45	2	8	17	8	10	11	15
Deli Turkey	275	28	3	1	0	20	933	44	2	6	17	8	10	11	15
Deli Roast Beef	285	38	4	2	0	25	1003	43	2	6	18	8	10	11	21
Deli Corned Beef	291	38	4	2	0	3	809	44	2	6	19	8	10	12	20
Hard Salami	417	175	20	9	0	44	1299	43	2	6	19	8	21	11	22
Sandwich Pepperoni	452	193	21	9	0	44	1334	45	2	8	19	8	10	11	19
Hot Ham Capicola	285	36	4	2	0	18	975	47	2	9	15	8	10	11	17
Cooked Salami	355	130	13	5	0	39	1045	45	2	6	14	8	10	11	19
Italian Sub	417	158	18	8	0	42	1344	45	2	8	20	8	14	11	20
Regular Sub	340	99	12	4	0	35	1087	44	2	7	15	8	12	11	18
Croghan Bologna	320	71	8	4	0	42	879	45	2	6	17	8	10	11	20
Tuna Salad	577	306	37	7	0	44	809	43	2	6	17	8	10	11	18
Seafood Salad	530	245	29	6	0	26	1087	54	2	9	12	8	10	11	16
Chicken Salad	570	296	35	7	0	54	712	44	2	6	17	9	10	11	17
Egg Salad	480	215	25	6	0	263	657	44	2	7	9	15	10	14	19
Cheese Sub	334	98	12	7	0	20	854	45	2	6	14	14	10	31	15
Vegetarian	279	58	7	4	0	10	674	44	2	6	11	11	10	21	15

WHOLE SUBS - COLD															
COLD SUBS VALUES ARE CALCULATED ON A WHITE ROLL WITH LETTUCE, TOMATO, & ONION															
Deli Ham	580	78	8	4	0	62	2320	90	4	16	34	16	20	22	30
Deli Turkey	550	56	6	2	0	40	1866	88	4	12	34	16	20	22	30
Deli Roast Beef	570	76	8	4	0	50	2006	86	4	12	36	16	20	22	42
Deli Corned Beef	582	76	8	4	0	6	1618	88	4	12	38	16	20	24	40
Hard Salami	834	350	40	18	0	88	2598	86	4	12	38	16	42	22	44
Sandwich Pepperoni	904	386	42	18	0	88	2668	90	4	16	38	16	20	22	38
Hot Ham Capicola	570	72	8	4	0	36	1950	94	4	18	30	16	20	22	34
Cooked Salami	710	260	26	10	0	78	2090	90	4	12	28	16	20	22	38
Italian Sub	834	316	36	16	0	84	2688	90	4	16	40	16	28	22	40
Regular Sub	680	198	24	8	0	70	2174	88	4	14	30	16	24	22	36
Croghan Bologna	640	142	16	8	0	84	1758	90	4	12	34	16	20	22	40
Tuna Salad	1154	612	74	14	0	88	1618	86	4	12	34	16	20	22	36
Seafood Salad	1060	490	58	12	0	52	2174	108	4	18	24	16	20	22	32
Chicken Salad	1140	592	70	14	0	108	1424	88	4	12	34	18	20	22	34
Egg Salad	960	430	50	12	0	526	1314	88	4	14	18	30	20	28	38
Cheese Sub	668	196	24	14	0	40	1708	90	4	12	28	28	20	62	30
Vegetarian	558	116	14	8	0	20	1348	88	4	12	22	22	20	42	30

HALF SUBS - HOT															
HOT SUBS VALUES ARE CALCULATED ON A WHITE ROLL															
Meatball	434	162	18	7	1	48	1131	47	4	5	23	3	6	14	22
Steak	350	98	11	5	0	35	700	42	2	3	20	0	42	12	19
Super Steak	538	208	24	11	0	79	1018	44	2	3	35	2	11	23	25
Breaded Chicken Hoagie	496	184	21	5	0	45	1170	56	4	4	20	0	2	12	13
Popcorn Chicken	496	174	19	4	0	25	1210	56	4	4	24	0	2	10	13
Grilled Chicken	320	58	7	3	0	50	1020	43	4	5	22	0	2	10	13
Chicken Stir Fry	293	26	3	1	0	38	1015	42	2	3	24	0	4	12	16
BBQ Pork Rib (With BBQ Sauce)	555	228	25	8	0	65	1176	61	3	20	20	3	9	14	21
BBQ Pulled Pork (With BBQ Sauce)	356	61	7	3	0	43	935	52	3	13	21	4	1	13	18
Fish Battered Pollock	419	127	14	3	0	35	860	55	2	3	17	0	2	10	15
Breaded Eggplant Parm	356	70	7	1	0	0	1014	61	6	7	12	3	5	11	21
Breaded Veal Parm	587	241	27	11	1	45	1304	63	5	6	24	3	3	15	25
Sausage & Peppers	627	326	37	12	0	78	1607	54	2	10	22	26	16	16	23
Cheese Burger Sub (American Cheese)	475	170	20	8	1	80	672	42	2	5	31	9	10	22	23
BLT (Bacon/Lettuce /Tomato/Mayo)	452	215	24	8	0	33	1240	47	2	5	16	8	8	12	18
Pizza Sub	455	196	21	9	0	44	1454	45	3	7	20	3	3	11	19
Breaded Clam Strips (Clam Roll)	600	218	25	4	0	15	1420	79	3	7	17	0	2	12	19
Corned Beef Rubeen (Swiss/Russian)	385	126	13	4	0	14	1087	47	4	6	20	1	11	15	18

WHOLE SUBS - HOT															
HOT SUBS VALUES ARE CALCULATED ON A WHITE ROLL															
Meatball	868	324	36	14	2	96	2262	94	8	10	46	6	12	28	44



	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGAR (G)	PROTIEN (G)	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
Steak & Cheese	700	196	22	10	0	70	1400	84	4	6	40	0	84	24	38
Super Steak & Cheese	1076	416	48	22	0	158	2036	88	4	6	70	4	22	46	50
Breaded Chicken Hoagie	992	368	42	10	0	90	2340	112	8	8	40	0	4	24	26
Popcorn Chicken	992	348	38	8	0	50	2420	112	8	8	48	0	4	20	26
Grilled Chicken	640	116	14	6	0	100	2040	86	8	10	44	0	4	20	26
Chicken Stir Fry	586	52	6	2	0	76	2030	84	4	6	48	0	8	24	32
BBQ Pork Rib (With BBQ Sauce)	1110	456	50	16	0	130	2352	122	6	40	40	6	18	28	42
BBQ Pulled Pork (With BBQ Sauce)	712	122	14	6	0	86	1870	104	6	26	42	8	2	26	36
Fish Battered Pollock	838	254	28	6	0	70	1720	110	4	6	34	0	4	20	30
Breaded Eggplant Parm	712	140	14	2	0	0	2028	122	12	14	24	6	10	22	42
Breaded Veal Parm	1174	482	54	22	2	90	2608	126	10	12	48	6	6	30	50
Sausage & Peppers	1254	652	74	24	0	156	3214	108	4	20	44	52	32	32	46
Cheese Burger Sub (Lettuce/Tomato)	950	340	40	16	2	160	1344	84	4	10	62	18	20	44	46
BLT (Bacon/Lettuce /Tomato/Mayo)	904	430	48	16	0	66	2480	94	4	10	32	16	16	24	36
Pizza Sub	910	392	42	18	0	88	2908	90	6	14	40	6	6	22	38
Breaded Clam Strips (Clam Roll)	1200	436	50	8	0	30	2840	158	6	14	34	0	4	24	38
Corned Beef Rueben (Swiss/Russian)	770	252	26	8	0	28	2174	94	8	12	40	2	22	30	36

MINI SUBS (AT SELECT LOCATIONS)	COLD MINI SUBS VALUES ARE CALCULATED ON A MINI ROLL WITH LETTUCE, TOMATO, & ONION														
Mini Deli Ham	180	21	3	1	0	16	665	30	1	5	10	4	6	7	9
Mini Deli Turkey	173	15	3	0	0	10	552	29	1	4	10	4	6	7	9
Mini Deli Roast Beef	178	20	3	1	0	13	587	29	1	4	10	4	6	7	12
Mini Tuna	324	154	20	3	0	22	490	29	1	4	10	4	6	7	11
Mini Seafood	300	124	16	3	0	13	629	34	1	5	7	4	6	7	10
Mini Meatball (Spaghetti Sauce Only)	252	82	10	3	1	24	651	31	2	3	13	2	4	8	13

TOPPINGS (HALF SUB)															
Iceberg Lettuce Shredded	4	0	0	0	0	0	4	1	0	1	0	3	1	1	1
Tomato (2 Slices)	5	0	0	0	0	0	0	1	0	1	0	5	6	0	1
Onion Sliced	5	0	0	0	0	0	0	1	0	1	0	0	1	0	0
Sliced Banana Pepper (5 Slices)	0	0	0	0	0	0	97	0	0	0	0	0	0	0	0
Chopped Cherry Peppers	1	0	0	0	0	0	98	0	0	0	0	1	1	0	0
Pickle Shreddies	0	0	0	0	0	0	130	0	0	0	0	0	0	0	0
Sliced Olives (8 Slices)	9	7	1	0	0	0	72	1	0	0	0	1	0	1	2
Spinach Whole Leaf	2	0	0	0	0	0	6	0	0	0	0	14	4	1	1
Mushrooms Heat Processed	7	0	0	0	0	0	132	1	1	0	0	0	0	0	1
Red & Green Peppers	10	0	0	0	0	0	2	2	0	1	0	14	8	0	1
Sauerkraut	4	0	0	0	0	0	150	2	2	0	0	0	10	0	0
Grated Parmesan Cheese	4	3	0	0	0	1	24	0	0	0	0	0	0	1	0
Oregano	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

DRESSINGS & SAUCES (HALF SUB)															
Jreck Mayonnaise	77	70	8	1	0	7	42	4	0	0	0	0	0	0	0
Russian Dressing	98	84	9	1	0	7	210	4	0	3	0	0	0	0	0
Jreck Italian Dressing	118	118	13	2	0	0	50	0	0	0	0	0	0	0	0
Mustard	4	3	0	0	0	0	154	0	0	0	0	0	0	0	0
Spicy Mustard	7	6	0	0	0	0	182	0	0	0	0	0	0	0	0
Honey Mustard	69	64	7	1	0	5	133	3	0	0	0	0	0	0	0
Buttermilk Ranch	105	98	11	2	0	4	210	1	0	1	0	0	0	0	0
Chipotle Mayonnaise	116	116	13	2	0	6	155	1	0	0	0	0	0	0	0
Blue Cheese	105	98	11	2	0	11	182	1	0	1	1	0	0	0	0
BBQ Sauce	35	0	0	0	0	0	226	9	0	8	0	1	1	0	0
Horseradish Dijon	84	66	8	1	0	6	150	4	0	4	0	0	1	0	0
Ken's Blue Cheese PC Pouch 1.5 oz	220	210	23	4	0	15	490	2	0	2	1	0	0	2	0
Ken's Balsamic Vinaigrette PC Pouch 1.5oz	170	150	17	3	0	0	330	4	0	3	0	0	0	0	0
Ken's Ranch PC Pouch 1.5 oz	260	250	28	4	0	10	240	2	0	2	1	0	0	4	0
Ken's Ranch Fat Free PC Pouch 1.5 oz	50	0	0	0	0	0	550	13	1	5	0	0	0	2	0
Ken's Raspberry Vinaigrette FF PC Pouch 1.5 oz	45	0	0	0	0	0	110	12	0	10	0	0	2	0	0
Ken's Italian Lite PC Pouch 1.5 oz	45	35	4	1	0	0	530	3	0	3	0	0	0	0	0
Ken's Thousand Islands PC Pouch 1.5 oz	190	170	18	3	0	20	370	6	0	4	0	0	0	0	0
Hot Sauce	5	0	0	0	0	0	440	0	0	0	0	0	0	0	0
Steak Sauce	9	0	0	0	0	0	112	2	0	1	0	0	1	0	0



	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGAR (G)	PROTIEN (G)	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
Tarter Sauce	78	72	8	1	0	6	120	2	0	2	0	0	0	0	0
Teriyaki Sauce	40	0	0	0	0	0	285	9	0	8	1	0	0	0	2
Cheddar Cheese Sauce	26	17	2	1	0	3	182	2	0	1	1	0	0	2	0
Chile Sauce	25	0	0	0	0	0	285	6	0	4	0	5	0	0	0
Jreck Spaghetti Sauce	17	3	0	0	0	0	124	3	1	2	1	3	1	1	2
Ketchup	20	0	0	0	0	0	160	5	0	4	0	2	2	0	0
Heinz Ketchup PC Packet 9g	10	0	0	0	0	0	85	3	0	2	0	0	0	0	0
Ken's Mayonnaise PC Packet 12g	90	90	10	2	0	10	70	0	0	0	0	0	0	0	0
Heinz Mustard PC Packet 5.5g	5	0	0	0	0	0	85	0	0	0	1	0	0	0	0

CHEESES (HALF SUB)															
American Cheese	55	40	5	3	0	10	180	1	0	0	3	3	0	10	0
Swiss Cheese	54	34	4	3	0	13	30	0	0	0	4	3	0	13	0
Provolone Cheese	48	30	4	2	0	9	108	0	0	0	3	2	1	9	0
Pepper Jack Cheese	80	60	6	4	0	25	130	0	0	0	5	4	0	15	0

SUB ROLLS (HALF SUB)															
White Roll	210	18	2	1	0	0	490	40	2	3	8	0	2	10	13
Wheat Roll	225	30	4	1	1	5	430	40	3	6	9	0	8	10	13
Spinach & Herb	210	18	2	1	0	0	485	40	2	3	8	1	3	10	13
Garlic & Dill Roll	170	23	3	1	0	0	370	31	0	2	6	0	0	6	10
Jalapeno Roll	210	18	2	1	0	0	505	39	2	3	8	0	2	10	13
Brioche Roll	170	18	2	0	0	0	330	33	0	4	2	0	0	2	10
Onion Roll	180	23	3	1	0	0	310	34	1	9	5	0	0	8	10
Asiago Cheese Roll	170	35	4	2	0	5	390	27	0	2	7	0	0	10	10
Mini Sub Roll	140	10	2	0	0	0	330	27	1	2	5	0	2	6	8

TORTILLA WRAPS 12"															
Spinach	310	80	8	3	0	0	610	51	2	1	9	10	4	10	20
Plain	320	80	9	3	0	0	540	51	2	1	9	10	4	10	20
Sun Dried Tomato Basil	310	80	8	3	0	0	830	51	2	1	8	20	0	10	15
Whole Wheat	310	80	9	4	0	0	520	48	4	1	9	0	0	10	10

PROTEIN PORTIONS (HALF SUB)															
Deli Ham	66	21	2	1	0	31	666	2	0	2	9	0	0	0	0
Deli Turkey	51	10	1	0	0	20	439	1	0	0	9	0	0	0	0
Deli Roast Beef	61	20	2	1	0	25	509	0	0	0	10	0	0	0	6
Deli Corn Beef	67	20	2	1	0	3	315	1	0	0	11	0	0	1	5
Cooked Salami	131	112	11	4	0	39	551	2	0	0	6	0	0	0	4
Hard Salami	193	158	18	8	0	44	805	0	0	0	11	0	11	0	7
Sandwich Pepperoni	228	175	19	8	0	44	840	2	0	2	11	0	0	0	4
Hot Ham Capicola	61	18	2	1	0	18	481	4	0	3	7	0	0	0	2
Italian Sub (Meat Mix)	193	140	16	7	0	42	850	2	0	2	12	0	4	0	5
Regular Sub (Meat Mix)	116	81	10	3	0	35	593	1	0	1	7	0	2	0	3
Croghan Bologna	96	53	6	3	0	42	385	2	0	0	9	0	0	0	5
Tuna Salad	353	288	35	6	0	44	315	0	0	0	9	0	0	0	3
Seafood Salad	306	227	27	5	0	26	593	11	0	3	4	0	0	0	1
Chicken Salad	346	278	33	6	0	54	218	1	0	0	9	1	0	0	2
Egg Salad	256	197	23	5	0	263	163	1	0	1	1	7	0	3	4
Cheese Sub - American	165	120	15	9	0	30	540	3	0	0	9	9	0	30	0
Cheese Sub - Provolone	144	90	12	6	0	27	324	0	0	0	9	6	3	27	0
Cheese Sub - Swiss	162	102	12	9	0	39	90	0	0	0	12	9	0	39	0
Vegetarian - American	110	80	10	6	0	20	360	2	0	0	6	6	0	20	0
Vegetarian - Provolone	96	60	8	4	0	18	216	0	0	0	6	4	2	18	0
Vegetarian - Swiss	108	68	8	6	0	26	60	0	0	0	8	6	0	26	0
Meatball	207	141	16	6	1	48	517	4	1	0	14	0	3	3	7
Steak	140	80	9	4	0	35	210	2	0	0	12	0	4	2	6
Breaded Chicken Hoagie	286	166	19	4	0	45	680	16	2	1	12	0	0	2	0
Popcorn Chicken	286	156	17	3	0	25	720	16	2	1	16	0	0	0	0
Grilled Chicken	110	40	5	2	0	50	530	3	0	2	14	0	0	0	0
Chicken Stir Fry	83	8	1	0	0	38	525	2	0	0	16	0	2	2	3
BBQ Pork Rib	310	210	23	7	0	65	560	12	1	9	12	2	6	4	8
BBQ Pulled Pork (With Sauce)	146	43	5	2	0	43	445	12	1	10	13	4	0	3	5



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Fish Battered Pollock	209	109	12	2	0	35	370	15	0	0	9	0	0	0	2
Breaded Eggplant	129	49	5	0	0	0	400	18	3	2	3	0	2	0	6
Breaded Veal	360	220	25	10	1	45	690	20	2	1	15	0	0	4	10
Sausage	315	228	26	9	0	70	998	5	0	4	14	4	0	4	7
Beef Patty (Cheeseburger Sub)	209	122	14	5	1	71	71	0	0	0	20	0	0	2	8
Bacon BLT	150	117	13	5	0	25	633	0	0	0	8	0	0	0	3
Breaded Clam Strips (Clam Roll)	390	200	23	3	0	15	930	39	1	4	9	0	0	2	6

EXTRA (HALF SUB)															
Bacon (Add Bacon to Any Sub)	90	70	8	3	0	15	380	0	0	0	5	0	0	0	2

APPETIZERS / SIDES															
French Fries	276	118	13	3	0	0	433	38	3	0	3	0	10	0	7
Seasoned Loop Fries	293	126	15	2	0	0	667	38	3	2	3	0	7	0	3
Sour Cream & Chive Fries	293	143	17	2	0	0	650	33	3	0	3	0	13	0	0
Sweet Potato Fries	243	109	12	2	0	0	283	32	3	12	2	167	7	3	3
Crispy Battered Green Beans	366	166	19	3	0	0	1066	43	5	7	10	7	0	7	7
Broccoli & Cheddar Bites Battered	273	199	23	7	0	16	795	32	5	5	9	16	27	16	4
Cauliflower Battered	329	180	21	3	0	0	692	36	2	3	5	0	49	0	7
Corn Nuggets Battered	382	165	19	2	0	0	600	48	3	12	5	7	7	0	7
Onion Rings Battered	398	182	21	3	0	0	883	48	2	7	7	0	7	3	3
Mac & Cheese Bites	403	226	27	8	0	0	1488	35	0	0	14	0	0	28	0
Mozz Cheese Sticks Battered (4 Sticks)	408	208	24	9	0	40	1160	36	2	8	16	0	0	40	0
Mushrooms Battered	329	180	21	3	0	0	775	33	1	2	5	0	0	0	7
Pickle Chips Battered	282	182	21	7	0	0	850	20	3	0	2	0	0	7	3
Pizza Logs Pepperoni & Cheese (3 Logs)	622	307	35	11	0	60	690	59	3	5	21	9	0	23	15
Cheese Ravioli Breaded (7 Pieces)	412	167	19	6	0	53	508	47	2	4	12	7	0	14	11
Jalapeno Cheddar Potato Bites Breaded	346	171	20	6	0	18	963	35	2	0	9	7	0	14	7
Zucchini Sticks Battered	332	165	19	2	0	0	1050	35	2	2	3	3	10	0	7
Popcorn Chicken	400	217	24	4	0	35	1011	22	3	1	22	0	0	0	0
Chicken Breast Bites Lightly Breaded (JSF)	316	132	16	2	0	92	567	17	0	0	28	3	0	3	7
Chicken Tenders (4 Tenders)	429	189	20	3	0	60	1280	28	2	0	32	0	0	0	8
Clam Strips	390	200	23	3	0	15	930	39	1	4	9	0	0	2	6
Whole Pickle	16	2	0	0	0	0	1181	3	1	2	1	5	2	6	3

CHIPS															
Frito Corn Chips LSS	320	180	20	3	0	0	340	30	2	2	4	0	0	4	0
Lays Regular Chips LSS	240	135	15	2	0	0	255	23	2	2	3	0	15	0	3
Lays BBQ Chips LSS	225	120	14	2	0	0	225	24	2	3	3	0	15	0	3
Lays Salt & Vinegar Chips LSS	240	135	15	2	0	0	330	23	2	2	3	0	15	0	3
Lays Sour Cream & Onion Chips LSS	240	135	15	2	0	0	240	23	2	2	3	0	15	0	3
Baked Lays Regular Chips LSS	135	23	2	0	0	0	152	26	2	2	2	0	5	0	2
Baked Lays BBQ Chips LSS	135	34	3	1	0	0	214	25	2	3	2	2	2	0	0
Sun chips Multi-Grain Original LSS	210	90	9	2	0	0	180	27	5	3	3	0	0	0	3
Sun chips Multi-Grain Garden Salsa Chips LSS	210	90	9	2	0	0	225	27	3	3	3	3	0	0	3
Sun chips Multi-Grain Harvest Cheddar Chips LSS	210	90	9	2	0	0	315	27	3	3	3	0	0	0	3
Doritos Tortilla Nacho Cheese Chips LSS	245	123	14	2	0	0	368	28	2	0	4	4	0	0	0
Doritos Tortilla Cool Ranch Chips LSS	263	123	14	2	0	0	315	32	4	2	4	0	0	4	0
Smart food White Cheddar Popcorn LSS	280	158	18	4	0	4	508	25	4	4	5	1	0	11	4
Cheetos Crunchy Cheese Snacks LSS	300	180	20	3	0	0	500	26	2	2	4	0	0	0	4
Lays Kettle Cooked Jalapeno LSS	225	120	14	2	0	0	195	24	2	2	3	0	15	0	6
Lays Kettle Cooked Mesquite BBQ LSS	225	120	12	2	0	0	210	26	2	3	3	9	15	0	6
Lays Kettle Cooked Original LSS	210	75	9	2	0	0	203	29	3	2	3	0	15	0	6
Lays Kettle Cooked Salt & Vinegar LSS	225	120	14	2	0	0	225	26	2	2	3	0	15	0	3

SOUPS															
Chili With Beans & Beef	280	93	11	5	0	35	981	27	8	8	20	23	29	7	18
Beans With Ham	166	12	1	0	0	6	818	28	9	2	11	18	5	7	9
Captains Corn Chowder	304	112	11	2	0	8	1264	43	6	14	10	10	10	16	3
Cheddar Cauliflower	169	65	8	2	0	7	1014	20	7	4	5	26	33	8	3
Chicken & Dumpling	252	84	10	4	0	56	1358	27	4	6	13	14	6	14	6
Chicken Gumbo	117	26	3	1	0	13	1209	17	3	5	8	5	5	3	0
Chicken Noodle	144	30	3	1	0	24	1020	22	1	5	8	24	5	2	5



	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGAR (G)	PROTIEN (G)	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
Chicken with Wild Rice	325	104	12	3	0	39	1066	20	5	5	18	20	5	8	0
New England Clam Chowder	221	33	4	3	0	33	988	36	3	7	9	3	8	20	3
Cream of Broccoli with Cheese	266	140	15	3	0	21	1316	21	4	7	8	11	21	21	3
Cream of Potato	247	104	12	2	0	7	1014	31	3	9	7	10	10	20	3
French Onion	96	42	4	1	0	0	1080	13	1	7	2	5	5	2	2
Italian Wedding	169	39	5	2	0	13	1170	22	1	1	9	13	3	3	5
Minestrone	117	26	3	0	0	0	1144	18	5	5	5	59	5	10	5
Split Pea with Ham	208	24	2	0	0	8	1440	34	10	2	13	112	3	6	5
Tomato Basile with Cheese Ravioli	154	14	1	0	0	14	1008	31	1	7	6	21	0	3	6
Vegetable Beef	120	15	2	1	0	8	1275	20	3	5	6	90	3	9	6
Vegetable Beef with Barley	130	26	3	1	0	13	1209	18	5	4	7	65	5	3	0

CRACKERS/CROUTONS															
Oyster Crackers	70	20	2	1	0	0	85	11	0	0	1	0	0	0	1
Saltines Crackers (2 Count)	24	6	1	0	0	0	60	4	0	0	0	0	0	0	1
Croutons	30	5	1	0	0	0	95	5	0	1	1	0	0	0	0
Animal Crackers	130	35	4	2	0	0	135	22	1	7	2	0	0	10	4
Bug Bite Cinnamon Graham Crackers	120	35	4	1	0	0	115	21	1	8	2	10	10	0	4

SALADS															
Salad (w/Cheese Only)	124	60	8	4	0	18	224	6	0	6	6	20	18	20	4
Salad Ham	256	102	12	6	0	80	1556	10	0	10	24	20	18	20	4
Salad Turkey	226	80	10	4	0	58	1102	8	0	6	24	20	18	20	4
Salad Roast Beef	246	100	12	6	0	68	1242	6	0	6	26	20	18	20	16
Salad Ham Turkey	241	91	11	5	0	69	1329	9	0	8	24	20	18	20	4
Salad Tuna	830	636	78	16	0	106	854	6	0	6	24	20	18	20	10
Salad Seafood	736	514	62	14	0	70	1410	28	0	12	14	20	18	20	6

DESSERTS															
Brownie	240	100	11	3	0	15	140	34	1	15	2	2	0	0	8
Cookie - Chocolate Chip	180	70	8	4	0	10	125	24	1	15	2	4	0	0	6
Cookie - Double Chocolate Chip	180	80	9	4	0	10	115	22	1	14	2	4	0	0	6
Cookie - Peanut Butter	170	30	9	4	0	10	160	19	1	11	3	0	0	2	4
Cookie - Butter Sugar	160	60	7	4	0	15	140	22	0	12	2	0	0	0	4
Cookie - White Chocolate Macadamia	170	70	8	4	0	15	120	21	0	13	2	0	0	2	4
Cookie - Oatmeal Raisin	150	45	5	4	0	10	125	21	1	12	2	4	0	0	4
Cookie - Carnival	160	60	7	3	0	10	120	22	1	14	2	6	0	0	4
Cookie - Chocolate Chip Pecan	170	80	9	4	0	10	110	21	1	13	2	4	0	2	4
Schwan's Oreo Cream Pie Wedge	260	120	13	8	0	5	200	34	1	23	3	0	0	0	0
Schwan's Reese Peanut Butter Pie Wedge	300	160	17	9	0	5	250	32	1	23	5	0	0	0	0
Motts Applesauce Snack Pack	90	0	0	0	0	0	0	24	1	22	0	0	20	0	0
Apple Pastry Mini Bites (Each Bite)	60	20	2	1	0	0	80	9	1	3	1	0	0	0	2

FOUNTAIN BEVERAGES															
	FOUNTAIN DRINK VALUES CALCULATED WITH DRINK CUPS FILLED TO THE RIM OF CUP WITH NO ICE														
Small Drink - Pepsi-Cola	120	0	0	0	0	0	30	41	0	41	0	0	0	0	0
Small Drink - Diet Pepsi	0	0	0	0	0	0	55	0	0	0	0	0	0	0	0
Small Drink - Diet Pepsi Caffeine Free	0	0	0	0	0	0	55	0	0	0	0	0	0	0	0
Small Drink - Mountain Dew	160	0	0	0	0	0	50	44	0	44	0	0	0	0	0
Small Drink - Diet Mountain Dew	4	0	0	0	0	0	55	0	0	0	0	0	0	0	0
Small Drink - Sierra Mist	150	0	0	0	0	0	35	41	0	41	0	0	0	0	0
Small Drink - Mug Root Beer	140	0	0	0	0	0	45	39	0	39	0	0	0	0	0
Small Drink - Tropicana Fruit Punch	170	0	0	0	0	0	35	45	0	45	0	0	0	0	0
Small Drink - Tropicana Orange Twister	170	0	0	0	0	0	35	46	0	46	0	0	0	0	0
Small Drink - Tropicana Yellow Lemonade	150	0	0	0	0	0	155	40	0	40	0	0	0	0	0
Small Drink - Tropicana Pink Lemonade	150	0	0	0	0	0	155	40	0	40	0	0	0	0	0
Small Drink - Dr Pepper	150	0	0	0	0	0	55	40	0	40	0	0	0	0	0
Small Drink - Diet Dr Pepper	0	0	0	0	0	0	70	0	0	0	0	0	0	0	0
Small Drink - Lipton Tea Unsweaten No Lem	0	0	0	0	0	0	120	0	0	0	0	0	0	0	0
Small Drink - Lipton Tea Brisk Raspberry	75	0	0	0	0	0	45	18	0	19	0	0	0	0	0
Small Drink - Gatorade Lemon Lime	90	0	0	0	0	0	160	24	0	21	0	0	0	0	0
Small Drink - Gatorade Orange	90	0	0	0	0	0	180	24	0	23	0	0	0	0	0
Small Drink - Sobe Life water Yumberry	0	0	0	0	0	0	45	0	0	0	0	0	0	0	0
Medium Drink - Pepsi-Cola	270	0	0	0	0	0	55	73	0	72	0	0	0	0	0

