

Lunch/Dinner - Hot & Cold Sandwiches														
ITEM	Portion (Size)	Calories	Fat Calories	Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Total	Protein	Allergens	
		(k)	(k)	(g)	Fat (g)	(g)	(mg)	(mg)	(g)	(g)	Sugar (g)	(g)		
8" Ham & Cheese	1 each (237g/8.4 oz)	490	150	17	8	0	90	1440	50	2	3	34	CONTAINS: MILK, SOY, WHEAT	
8" Ham Turkey & Cheese	1 each (194g/6.8 oz)	400	90	10	4	0	55	1130	49	2	2	28	CONTAINS: MILK, SOY, WHEAT	
8" Italian	1 each (215g/7.6 oz)	550	220	25	10	0	85	1530	50	2	3	28	CONTAINS: MILK, SOY, WHEAT	
8" Meatball	1 each (468g/16.5 oz)	840	410	46	18	0	125	1380	65	6	3	45	CONTAINS: MILK, SOY, WHEAT	
8" Rib	1 each (299g/10.6 oz)	850	380	44	15	0	100	1440	79	2	19	33	CONTAINS: EGG, MILK, SOY, WHEAT	
8" Roast Beef & Cheese	1 each (194g/6.9 oz)	420	130	15	6	0	50	500	48	2	1	23	CONTAINS: MILK, SOY, WHEAT	
8" Turkey & Cheese	1 each (194g/6.8 oz)	400	80	9	4	0	50	1120	48	2	1	30	CONTAINS: MILK, SOY, WHEAT	
Ham & Colby Cheese Sub	1 each (275g/9.7 oz)	560	180	21	10	0	115	2560	52	2	4	41	CONTAINS: MILK, SOY, WHEAT	
Ham & Swiss Cheese Sub	1 each (265g/9.4 oz)	500	140	16	7	0	100	2750	52	2	4	38	CONTAINS: MILK, SOY, WHEAT	
Meatball Sub 8"	1 each (289g/10.2 oz)	760	370	41	17	0	85	2110	59	6	5	40	CONTAINS: MILK, SOY, WHEAT	
Meatloaf Sub 8"	1 each (226g/8 oz)	430	160	18	10	1	60	1210	43	1	5	23	CONTAINS: EGGS, FISH, MILK, SOY, WHEAT	
1/4 Pounder Cheeseburger	1 each (178g/6.3 oz)	520	290	33	14	1	100	920	29	1	5	26	CONTAINS: MILK, SOY, WHEAT	
1/4 Pounder Hamburger	1 each (164g/5.8 oz)	470	260	29	11	1	85	700	29	1	5	23	CONTAINS: SOY, WHEAT	
Bacon Cheeseburger	1 each (189g/6.7 oz)	580	340	38	15	1	110	1120	29	1	5	30	CONTAINS: MILK, SOY, WHEAT	
BBQ Chicken Slider	1 each (85g/3 oz)	170	30	4	1	0	10	580	31	1	13	4	CONTAINS: EGGS, SOY, WHEAT	
BBQ Pork Sandwich	1 each(137g/4.8 oz)	360	170	19	6	0	45	810	33	2	6	19	CONTAINS: FISH, SOY, WHEAT	
BBQ Pork Slider	1 each (88g/3.1 oz)	240	70	8	4	0	15	520	31	1	3	11	CONTAINS: FISH, MILK, SOY, WHEAT	
BBQ Rib Sub	1 each (328g/11.6)	890	380	44	15	0	100	2600	90	2	27	33	CONTAINS: SOY, WHEAT	
BBQ Rib Sandwich	1 each (144g/5.1 oz)	430	200	23	7	0	50	850	37	1	6	17	CONTAINS: SOY, WHEAT	
Big Deli Wrap	1 each (359g/12.7 oz)	640	250	29	14	0	115	2200	50	2	4	42	CONTAINS: MILK, WHEAT	
Bologna and Cheese Sandwich	1 each (159g/5.6 oz)	460	250	29	14	0	70	1500	31	1	5	20	CONTAINS: MILK, SOY, WHEAT	
Bologna Burger	1 each (165g/5.8 oz)	450	250	28	10	0	70	1560	31	1	7	18	CONTAINS: EGGS, SOY, WHEAT	
Buffalo Chicken Sandwich	1 each (250g/8.8 oz)	630	310	35	10	0	95	1780	48	1	5	31	CONTAINS: EGGS, MILK, WHEAT	
Buffalo Chicken Slider	1 each (99g/3.5 oz)	160	50	6	1	0	15	830	20	1	3	6	CONTAINS: EGGS, SOY, WHEAT	
Buffalo Chicken Wrap	1 each (222g/7.8 oz)	520	280	31	9	0	75	1770	37	3	4	21	CONTAINS: EGGS, MILK, WHEAT	
Fish Sandwich w/Cheese	1 each (175g/6.2 oz)	380	170	20	8	0	50	820	33	1	3	21	CONTAINS: EGGS, FISH, MILK, SOY, WHEAT	
Fish Sub w/Cheese	1 each (333g/11.7 oz)	690	320	37	17	0	100	1910	57	2	1	41	CONTAINS: EGGS, FISH, MILK, SOY, WHEAT	
Cavatappi w/Meatballs & Tomato Sauce	1 serving (367g/13 oz)	490	250	28	9	0	65	1350	37	7	10	23	CONTAINS: EGGS, MILK, SOY, WHEAT	
Cavatappi w/Meatballs, Tomato Sauce & Rolls	1 serving (417g/14.7 oz)	630	270	31	10	0	65	1560	61	8	13	27	CONTAINS: EGGS, MILK, SOY, WHEAT	
Cheeseburger	1 each (87g/3.1 oz)	290	90	11	4	0	15	610	38	1	4	9	CONTAINS: MILK, SOY, WHEAT	
Cheeseburger Burrito	1 each (349g/12.3 oz)	750	380	44	17	0	80	2180	69	3	3	28	CONTAINS: MILK, SOY, WHEAT	
Chicken & Bacon Burrito	1 each (351g/12.4 oz)	760	370	42	14	0	95	2250	66	3	4	30	CONTAINS: MILK, WHEAT	
Chicken & Cheddar Wrap	1 each (373g/13.2 oz)	800	440	50	15	1	95	1830	55	3	6	33	CONTAINS: EGGS, MILK, SOY, WHEAT	
Chicken Bacon Ranch Wrap	1 each (336g/11.8 oz)	900	490	55	17	0	150	2320	54	5	6	40	CONTAINS: EGGS, MILK, WHEAT	
Chicken BBQ Sandwich	1 each (194g/6.8 oz)	350	110	13	2.5	0	30	1100	47	1	16	12	CONTAINS: EGGS, SOY, WHEAT	
Chicken Burrito	1 each (344g/12.1 oz)	690	270	30	10	0	95	2060	67	3	3	38	CONTAINS: MILK, SOY, WHEAT	
Chicken Parmesan Sub	1 each (427g/15.1 oz)	940	470	53	14	0	120	2840	69	3	3	54	CONTAINS: EGGS, MILK, SOY, WHEAT	
Chicken Salad Croissant	1 each (198g/7 oz)	610	330	37	11	0	95	710	40	2	5	27	CONTAINS: EGGS, MILK, SOY, WHEAT	
Chicken Salad Croissant	1 each (147g/5.2 oz)	460	260	29	7	0	60	710	30	1	3	18	CONTAINS: EGGS, MILK, SOY, WHEAT	
Chicken Salad Multigrain	1 each (17g/6.2 oz)	500	220	24	4	0	55	830	47	4	3	23	CONTAINS: EGGS, MILK, SOY, WHEAT	
Chicken Salad Wedge	1 each (142g/5 oz)	400	190	22	4	0	25	650	34	3	5	15	CONTAINS: EGGS, SOY, WHEAT	
Chicken Salad Wrap	1 each (279g/9.8 oz)	740	380	43	8	0	90	1520	58	3	6	29	CONTAINS: EGGS, MILK, SOY, WHEAT	
Chicken Tender Sandwich	1 each (222g/7.8 oz)	500	170	19	4	0	75	1270	39	1	5	34	CONTAINS: EGGS, SOY, WHEAT	
Chicken Tender Slider	1 each (116g/4.1 oz)	290	70	8	3	0	25	670	33	1	3	16	CONTAINS: EGGS, MILK, SOY, WHEAT	
Chili & Cheese Corndog	1 each (112g/4 oz)	280	120	14	5	0	60	930	29	0	5	11	CONTAINS: EGGS, MILK, SOY, WHEAT	
Chili & Cheese Corndog	1 each (122g/4.3 oz)	360	200	23	6	0	50	870	29	0	5	11	CONTAINS: EGG, MILK, SOY, WHEAT	
Club Sandwich	1 each (237g/8.3 oz)	470	170	19	8	0	100	2360	40	1	3	38	CONTAINS: MILK, SOY, WHEAT	
Corn Dog	1 each (112g/4 oz)	280	120	14	4	0	45	700	27	1	9	10	CONTAINS: EGGS, SOY, WHEAT	
Country Fried Steak & Cheese Sandwich	1 each (226g/8oz)	670	340	38	13	2	75	1260	57	1	5	25	CONTAINS: MILK, SOY, WHEAT	
Country Fried Steak Sandwich, Large, Gonnella	1 each (207g/7.3 oz)	560	230	26	9	2	65	1000	56	1	3	24	CONTAINS: MILK, SOY, WHEAT	
Country Fried Steak & Cheese Sandwich, Large Gonnella	1 each (226g/8 oz)	630	290	32	15	2	80	1310	57	1	3	28	CONTAINS: MILK, SOY, WHEAT	
Crispy Chicken Sand (Red's)	1 each (244g/8.6 oz)	440	160	18	4	0	45	1210	51	1	4	18	CONTAINS: EGGS, WHEAT	
Double Cheeseburger	1 each (304g/10.7 oz)	890	570	64	27	3	200	1570	30	1	5	47	CONTAINS: MILK, SOY, WHEAT	
Egg Roll Chicken	1 each (94g/3.3 oz)	230	120	14	3	0	10	500	19	2	2	6	CONTAINS: EGGS, SOY, WHEAT	

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		(k)	(k)	(g)	Fat (g)	(g)	(mg)	(mg)	(g)	(g)	Sugar (g)	(g)		
Egg Roll Pork	1 each (94g/3.3 oz)	250	160	18	28	0	15	460	18	2	3	6	CONTAINS: EGGS, FISH, SOY, WHEAT	
Egg Salad Croissant	1 each (170g/6 oz)	400	190	21	5	0	275	820	41	6	8	19	CONTAINS: EGGS, SOY, WHEAT	
Fried Chicken Tender Sandwich	1 each (222g/7.8 oz)	570	260	29	5	0	75	1200	38	1	5	32	CONTAINS: SOY, WHEAT	
Grilled Cheese Sandwich	1 each (126g/4.4 oz)	380	170	19	10	1	55	1310	40	1	3	16	CONTAINS: MILK, SOY, WHEAT	
Grilled Chicken Parmesan Wrap	1 each (308g/10.8 oz)	760	380	43	11	0	95	2050	54	5	7	39	CONTAINS: EGGS, MILK, WHEAT	
Grilled Chicken Sand 5oz (Red's)	1 each (198g/7 oz)	450	160	19	4	0	75	1070	46	1	4	25	CONTAINS: WHEAT	
Grilled Chicken Sandwich	1 each (198g/7 oz)	450	160	19	4	0	75	1070	46	1	4	25	CONTAINS: WHEAT	
Grilled Chicken Sandwich 4oz	1 each (197g/6.9 oz)	400	60	7	1	0	85	980	47	1	3	38	CONTAINS: SOY, WHEAT	
Ham & Cheese Croissant	1 each (184g/6.5 oz)	420	170	19	10	0	75	1540	38	1	5	22	CONTAINS: EGGS, MILK, SOY, WHEAT	
Ham & Turkey Wrap	1 each (308g/10.8 oz)	740	370	42	12	0	105	2340	54	5	5	36	CONTAINS: EGGS, MILK, WHEAT	
Ham Salad Side	1 each (85g/3 oz)	180	100	11	2	0	30	740	13	0	9	7	CONTAINS: EGGS, WHEAT	
Ham Salad Wedge	1 each (142g/5 oz)	340	120	14	3	0	30	1010	41	3	10	13	CONTAINS: EGGS, SOY, WHEAT	
Jalapeno Cheeseburger	1 each (156g/5.5 oz)	480	230	26	11	1	55	1100	40	2	5	21	CONTAINS: MILK, SOY, WHEAT	
Jalapeno Corndog	1 each (112g/4 oz)	280	120	14	5	0	55	900	28	1	9	10	CONTAINS: EGGS, MILK, SOY, WHEAT	
Jr Cheeseburger	1 each (111g/3.9 oz)	290	130	14	6	0	40	770	31	1	5	14	CONTAINS: MILK, SOY, WHEAT	
Jr Hamburger	1 each (145g/5.1 oz)	180	80	9	4	0	25	430	18	0	2	10	CONTAINS: SOY, WHEAT	
PB & J Sandwich Wedge	1 each (142g/5 oz)	530	210	24	5	0	0	430	66	4	26	14	CONTAINS: PEANUTS, SOY, WHEAT	
PB Sandwich Wedge	1 each (142g/5 oz)	690	400	45	8	0	0	540	47	6	9	24	CONTAINS: PEANUTS, SOY, WHEAT	
Pepperoni Pizza Breadstick	1 each (111g/3.9 oz)	250	80	9	5	0	25	550	31	1	2	11	CONTAINS: MILK, WHEAT	
Pork Chop Sandwich 4oz	1 each (144g/5.1 oz)	270	80	9	3	0	50	670	29	1	5	20	CONTAINS: SOY, WHEAT	
Rib Sandwich	1 each (140g/4.9 oz)	420	190	22	7	0	50	890	38	1	8	16	CONTAINS: EGG, MILK, SOY, WHEAT	
Rib Slider	1 each (104g/3.7 oz)	310	110	13	5	0	25	650	35	1	5	12	CONTAINS: EGG, MILK, SOY, WHEAT	
Rib-B-Q 6" Sandwich	1 each (187g/6.6 oz)	510	200	23	7	0	50	920	57	1	14	19	CONTAINS: EGG, MILK, SOY, WHEAT	
Roast Beef & Cheese Croissant	1 each (170g/6 oz)	380	160	18	9	0	50	910	36	1	3	16	CONTAINS: EGGS, MILK, SOY, WHEAT	
Rustic Club Roll	1 each (225g/9 oz)	590	250	28	14	0	115	2250	42	1	4	39	CONTAINS: MILK, WHEAT	
Rustic Ham & Swiss	1 each (230g/8.1 oz)	410	100	11	4	0	75	1930	48	1	5	28	CONTAINS: MILK, WHEAT	
Rustic Italian	1 each (256g/9 oz)	770	410	46	20	0	135	2860	46	1	4	46	CONTAINS: MILK, WHEAT	
Sausage Egg & Cheese Brioche	1 each(171g/6 oz)	490	270	30	11	0	140	1210	39	1	4	18	CONTAINS: EGGS, MILK, SOY, WHEAT	
Sausage with Peppers & Onions Sub	1 each (339g/11.9 oz)	750	360	41	17	0	100	2110	57	5	5	42	CONTAINS: SOY, WHEAT	
South-West Chicken Egg Roll	1 each (94g/3.3 oz)	250	120	14	4	0	15	460	24	3	3	8	CONTAINS: EGGS, MILK, SOY, WHEAT	
Spicy Chicken Sandwich	1 each (142g/5 oz)	380	130	15	3	0	30	830	42	2	5	16	CONTAINS: MILK, SOY, WHEAT	
Spicy Chicken Slider	1 each (73g/2.6 oz)	200	60	7	1	0	15	440	23	1	2	8	CONTAINS: MILK, SOY, WHEAT	
Tuna Salad Croissant	1 each (198g/7 oz)	630	370	41	11	0	65	960	43	1	5	22	CONTAINS: EGGS, FISH, MILK, SOY, WHEAT	
Tuna Salad Multigrain	1 each (171g/6 oz)	460	230	26	4	0	40	740	43	6	8	22	CONTAINS: EGGS, FISH, SOY, WHEAT	
Tuna Wedge	1 each (142g/5 oz)	270	70	8	2	0	25	870	40	4	11	14	CONTAINS: EGGS, FISH, SOY, WHEAT	
Turkey & Cheese Croissant	1 each (193g/6.8 oz)	450	180	21	11	0	70	1470	36	1	3	30	CONTAINS: EGGS, MILK, SOY, WHEAT	
Turkey Club Wrap	1 each (308g/10.8 oz)	830	430	49	16	0	130	2430	53	5	4	41	CONTAINS: EGGS, MILK, WHEAT	
Turkey Multigrain	1 each (143g/5 oz)	260	45	5	1	0	25	900	38	6	6	22	CONTAINS: SOY, WHEAT	
Ham & Cheddar Stromboli	1 piece (234g/8.25 oz)	570	150	17	9	0.5	75	1630	76	0	4	26	CONTAINS: MILK, SOY, WHEAT	
Meat Trio Stromboli	1 piece (234g/8.25 oz)	640	220	25	10	0	65	2000	74	0	3	28	CONTAINS: MILK, SOY, WHEAT	
Chicken & Cheese Quesadilla	1 serving (306g/10.8 oz)	770	370	42	20	1	125	2350	55	3	4	41	CONTAINS: MILK, WHEAT	
Chicken Bacon & Cheese Quesadilla	1 serving (277g/9.8 oz)	860	440	49	24	1	165	2680	49	1	2	48	CONTAINS: MILK, WHEAT	
Chicken Club on Croissant	1 serving (326g/11.5 oz)	800	430	49	22	0.5	175	2110	43	3	7	42	CONTAINS: EGG, MILK, SOY, WHEAT	
Chicken Club on Multi Grain	1 serving (327g/11.5 oz)	720	360	41	16	0.5	160	2040	45	8	10	46	CONTAINS: MILK, SOY, WHEAT	
Chipotle Turkey on Croissant	1 serving (287g/10.1 oz)	870	520	58	23	0	140	2460	38	1	5	44	CONTAINS: EGG, MILK, SOY, WHEAT	
Chipotle Turkey on Multi Grain Bread	1 serving (288g/10.1 oz)	790	450	50	17	0	125	2390	40	6	8	48	CONTAINS: EGG, MILK, SOY, WHEAT	
Country Fried Steak Sandwich	1 serving (123g/4.3 oz)	340	110	13	4.5	0.5	30	640	42	1	5	13	CONTAINS: EGG, MILK, SOY, WHEAT	
Country Fried Steak Sandwich & Cheese	1 serving (142g/5 oz)	410	170	19	10	0.5	45	950	43	1	5	17	CONTAINS: EGG, MILK, SOY, WHEAT	
Country Fried Steak Sandwich, Large	1 serving (207g/7.3 oz)	560	230	26	9	2	56	1000	56	1	3	24	CONTAINS: MILK, SOY, WHEAT	
Country Fried Steak Sandwich & Cheese, Large	1 serving (226g/8 oz)	630	290	32	15	2	80	1310	57	1	3	28	CONTAINS: MILK, SOY, WHEAT	
Cuban on Croissant	1 serving (274g/9.7 oz)	520	240	27	12	0	85	2330	41	1	4	28	CONTAINS: EGG, MILK, SOY, WHEAT	
Cuban on Multi Grain Bread	1 serving (275g/9.7 oz)	440	160	19	6	0	70	2260	43	6	7	32	CONTAINS: MILK, SOY, WHEAT	
Deluxe Triple Grilled Cheese	1 serving (150g/5.3 oz)	480	210	24	12	0.5	60	1270	46	1	3	21	CONTAINS: MILK, WHEAT	

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		(k)	(k)	(g)	Fat (g)	(g)	(mg)	(mg)	(g)	(g)	Sugar (g)	(g)	
Deluxe Triple Grilled Cheese on Croissant	1 serving (150g/5.3 oz)	520	280	32	18	0.5	75	1190	37	1	3	20	CONTAINS: EGG, MILK, SOY, WHEAT
Deluxe Triple Grilled Cheese on Multi Grain	1 serving (187g/6.6 oz)	440	210	24	12	0.5	60	1120	39	6	6	24	CONTAINS: MILK, SOY, WHEAT
Ham & Cheese on Croissant	1 serving (207g/7.3 oz)	500	230	26	14	0	90	1740	38	1	5	28	CONTAINS: EGG, MILK, SOY, WHEAT
Ham & Cheese on Multi Grain Bread	1 serving (208g/7.3 oz)	420	160	18	8	0	75	1670	40	6	8	32	CONTAINS: MILK, SOY, WHEAT
Italian on Croissant	1 serving (292g/10.3 oz)	1030	720	81	27	0	140	2880	41	1	6	39	CONTAINS: EGG, MILK, SOY, WHEAT
Italian on Multi Grain Bread	1 serving (293g/10.3 oz)	950	650	73	21	0	125	2810	43	6	9	43	CONTAINS: EGG, MILK, SOY, WHEAT
Philly Steak & Cheese on Croissant	1 serving (273g/9.6 oz)	590	280	32	16	0	100	1700	44	3	7	35	CONTAINS: EGG, MILK, SOY, WHEAT
Philly Steak & Cheese on Multi Grain Bread	1 serving (274g/9.7 oz)	510	210	24	10	0	85	1630	46	8	10	39	CONTAINS: MILK, SOY, WHEAT
Tuna Melt on Croissant	1 serving (241g/8.5 oz)	590	330	38	11	0	65	1030	42	1	5	21	CONTAINS: EGG, FISH, MILK, SOY, WHEAT
Tuna Melt on Multi Grain Bread	1 serving (185g/6.5 oz)	510	260	30	5	0	50	960	44	6	8	25	CONTAINS: EGG, FISH, MILK, SOY, WHEAT
<b>BOWLS</b>													
Mac & Cheese Bowl	1 Serving(283g/10oz)	420	160	18	8	0	30	1250	45	2	9	18	CONTAINS: EGG,MILK,WHEAT
Buffalo Chicken Mac & Cheese Bowl	1 Serving(425g/15oz)	690	310	35	12	0	75	3100	59	6	11	32	CONTAINS: EGG,MILK,WHEAT
Chicken Tender Mac & Cheese Bowl	1 Serving(355g/12.5oz)	580	260	30	10	0	60	1770	52	2	9	29	CONTAINS: EGG,MILK,WHEAT
Bacon Mac & Cheese Bowl	1 Serving(340g/12oz)	660	300	34	16	0	110	2100	45	2	9	34	CONTAINS: EGG,MILK,WHEAT
Macaroni & Beef Bowl	1 Serving(283g/10oz)	270	60	7	3	0	20	1540	39	2	12	14	CONTAINS: SOY,WHEAT

**2,000 calories a day is used for general nutrition advice, but calorie needs vary.**