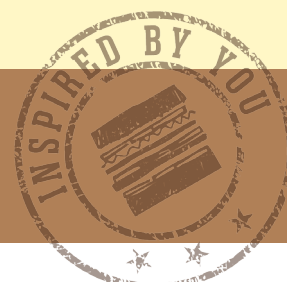




	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
HOT SANDWICHES											
Caprese Panini	530	270	30	9	0	45	900	46	2	3	19
Buffalo Chicken Panini	400	110	12	4	0	65	1110	44	1	1	31
BBQ Turkey & Cheddar Panini	480	110	13	7	0	60	1660	62	2	18	30
Meat Lover's Melt	740	400	45	15	0	90	2450	51	3	7	33
Grilled Chicken & Bacon Melt	650	310	34	11	0	100	1150	46	2	3	38
Cheesy Sun-Dried Tomato Melt	520	240	27	13	0	50	1040	48	2	4	23
COLD SANDWICHES											
Buffalo Chicken Baguette	640	130	15	5	0	70	1530	87	4	3	38
Turkey BLT	550	280	31	6	0	60	1590	41	3	6	26
Mediterranean Veggie Ciabatta	470	130	15	3	0	10	940	71	11	8	17
Chicken Caesar Wrap	600	330	36	8	2	65	1130	38	3	3	30
Tuna Salad Sandwich	490	240	27	4	0	35	680	40	7	4	29
Italian Sub	630	340	38	12	0	60	1890	47	3	11	26
SIDES											
Caesar Salad	240	170	18	3	0	5	510	14	2	2	5





	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
8 OZ. SOUP											
Broccoli Cheddar Soup	250	160	18	10	0	55	1070	14	2	4	9
Twice Stuffed Baked Potato Soup	420	230	25	14	0	70	1270	35	2	7	16
Chicken Chili with Beans	200	40	4	1	0	15	750	31	13	2	10
Timberline Chili	290	120	13	5	1	50	1000	25	6	8	19
Italian Wedding Soup	120	35	4	1	0	10	470	16	< 1 g	< 1 g	6
Mushroom Soup	160	80	9	4	0	20	820	17	2	4	5
Cheesy Chicken Tortilla Soup	130	45	5	2	0	25	1250	14	1	3	7
Garden Vegetable Soup	110	5	1	0	0	0	890	21	4	5	4
Boston Clam Chowder	260	100	11	5	0	35	880	28	1	12	13
Chicken & Wild Rice Soup	130	15	1	0	0	10	430	23	1	1	7
Southwest Black Bean Soup	220	10	1	0	0	0	430	43	12	8	10
Chicken Noodle Soup	110	15	1	0	0	25	430	18	2	2	6
Fire-Roasted Vegetable Soup	80	0	0	0	0	0	430	15	3	5	3
Barley & Mushroom Soup	140	10	1	0	0	< 5 mg	430	27	5	6	5
Tomato Basil Soup	140	20	2	1	0	10	430	26	3	16	5
Vegetarian Chili	190	15	1	0	0	0	430	36	11	6	8
Lemon Chicken Orzo Soup	90	10	1	0	0	10	430	14	1	1	6
Masala Tomato Lentil Soup	140	10	1	0	0	0	430	25	7	5	8
Minestrone Soup	140	20	2	1	0	< 5 mg	430	24	6	3	7

