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ORIENTAL MANDARIN CHICKEN SALAD	
Serving Size: 10 oz. (283g)	
Servings Per Container: 1	
Calories: 260 Calories From Fat: 70	
% Daily Value*	
Total Fat: 8g	12%
Saturated Fat: 1g	5%
Cholesterol: 85mg	28%
Sodium: 570mg	24%
Total Carbohydrates: 18g	6%
Dietary Fiber 3g	12%
Sugars 4g	
Protein: 25g	
Vitamin A 160%	Vitamin C 50%
Calcium 8%	Iron 25%

SPRING SALAD	
Serving Size: 6 3/4 oz. (191g)	
Servings Per Container: 1	
Calories: 200 Calories From Fat: 140	
% Daily Value*	
Total Fat: 16g	25%
Saturated Fat: 5g	25%
Cholesterol: 15mg	5%
Sodium: 590mg	25%
Total Carbohydrates: 8g	3%
Dietary Fiber 4g	16%
Sugars 3g	
Protein: 6g	
Vitamin A 120%	Vitamin C 60%
Calcium 10%	Iron 25%

SIDE SALAD	
Serving Size: 7 oz. (200g)	
Servings Per Container: 1	
Calories: 45 Calories From Fat: 0	
% Daily Value*	
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 20mg	1%
Total Carbohydrates: 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein: 2g	
Vitamin A 15%	Vitamin C 25%
Calcium 4%	Iron 0%

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GARDEN SALAD	
Serving Size: 12 1/2 oz. (350g)	
Servings Per Container: 1	
Calories: 80 Calories From Fat: 0	
% Daily Value*	
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 40mg	2%
Total Carbohydrates: 13g	4%
Dietary Fiber 4g	16%
Sugars 6g	
Protein: 3g	
Vitamin A 30%	Vitamin C 80%
Calcium 8%	Iron 0%

CHUNKY TURKEY & CHEESE GARDEN SALAD	
Serving Size: 17 1/2 oz. (490g)	
Servings Per Container: 1	
Calories: 390 Calories From Fat: 190	
% Daily Value*	
Total Fat: 21g	32%
Saturated Fat: 11g	55%
Cholesterol: 95mg	32%
Sodium: 780mg	33%
Total Carbohydrates: 16g	5%
Dietary Fiber 4g	16%
Sugars 6g	
Protein: 34g	
Vitamin A 30%	Vitamin C 80%
Calcium 8%	Iron 0%

HOUSE FIELD GREEN SALAD	
Serving Size: 5 1/2 oz. (156g)	
Servings Per Container: 1	
Calories: 35 Calories From Fat: 0	
% Daily Value*	
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 75mg	3%
Total Carbohydrates: 8g	3%
Dietary Fiber 3g	12%
Sugars 0g	
Protein: 1g	
Vitamin A 110%	Vitamin C 110%
Calcium 8%	Iron 20%

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BAKED POTATO WITH BROCCOLI & CHEESE	
Serving Size: 12 2/3 oz. (358g)	
Servings Per Container: 1	
Calories: 330 Calories From Fat: 40	
% Daily Value*	
Total Fat: 4.5g	7%
Saturated Fat: 1.5g	85%
Cholesterol: 5mg	2%
Sodium: 330mg	14%
Total Carbohydrates: 65g	22%
Dietary Fiber 7g	28%
Sugars 4g	
Protein: 9g	
Vitamin A 2%	Vitamin C 100%
Calcium 8%	Iron 15%

BAKED POTATO WITH BROCCOLI	
Serving Size: 11 1/3 oz. (321g)	
Servings Per Container: 1	
Calories: 270 Calories From Fat: 0	
% Daily Value*	
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 40mg	2%
Total Carbohydrates: 62g	21%
Dietary Fiber 7g	28%
Sugars 4g	
Protein: 8g	
Vitamin A 2%	Vitamin C 100%
Calcium 6%	Iron 15%

BAKED POTATO	
Serving Size: 10 oz. (284g)	
Servings Per Container: 1	
Calories: 260 Calories From Fat: 0	
% Daily Value*	
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 30mg	1%
Total Carbohydrates: 60g	20%
Dietary Fiber 6g	24%
Sugars 3g	
Protein: 7g	
Vitamin A 0%	Vitamin C 45%
Calcium 4%	Iron 15%

INGREDIENTS

SIDE SALAD: Iceberg & leaf lettuce, tomatoes, cucumber & green pepper.

ORIENTAL MANDARIN GRILLED CHICKEN SALAD: Field greens, grilled chicken, carrots, almonds, Chinese Noodles, mandarin oranges.

CHUNKY TURKEY & CHEDDAR SALAD: Iceberg & leaf lettuce, turkey breast, cheddar cheese, cucumbers, tomatoes, green pepper.

SPRING SALAD: Field greens, mandarin oranges, red onion, feta, pecans.

HOUSE FIELD GREEN SALAD: Field greens, cucumbers, tomatoes, green pepper.

GARDEN SALAD: Iceberg, leaf lettuce, cucumbers, tomatoes, green pepper

LITE OLIVE OIL VINAIGRETTE DRESSING: Water, vinegar, vegetable oil (soybean, canola), olive oil, sugar, balsamic vinegar, salt, garlic, spices, modified food starch, xanthan gum, red bell pepper, onion, calcium disodium edta as a preservative.

LITE ITALIAN DRESSING: Water, vinegar, vegetable oil (soybean, canola), corn syrup, salt, xanthan gum, garlic, natural flavor, onion, sodium benzoate, potassium sorbate and calcium disodium edta as preservative, propylene glycol alginate, red bell pepper, hydrolyzed soy and corn protein, spices, caramel, yellow 5.

FAT FREE RASPBERRY VINAIGRETTE DRESSING: Water, vinegar, corn syrup, sugar, cucumber juice, red raspberry juice, salt, xanthan gum, potassium sorbate and calcium disodium edta as preservatives, onion, red bell pepper, citric acid, artificial flavor, garlic, red #40, blue #1.

KAISER ROLL: Bleached enriched wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid, water, sugar, yeast, salt, canola and/or soybean oil, wheat gluten, calcium propionate and potassium sorbate (preservatives), mono-diglycerides, sodium stearoyl lactylate, non-diastatic malt, lactic acid, acetic acid, ammonium sulfate, enzymes, ascorbic acid, l-cysteine, azodicarbonamide.

KIMMELWECK ROLL: Same as Kaiser Roll with an addition of rock salt and caraway seeds.

SOFT SESAME ROLL: Bleached enriched wheat flour (wheat flour, malted barley flour), niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid, water, high fructose corn syrup, canola and/or soybean oil, yeast, (contains 2% or less of the following: salt, vital wheat gluten, malt, potassium sorbate, calcium propionate, guar gum, enzyme active soy flour, sodium stearoyl lactylate, date, sunflower oil, enzymes, ascorbic acid, azodicarbonamide, corn starch.



NUTRITIONAL INFORMATION

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BARBEQUE BEEF		
on Kaiser Roll		
Serving Size: 6 1/2 oz. (183g)		
Servings Per Container: 1		
Calories: 360 Calories From Fat: 45		
% Daily Value*		
Total Fat: 4.5g	7%	
Saturated Fat: 1g	5%	
Cholesterol: 45mg	15%	
Sodium: 950mg	40%	
Total Carbohydrates: 51g	17%	
Dietary Fiber 1g	4%	
Sugars 14g		
Protein: 26g		
Vitamin A 0%	Vitamin C 0%	
Calcium 4%	Iron 0%	

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HAM SANDWICH		
on Rye Bread with Lettuce & Tomato		
Serving Size: 10 4/5 oz. (306g)		
Servings Per Container: 1		
Calories: 280 Calories From Fat: 45		
% Daily Value*		
Total Fat: 5g	8%	
Saturated Fat: 1.5g	8%	
Cholesterol: 45mg	15%	
Sodium: 1190mg	50%	
Total Carbohydrates: 36g	12%	
Dietary Fiber 5g	20%	
Sugars 0g		
Protein: 21g		
Vitamin A 0%	Vitamin C 35%	
Calcium 6%	Iron 15%	

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GRILLED CHICKEN SANDWICH		
on Kaiser Roll with Lettuce & Tomato		
Serving Size: 8 3/10 oz. (234g)		
Servings Per Container: 1		
Calories: 300 Calories From Fat: 35		
% Daily Value*		
Total Fat: 3.5g	5%	
Saturated Fat: 0g	0%	
Cholesterol: 85mg	28%	
Sodium: 750mg	31%	
Total Carbohydrates: 39g	13%	
Dietary Fiber 2g	8%	
Sugars 2g		
Protein: 28g		
Vitamin A 0%	Vitamin C 20%	
Calcium 6%	Iron 10%	

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ORANGE HONEY MARINATED TURKEY SANDWICH		
on Multigrain Roll with Lettuce		
Serving Size: 6 4/5 oz. (222g)		
Servings Per Container: 1		
Calories: 390 Calories From Fat: 60		
% Daily Value*		
Total Fat: 6g	9%	
Saturated Fat: 1g	5%	
Cholesterol: 40mg	13%	
Sodium: 1140mg	48%	
Total Carbohydrates: 55g	18%	
Dietary Fiber 4g	15%	
Sugars 14g		
Protein: 27g		
Vitamin A 0%	Vitamin C 4%	
Calcium 0%	Iron 15%	

ROAST BEEF SANDWICH		
on Kaiser Roll (Dry, No Ajuis)		
Serving Size: 5.5 oz. (156.4g)		
Servings Per Container: 1		
Calories: 346 Calories From Fat: 55		
% Daily Value*		
Total Fat: 6.4g	9%	
Saturated Fat: 1.7g	5%	
Cholesterol: 72mg	%	
Sodium: 408mg	%	
Total Carbohydrates: 35g	12%	
Dietary Fiber 1g	%	
Sugars 2g		
Protein: 36.7g		
Vitamin A 0%	Vitamin C 0%	
Calcium 4%	Iron 10%	

BARBEQUE BEEF		
on Soft Sesame Roll		
Serving Size: 6 1/2 oz. (183g)		
Servings Per Container: 1		
Calories: 380 Calories From Fat: 60		
% Daily Value*		
Total Fat: 6g	9%	
Saturated Fat: 2g	10%	
Cholesterol: 50mg	17%	
Sodium: 900mg	38%	
Total Carbohydrates: 52g	17%	
Dietary Fiber 1g	4%	
Sugars 19g		
Protein: 27g		
Vitamin A 0%	Vitamin C 0%	
Calcium 4%	Iron 10%	

COLD TURKEY SANDWICH		
on Kaiser Roll with Lettuce & Tomato		
Serving Size: 9 4/5 oz. (276g)		
Servings Per Container: 1		
Calories: 320 Calories From Fat: 60		
% Daily Value*		
Total Fat: 6g	9%	
Saturated Fat: 1.5g	8%	
Cholesterol: 50mg	17%	
Sodium: 900mg	38%	
Total Carbohydrates: 41g	14%	
Dietary Fiber 2g	8%	
Sugars 2g		
Protein: 29g		
Vitamin A 0%	Vitamin C 35%	
Calcium 6%	Iron 15%	

GRILLED CHICKEN SANDWICH		
on Soft Roll with Lettuce & Tomato		
Serving Size: 8 1/3 oz. (234g)		
Servings Per Container: 1		
Calories: 320 Calories From Fat: 45		
% Daily Value*		
Total Fat: 5g	8%	
Saturated Fat: 1g	5%	
Cholesterol: 85mg	28%	
Sodium: 690mg	29%	
Total Carbohydrates: 40g	13%	
Dietary Fiber 2g	8%	
Sugars 7g		
Protein: 28g		
Vitamin A 0%	Vitamin C 20%	
Calcium 6%	Iron 10%	

VEGGIE BURGER		
on Kaiser Roll with Lettuce & Tomato		
Serving Size: 7 oz. (200g)		
Servings Per Container: 1		
Calories: 320 Calories From Fat: 70		
% Daily Value*		
Total Fat: 8g	12%	
Saturated Fat: 0g	0%	
Cholesterol: 0mg	0%	
Sodium: 780mg	33%	
Total Carbohydrates: 44g	15%	
Dietary Fiber 9g	36%	
Sugars 2g		
Protein: 21g		
Vitamin A 0%	Vitamin C 15%	
Calcium 4%	Iron 10%	

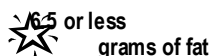
ROAST BEEF		
Meat Only		
Serving Size: 3 oz. (86.4g)		
Servings Per Container: 1		
Calories: 176 Calories From Fat: 44		
% Daily Value*		
Total Fat: 5g	%	
Saturated Fat: 1g	%	
Cholesterol: 72mg	%	
Sodium: 38mg	%	
Total Carbohydrates: 0g	%	
Dietary Fiber 1g	%	
Sugars 2g		
Protein: 36.7g		
Vitamin A 0%	Vitamin C 0%	
Calcium %	Iron %	

HAM SANDWICH		
on Kaiser Roll with Lettuce & Tomato		
Serving Size: 8 4/5 oz. (249g)		
Servings Per Container: 1		
Calories: 290 Calories From Fat: 40		
% Daily Value*		
Total Fat: 5g	8%	
Saturated Fat: 1g	5%	
Cholesterol: 45mg	15%	
Sodium: 1140mg	48%	
Total Carbohydrates: 40g	13%	
Dietary Fiber 2g	8%	
Sugars 2g		
Protein: 21g		
Vitamin A 0%	Vitamin C 35%	
Calcium 6%	Iron 15%	

COLD TURKEY SANDWICH		
on Rye Bread with Lettuce & Tomato		
Serving Size: 10 4/5 oz. (306g)		
Servings Per Container: 1		
Calories: 490 Calories From Fat: 70		
% Daily Value*		
Total Fat: 8g	12%	
Saturated Fat: 2g	10%	
Cholesterol: 40mg	13%	
Sodium: 1050mg	44%	
Total Carbohydrates: 75g	25%	
Dietary Fiber 5g	20%	
Sugars 12g		
Protein: 32g		
Vitamin A 0%	Vitamin C 35%	
Calcium 20%	Iron 25%	

ORANGE HONEY MARINATED TURKEY SANDWICH		
on Kaiser Roll with Lettuce		
Serving Size: 6 4/5 oz. (192g)		
Servings Per Container: 1		
Calories: 320 Calories From Fat: 35		
% Daily Value*		
Total Fat: 4.5g	7%	
Saturated Fat: 1g	5%	
Cholesterol: 40mg	13%	
Sodium: 950mg	40%	
Total Carbohydrates: 48g	16%	
Dietary Fiber 1g	4%	
Sugars 14g		
Protein: 22g		
Vitamin A 0%	Vitamin C 4%	
Calcium 4%	Iron 10%	

VEGGIE BURGER		
on Multigrain Roll with Lettuce		
Serving Size: 8 1/10 oz. (230g)		
Servings Per Container: 1		
Calories: 390 Calories From Fat: 90		
% Daily Value*		
Total Fat: 10g	15%	
Saturated Fat: 0g	0%	
Cholesterol: 0mg	0%	
Sodium: 970mg	40%	
Total Carbohydrates: 51g	17%	
Dietary Fiber 12g	48%	
Sugars 2g		
Protein: 26g		
Vitamin A 0%	Vitamin C 15%	
Calcium 0%	Iron 20%	



NOTE: All sandwiches shown do not include condiments.



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BARBEQUE BEEF on Kaiser Roll		
Serving Size: 6 1/2 oz. (183g) Servings Per Container: 1		
Calories: 360		Calories From Fat: 45
% Daily Value*		
Total Fat: 4.5g		7%
Saturated Fat: 1g		5%
Cholesterol: 45mg		15%
Sodium: 950mg		40%
Total Carbohydrates: 51g		17%
Dietary Fiber 1g		4%
Sugars 14g		
Protein: 26g		
Vitamin A 0%	Vitamin C 0%	
Calcium 4%	Iron 0%	

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VEGGIE BURGER on Kaiser Roll with Lettuce & Tomato		
Serving Size: 7 oz. (200g) Servings Per Container: 1		
Calories: 320		Calories From Fat: 70
% Daily Value*		
Total Fat: 8g		12%
Saturated Fat: 0g		0%
Cholesterol: 0mg		0%
Sodium: 780mg		33%
Total Carbohydrates: 44g		15%
Dietary Fiber 9g		36%
Sugars 2g		
Protein: 21g		
Vitamin A 0%	Vitamin C 15%	
Calcium 4%	Iron 10%	

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ORANGE HONEY MARINATED TURKEY SANDWICH on Multigrain Roll with Lettuce		
Serving Size: 6 4/5 oz. (222g) Servings Per Container: 1		
Calories: 390		Calories From Fat: 60
% Daily Value*		
Total Fat: 6g		9%
Saturated Fat: 1g		5%
Cholesterol: 40mg		13%
Sodium: 1140mg		48%
Total Carbohydrates: 55g		18%
Dietary Fiber 4g		15%
Sugars 14g		
Protein: 27g		
Vitamin A 0%	Vitamin C 4%	
Calcium 0%	Iron 15%	

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ROAST BEEF SANDWICH on Kaiser Roll		
Serving Size: 5.5 oz. (156.4g) Servings Per Container: 1		
Calories: 346		Calories From Fat: 55
% Daily Value*		
Total Fat: 6.5g		%
Saturated Fat: 1g		%
Cholesterol: 72mg		%
Sodium: 408mg		%
Total Carbohydrates: 35g		%
Dietary Fiber g		%
Sugars g		
Protein: g		
Vitamin A %	Vitamin C %	
Calcium %	Iron %	

HAM SANDWICH on Kaiser Roll with Lettuce & Tomato		
Serving Size: 8 4/5 oz. (249g) Servings Per Container: 1		
Calories: 290		Calories From Fat: 40
% Daily Value*		
Total Fat: 5g		8%
Saturated Fat: 1g		5%
Cholesterol: 45mg		15%
Sodium: 1140mg		48%
Total Carbohydrates: 40g		13%
Dietary Fiber 2g		8%
Sugars 2g		
Protein: 21g		
Vitamin A 0%	Vitamin C 35%	
Calcium 6%	Iron 15%	

COLD TURKEY SANDWICH on Rye Bread with Lettuce & Tomato		
Serving Size: 10 4/5 oz. (306g) Servings Per Container: 1		
Calories: 490		Calories From Fat: 70
% Daily Value*		
Total Fat: 8g		12%
Saturated Fat: 2g		10%
Cholesterol: 40mg		13%
Sodium: 1050mg		44%
Total Carbohydrates: 75g		25%
Dietary Fiber 5g		20%
Sugars 12g		
Protein: 32g		
Vitamin A 0%	Vitamin C 35%	
Calcium 20%	Iron 25%	

VEGGIE BURGER on Multigrain Roll with Lettuce		
Serving Size: 8 1/10 oz. (230g) Servings Per Container: 1		
Calories: 390		Calories From Fat: 90
% Daily Value*		
Total Fat: 10g		15%
Saturated Fat: 0g		0%
Cholesterol: 0mg		0%
Sodium: 970mg		40%
Total Carbohydrates: 51g		17%
Dietary Fiber 12g		48%
Sugars 2g		
Protein: 26g		
Vitamin A 0%	Vitamin C 15%	
Calcium 0%	Iron 20%	

GRILLED CHICKEN SANDWICH on Soft Roll with Lettuce & Tomato		
Serving Size: 8 1/3 oz. (234g) Servings Per Container: 1		
Calories: 320		Calories From Fat: 45
% Daily Value*		
Total Fat: 5g		8%
Saturated Fat: 1g		5%
Cholesterol: 85mg		28%
Sodium: 690mg		29%
Total Carbohydrates: 40g		13%
Dietary Fiber 2g		8%
Sugars 7g		
Protein: 28g		
Vitamin A 0%	Vitamin C 20%	
Calcium 6%	Iron 10%	

HAM SANDWICH on Rye Bread with Lettuce & Tomato		
Serving Size: 10 4/5 oz. (306g) Servings Per Container: 1		
Calories: 280		Calories From Fat: 45
% Daily Value*		
Total Fat: 5g		8%
Saturated Fat: 1.5g		8%
Cholesterol: 45mg		15%
Sodium: 1190mg		50%
Total Carbohydrates: 36g		12%
Dietary Fiber 5g		20%
Sugars 0g		
Protein: 21g		
Vitamin A 0%	Vitamin C 35%	
Calcium 6%	Iron 15%	

BARBEQUE BEEF on Soft Sesame Roll		
Serving Size: 6 1/2 oz. (183g) Servings Per Container: 1		
Calories: 380		Calories From Fat: 60
% Daily Value*		
Total Fat: 6g		9%
Saturated Fat: 2g		10%
Cholesterol: 50mg		17%
Sodium: 900mg		38%
Total Carbohydrates: 52g		17%
Dietary Fiber 1g		4%
Sugars 19g		
Protein: 27g		
Vitamin A 0%	Vitamin C 0%	
Calcium 4%	Iron 10%	

COLD TURKEY SANDWICH on Kaiser Roll with Lettuce & Tomato		
Serving Size: 9 4/5 oz. (276g) Servings Per Container: 1		
Calories: 320		Calories From Fat: 60
% Daily Value*		
Total Fat: 6g		9%
Saturated Fat: 1.5g		8%
Cholesterol: 50mg		17%
Sodium: 900mg		38%
Total Carbohydrates: 41g		14%
Dietary Fiber 2g		8%
Sugars 2g		
Protein: 29g		
Vitamin A 0%	Vitamin C 35%	
Calcium 6%	Iron 15%	

ORANGE HONEY MARINATED TURKEY SANDWICH on Kaiser Roll with Lettuce		
Serving Size: 6 4/5 oz. (192g) Servings Per Container: 1		
Calories: 320		Calories From Fat: 35
% Daily Value*		
Total Fat: 4.5g		7%
Saturated Fat: 1g		5%
Cholesterol: 40mg		13%
Sodium: 950mg		40%
Total Carbohydrates: 48g		16%
Dietary Fiber 1g		4%
Sugars 14g		
Protein: 22g		
Vitamin A 0%	Vitamin C 4%	
Calcium 4%	Iron 10%	

GRILLED CHICKEN SANDWICH on Kaiser Roll with Lettuce & Tomato		
Serving Size: 8 3/10 oz. (234g) Servings Per Container: 1		
Calories: 300		Calories From Fat: 35
% Daily Value*		
Total Fat: 3.5g		5%
Saturated Fat: 0g		0%
Cholesterol: 85mg		28%
Sodium: 750mg		31%
Total Carbohydrates: 39g		13%
Dietary Fiber 2g		8%
Sugars 2g		
Protein: 28g		
Vitamin A 0%	Vitamin C 20%	
Calcium 6%	Iron 10%	

ROAST BEEF SANDWICH on Kaiser Roll		
Serving Size: 8 3/10 oz. (234g) Servings Per Container: 1		
Calories: 300		Calories From Fat: 35
% Daily Value*		
Total Fat: 3.5g		5%
Saturated Fat: 0g		0%
Cholesterol: 85mg		28%
Sodium: 750mg		31%
Total Carbohydrates: 39g		13%
Dietary Fiber 2g		8%
Sugars 2g		
Protein: 28g		
Vitamin A 0%	Vitamin C 20%	
Calcium 6%	Iron 10%	



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ORIENTAL MANDARIN CHICKEN SALAD	
Serving Size: 10 oz. (283g)	
Servings Per Container: 1	
Calories: 260 Calories From Fat: 70	
% Daily Value*	
Total Fat: 8g	12%
Saturated Fat: 1g	5%
Cholesterol: 85mg	28%
Sodium: 570mg	24%
Total Carbohydrates: 18g	6%
Dietary Fiber 3g	12%
Sugars 4g	
Protein: 25g	
Vitamin A 160%	Vitamin C 50%
Calcium 8%	Iron 25%

SPRING SALAD	
Serving Size: 6 3/4 oz. (191g)	
Servings Per Container: 1	
Calories: 200 Calories From Fat: 140	
% Daily Value*	
Total Fat: 16g	25%
Saturated Fat: 5g	25%
Cholesterol: 15mg	5%
Sodium: 590mg	25%
Total Carbohydrates: 8g	3%
Dietary Fiber 4g	16%
Sugars 3g	
Protein: 6g	
Vitamin A 120%	Vitamin C 60%
Calcium 10%	Iron 25%

SIDE SALAD	
Serving Size: 7 oz. (200g)	
Servings Per Container: 1	
Calories: 45 Calories From Fat: 0	
% Daily Value*	
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 20mg	1%
Total Carbohydrates: 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein: 2g	
Vitamin A 15%	Vitamin C 25%
Calcium 4%	Iron 0%

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GARDEN SALAD	
Serving Size: 12 1/2 oz. (350g)	
Servings Per Container: 1	
Calories: 80 Calories From Fat: 0	
% Daily Value*	
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 40mg	2%
Total Carbohydrates: 13g	4%
Dietary Fiber 4g	16%
Sugars 6g	
Protein: 3g	
Vitamin A 30%	Vitamin C 80%
Calcium 8%	Iron 0%

CHUNKY TURKEY & CHEESE GARDEN SALAD	
Serving Size: 17 1/2 oz. (490g)	
Servings Per Container: 1	
Calories: 390 Calories From Fat: 190	
% Daily Value*	
Total Fat: 21g	32%
Saturated Fat: 11g	55%
Cholesterol: 95mg	32%
Sodium: 780mg	33%
Total Carbohydrates: 16g	5%
Dietary Fiber 4g	16%
Sugars 6g	
Protein: 34g	
Vitamin A 30%	Vitamin C 80%
Calcium 8%	Iron 0%

HOUSE FIELD GREEN SALAD	
Serving Size: 5 1/2 oz. (156g)	
Servings Per Container: 1	
Calories: 35 Calories From Fat: 0	
% Daily Value*	
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 75mg	3%
Total Carbohydrates: 8g	3%
Dietary Fiber 3g	12%
Sugars 0g	
Protein: 1g	
Vitamin A 110%	Vitamin C 110%
Calcium 8%	Iron 20%

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BAKED POTATO WITH BROCCOLI & CHEESE	
Serving Size: 12 2/3 oz. (358g)	
Servings Per Container: 1	
Calories: 330 Calories From Fat: 40	
% Daily Value*	
Total Fat: 4.5g	7%
Saturated Fat: 1.5g	85%
Cholesterol: 5mg	2%
Sodium: 330mg	14%
Total Carbohydrates: 65g	22%
Dietary Fiber 7g	28%
Sugars 4g	
Protein: 9g	
Vitamin A 2%	Vitamin C 100%
Calcium 8%	Iron 15%

BAKED POTATO WITH BROCCOLI	
Serving Size: 11 1/3 oz. (321g)	
Servings Per Container: 1	
Calories: 270 Calories From Fat: 0	
% Daily Value*	
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 40mg	2%
Total Carbohydrates: 62g	21%
Dietary Fiber 7g	28%
Sugars 4g	
Protein: 8g	
Vitamin A 2%	Vitamin C 100%
Calcium 6%	Iron 15%

PLAIN BAKED POTATO	
Serving Size: 10 oz. (284g)	
Servings Per Container: 1	
Calories: 260 Calories From Fat: 0	
% Daily Value*	
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 30mg	1%
Total Carbohydrates: 60g	20%
Dietary Fiber 6g	24%
Sugars 3g	
Protein: 7g	
Vitamin A 0%	Vitamin C 45%
Calcium 4%	Iron 15%

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ROAST BEEF - MEAT ONLY	
Serving Size: 3 oz. (86.4g)	
Servings Per Container: 1	
Calories: 176 Calories From Fat: 44	
% Daily Value*	
Total Fat: 5g	%
Saturated Fat: 1g	%
Cholesterol: 72mg	%
Sodium: 38mg	%
Total Carbohydrates: 0g	%
Dietary Fiber g	%

GRILLED CHICKEN SANDWICH on Soft Roll with Lettuce & Tomato	
Serving Size: 8 1/3 oz. (234g)	
Servings Per Container: 1	
Calories: 320 Calories From Fat: 45	
% Daily Value*	
Total Fat: 5g	8%
Saturated Fat: 1g	5%
Cholesterol: 85mg	28%
Sodium: 690mg	29%
Total Carbohydrates: 40g	13%
Dietary Fiber 2g	8%

GRILLED CHICKEN SANDWICH on Kaiser Roll with Lettuce & Tomato	
Serving Size: 8 3/10 oz. (234g)	
Servings Per Container: 1	
Calories: 300 Calories From Fat: 35	
% Daily Value*	
Total Fat: 3.5g	5%
Saturated Fat: 0g	0%
Cholesterol: 85mg	28%
Sodium: 750mg	31%
Total Carbohydrates: 39g	13%
Dietary Fiber 2g	8%

Sugars g	
Protein: g	
Vitamin A %	Vitamin C %
Calcium %	Iron %

Sugars 7g	
Protein: 28g	
Vitamin A 0%	Vitamin C 20%
Calcium 6%	Iron 10%

Sugars 2g	
Protein: 28g	
Vitamin A 0%	Vitamin C 20%
Calcium 6%	Iron 10%