



	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Sandwiches & Wraps											
Wheat Chicken Salad Wedge	260	80	9	2	0	30	580	31	3	4	15
Wheat Egg Salad Wedge (V)	260	90	10	3	0	200	620	30	3	4	12
Wheat Tuna Salad Wedge	230	60	7	1	0	15	620	31	3	4	14
Wheat Ham & Cheese Wedge	280	80	9	4	0	60	1020	29	2	5	23
Wheat Roast Beef & Cheese Wedge	300	80	9	4	0	65	460	27	2	2	30
Wheat Turkey & Cheese Wedge	260	70	7	4	0	40	1080	27	2	2	21
White Chicken Salad Wedge	310	90	10	2	0	35	370	39	2	4	17
White Egg Salad Wedge (V)	290	90	10	3	0	200	650	35	2	4	13
White Tuna Salad Wedge	280	60	7	1		15	720	35	2	4	16
White Ham & Cheese Wedge	310	70	8	4	0	60	1050	34	1	5	24
White Roast Beef & Cheese Wedge	330	80	9	4	0	65	490	31	1	2	30
White Turkey & Cheese Wedge	280	60	7	4	0	40	1110	32	1	3	21
Texas Toast PB & J Wedge (V)	450	180	20	3	0	0	500	60	3	26	14
No Gluten Added Chicken Salad Wedge (G)	360	120	13	2	0	30	810	45	1	4	15
No Gluten Added Egg Salad Wedge (V) (G)	365	140	15	3	0	230	810	43	1	4	16
No Gluten Added Tuna Salad Wedge (G)	345	110	11	1	0	15	830	44	1	4	16
No Gluten Added Ham & Cheese Wedge (G)	380	120	13	4	0	60	1250	44	1	5	23
No Gluten Added Beef & Cheese Wedge (G)	310	100	11	5	0	60	1460	26	2	2	26
No Gluten Added Turkey & Cheese Wedge (G)	360	110	11	4	0	40	1310	42	1	2	21
No Gluten Added PB & J Wedge (V, G)	550	220	24	3	0	0	730	75	1	26	14
Chicken Salad Pretzel Sandwich	475	120	14	3	0	35	560	64	2	9	21
Egg Salad Pretzel Sandwich (V)	475	140	15	4	0	230	610	34	2	9	21
Tuna Salad Pretzel Sandwich	325	100	12	4	0	15	640	64	2	8	20
Ham & Cheese Pretzel Sandwich	520	140	17	6	0	65	1240	66	2	9	27
Roast Beef & Cheddar Pretzel Sandwich	515	130	16	6	0	60	1500	63	2	3	29
Turkey & Cheese Pretzel Sandwich	465	150	17	5	0	40	1090	65	2	7	25
Turkey & Swiss Sub	310	60	6	3	0	35	1110	40	<1	3	24
Spicy Italian Sub	460	150	17	8	0	55	1870	47	<1	6	29
Veggie Sub (V)	290	100	11	5	0	20	820	40	3	5	8
Beef & Cheddar Asiago Bagel	340	80	9	5	0	60	840	36	2	3	30
Ham & Cheddar Asiago Bagel	310	70	8	4	0	60	990	38	2	7	24
Chicken Caesar Wrap	600	250	27	8	0	80	1300	55	3	1	32
Buffalo Chicken Wrap	550	200	23	10		50	1740	60	4	4	26
Turkey Club Wrap	500	160	17	6	0	35	1860	59	3	4	25
Entrée Salads											
Chicken Caesar (G)	250	80	9	2	0	65	430	16	3	4	24
BBQ Chicken Salad	340	170	18	5	0	30	850	30	6	9	2
Chicken Kale Salad (G)	250	130	14	7	0	145	730	10	4	4	21
Vegetarian Kale Salad (VG, G)	80	20	2	0	0	0	1450	14	5	7	3
Shaker Salads											
BBQ Chicken & Ruby Wild Blend (G)	521	180	20	3	0	64	277	65	5	11	25
Buffalo Chicken & White Barley	538	144	16	5	0	69	704	67	16	6	33
Chef's Salad with Ruby Wild Blend	641	234	26	6	0	55	611	78	7	2	27
Spicy Quinoa Cobb (G)	480	180	20	4	0	221	878	53	5	10	24
Mediterranean Black Pearl Medley (V)	509	171	19	4	0	13	788	71	15	9	17
Mediterranean White Quinoa (V, G)	522	180	20	4	0	13	790	71	12	12	17
Southwest Black Bean & Ruby Wild Blend (V, G)	644	153	17	2	0	0	599	111	15	5	19
Southwest Chickpea & Ruby Wild Blend (V, G)	665	171	19	2	0	0	604	113	14	9	18
Greek Yogurt Parfaits											
Blueberry Yogurt Parfait (V, G)	290	30	3	1	0	5	170	58	4	30	13
Strawberry Yogurt Parfait (V, G)	280	30	3	1	0	5	172	56	4	28	13
Raspberry Choc. Yogurt Parfait (V, G)	330	50	5	2	0	10	172	62	7	32	13
Snack Cups											
Cheese & Grapes (V, G)	270	170	19	12	0	60	650	11	0	9	15
Pineapple (VG, G)	90	0	0	0	0	0	0	22	2	17	1
Mixed Fruit (VG, G)	110	0	15	0	0	0	25	27	4	22	2
Veggies & Hummus (VG, G)	90	2	2	0	0	0	210	16	5	4	5
Pepperoni & Cheese (G)	460	330	37	21	0	110	920	6	0	<1	26
Hard Boiled Eggs	70	40	5	2	0	185	150	0	0	0	6
Snack & Combo Boxes											
Indulge Snack Box (V)	680	210	23	12	0	65	720	114	4	37	12
Fruit & Yogurt Tray (V, G)	240	5	1	0	0	5	90	52	5	41	10
Veggie Tray (VG, G)	58	0	0	0	0	0	76	13	4	7	29

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

V - Vegetarian | VG - Vegan | G - No Gluten Added

Last Updated 2/7/17