

										Updated	2020
Location/Food	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Grab 'n' Go											
Salads	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Caesar Salad	1 salad	333.5	27	31.5	3	9		✓		Wheat, Milk, Soy, Egg	
Chef Salad	1 salad	437	25.5	12	4	39.5			✓	Milk, Egg, Pork, Sesame Oil	
Garden Salad	1 salad	40	0	8	4	2	✓	✓	✓		
Spinach Salad	1 salad	597	29	47	5	25				Egg, Pork	
Roasted Chicken Salad w/ Berries and Pecans	1 salad	555	34.5	28.5	7	32.5			✓	Milk, Soy, Tree nuts	
Sandwiches, Subs, Wraps	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Roastbeef and Provolone	1 sandwich	411	14	38	3	33				Wheat, Milk, (May contain Soy, Egg)	
Chicken Caesar Wrap	1 wrap	640.5	34.5	54	7	28				Wheat, Milk, Soy, Egg	
Club Sub Hero	1 sandwich	678.5	32.5	43.5	2	53				Wheat, Milk, Soy, Pork	
Club Wrap	1 wrap	989	59.5	58	3	55.5				Wheat, Milk, Egg, Soy, Pork, Sesame	
Ham & Cheese Sub	1 sandwich	525	19	59	3	34				Wheat, Milk, Soy, Pork	
Italian Sub Hero	1 sandwich	1084.5	76.5	51.5	2	47.5				Wheat, Milk, Soy, Pork	
PB & J (100% Natures Own Wheat Bread)	1 sandwich	688	31	83	8	24		✓		Wheat, Soy, Peanut	
PB & J Wedge (Wonder White)	1 sandwich	680	28	89	3	18		✓		Wheat, Soy, Peanut	
Chicken Salad Wedge	1 sandwich	319	10.5	31.5	2	25				Wheat, Soy, Egg, Fish	
Tuna Salad Wedge	1 sandwich	313	14	38	3	9		✓		Wheat, Soy, Egg, Fish	
Egg Salad Wedge	1 sandwich	353	21	31.5	0	10		✓		Wheat, Milk, Egg, Soy	
Ham and Cheese Wedge	1 sandwich	379	13	35	1.5	30.5				Wheat, Milk, Soy, Pork	
Turkey and Cheese Wedge	1 sandwich	377	9	34	1.5	40				Wheat, Milk, Soy	
Turkey & Cheese Sub	1 sandwich	480	15	56.5	3	34				Wheat, Milk, Soy	
Southwest Chicken Wrap	1 wrap	762.5	43	61.5	4	33				Wheat, Milk, Soy, Egg	
Buffalo Chicken and Monterey Sandwich	1 sandwich	389	17	29	2.5	30				Wheat, Soy, Egg	
Chicken Salad on Wheatberry	1 sandwich	507	14	56	6.5	39.5				Wheat, Soy, Egg, Fish, Treenuts	
Combo Boxes	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Chicken Salad Sandwich, Chips, Nutrigrain**	1 Box	803	38	88.5	8	26				Wheat, Milk, Soy, Egg	
Chicken Caesar Wrap, Baked Chips, Nutrigrain**	1 Box	1015	51	105	12	33				Wheat, Milk, Soy, Egg	
Club Sub Sandwich, Lays Original Chips, Cookie**	1 Box	1087	55	90	5	58				Wheat, Milk, Soy, Egg, Pork	
Ham & Cheese Sandwich, Lays Original Chips, Cookie**	1 Box	933.5	41.5	105.5	6	39				Wheat, Milk, Soy, Egg, Pork	
Tuna Salad Croissant, Lays Original Chips, Cookie**	1 Box	714	35.5	84.5	8	14				Wheat, Milk, Soy, Egg, Fish	
Turkey & Cheese Sandwich, Baked Chips, Nutrigrain**	1 Box	824.5	27.5	109.5	8	39				Wheat, Milk, Soy	

M&M cookie	1 cookie	167	7	24	1	2					Wheat,Milk,Soy,Egg
Chocolate Chip cookie	1 cookie	172	8	23	1	2					Wheat,Milk,Soy,Egg
Baked Chips	1 bag (1.5oz)	205	9	28	4	3					Wheat, Milk
Lays Original Chips	1 bag (1.5oz)	239	15	23	2	3					
Nutrigrain Bar	1 bar	140	3.5	25	1	2					Wheat, Milk (Whey), Soy
Side Items	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Pasta Salad	6oz	260	11.5	33	3	3.5		✓		Wheat, Milk, Soy	
Potato Salad	6oz	216	8.5	30	3.5	3.5		✓	✓	Soy, Egg	
Banna Parfait	14oz	578	19	100	2	2		✓		Wheat, Milk, Soy	
Berries and Cream Parfait	9oz	164	7	24	3	1.5		✓	✓	Milk	
Fruit Medley Cup	8oz	102	0	24	2	2	✓	✓	✓		
Pineapple Fruit Cup	10oz	140	0	32.5	2.5	2.5	✓	✓	✓		
Strawberry Fruit Cup	10oz	91	0	21	3.5	2	✓	✓	✓		
Grape Cup	8oz	112	0	29	2	1	✓	✓	✓		
Strawberry Short Cake	7oz	493	25.5	62	1	4		✓		Wheat, Milk, Egg, Soy	
Snack Packs	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Chicken Salad Snack Pack	1 Package	608	35.5	34.5	1	37.5				Wheat, Milk, Egg, Soy, Fish	
Cucumber Veggie Cup	1 Package	60	0	13	2	2	✓	✓	✓		
Tuna Salad Snack Pack	1 Package	558	28	42	2.5	27				Fish, Egg, Soy	
Hummus Snap Pack	1 Package	165	7	23	8	8	✓	✓	✓	Sesame	
Ranch Snack Pack	1 Package	264	21	14	4.5	4		✓	✓	Milk, Egg, Soy (Ranch)	
Salami & Cheese Snack Pack	1 Package	415.5	27	23	0	20				Wheat, Milk, Soy, Pork	
Tuna Salad	1oz	42	3	2.5	0	1.5		✓	✓	Fish, Egg, Soy	
Chicken Salad	1oz	43.5	2.2	0.5	0	5.5			✓	Fish, Soy, Egg	
Egg Salad Snack Pack	1 Package	357	24	26.5	2	9		✓		Wheat, Milk, Egg, Soy	
Ranch Dressing	2oz	207	21	2.5	0	1.5		✓	✓	Milk, Egg, Soy	
Yes =✓											
Yellow = Needs More Information											
Indicates Smart Choice item has less than 400 calories and 30% Fat(g)											
Allergy/Contains Column lists foods that may contain one of the big eight											
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame											
**nutritional facts for products containing multiple items are based on availability. Information is calculated off an average cookie, chips, and nutrigrain bar.											
Individual items are listed above for convenience.											