

DELI SANDWICHES

	Serving Size	Weight Gms	Weight Ozs	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat Fat (g)	Cholesterol (mg)
Turkey Breast Sandwich - Wheat	1	214	7.55	242	17	2	0	0	50
Ham Sandwich- Rye	1	220	7.76	336	106	12	3	0	64
Ham and Swiss - Rye	1	248	8.75	443	174	19	8	0	90
Ham and Swiss - Rye, mayo	1	276	9.73	643	374	41	11	0	110
Roast Beef Sandwich on Wheat	1	214	7.55	262	57	6	2	0	50
Corned Beef / Pastrami on Rye	1	220	7.76	294	79	9	3	0	60
Bacon, Lettuce and Tomato, white	1	176	6.21	300	120	14	4	0	40
Bacon, Lettuce and Tomato, mayo	1	204	7.19	500	320	36	7	0	60
Club MFP wheat	1	285	10.05	553	239	27	13	0	121
Club MFP, mayo & mustard	1	304	10.72	658	339	38	15	0	131
Cyclist on wheat	1	272	9.59	391	122	14	6	0	69
Cyclist, 1000 dressing	1	300	10.58	536	251	28	8	0	80
Swimmer on Wheat	1	250	8.82	592	365	41	12	0	55
Tri-Athlete on wheat	1	338	11.92	593	221	25	11	0	131
Tri-Athlete, mayo & mustard	1	371	13.09	798	421	47	14	0	151
Road Runner on wheat	1	242	8.54	340	83	9	5	0	69
Road Runner with Cr Italian Dressing	1	270	9.52	499	232	26	8	0	79
Egg Salad BLT on white	1	245	8.64	413	208	23	5	0	341
Tex-Mex BLT on wheat	1	215	7.58	314	106	13	3	0	45
Tex-Mex BLT on wheat, chili mayo	1	243	8.57	508	297	34	6	0	64

	Sodium (mg)	Carbo (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C %DV	Calcium %DV	Iron %DV
Turkey Breast Sandwich - Wheat	1143	28	3	6	28	28	13	8	15
Ham Sandwich- Rye	1825	33	4	1	25	28	21	7	15
Ham and Swiss - Rye	1878	35	4	2	32	32	21	29	15
Ham and Swiss - Rye, mayo	2028	35	4	2	32	32	21	29	15
Roast Beef Sandwich on Wheat	1263	26	3	4	26	28	13	8	23
Corned Beef / Pastrami on Rye	1384	29	3	1	26	28	13	4	20
Bacon, Lettuce and Tomato, white	831	32	3	6	16	62	25	5	10

	Sodium (mg)	Carbo (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C %DV	Calcium %DV	Iron %DV
Bacon, Lettuce and Tomato,mayo	981	32	3	6	16	62	25	5	10
Club MFP wheat	2008	33	3	5	44	36	17	45	18
Club MFP, mayo & mustard	2133	33	3	5	44	36	17	45	18
Cyclist on wheat	1391	31	5	6	36	33	18	29	17
Cyclist, 1000 dressing	1554	35	5	10	36	34	20	29	17
Swimmer on Wheat	851	29	5	4	26	44	20	30	16
Tri-Athlete on wheat	2488	41	4	7	51	33	17	33	28
Tri-Athlete, mayo & mustard	2688	41	4	7	51	33	17	33	28
Road Runner on wheat	1389	28	3	6	35	32	13	29	16
Road Runner with Cr Italian Dressing	1575	29	3	7	35	32	13	29	16
Egg Salad BLT on white	788	32	3	6	20	71	25	8	16
Tex-Mex BLT on wheat	957	30	5	5	23	49	23	9	15
Tex-Mex BLT on wheat, chili mayo	1109	31	5	5	23	54	24	10	18