

SPECIALTY SANDWICHES

	Serving Size	Weight Gms	Weight Ozs	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)
Chicken Salad Sandwich-Wheat	1	242	8.53	536	253	26	6	0	102
Mini Chicken Salad Sandwich-Pita	1	147	5.18	319	122	13	3	0	51
Tuna Salad Sandwich-Wheat	1	236	8.32	736	503	56	12	0	72
Mini Tuna Salad Sandwich-Pita	1	147	5.18	427	248	28	6	0	36
Egg Salad Sandwich-Wheat	1	236	8.32	502	293	32	6	0	642
Mini Egg Salad Sandwich - Pita	1	147	5.18	310	143	16	3	0	321
Tuna and Egg Salad Sandwich-Wheat	1	236	8.32	619	398	44	9	0	357

	Sodium (mg)	Carbo (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C %DV	Calcium %DV	Iron %DV
Chicken Salad Sandwich-Wheat	821	33	2	9	36	31	7	9	18
Mini Chicken Salad Sandwich-Pita	507	29	1	4	19	31	7	4	11
Tuna Salad Sandwich-Wheat	940	24	2	3	30	31	7	8	17
Mini Tuna Salad Sandwich-Pita	582	26	1	1	16	31	7	4	11
Egg Salad Sandwich-Wheat	676	24	2	3	24	49	7	14	23
Mini Egg Salad Sandwich - Pita	450	26	1	1	13	40	7	7	14
Tuna and Egg Salad Sandwich-Wheat	808	24	2	3	27	40	7	11	20