

Nutritional Analysis



Bakery

	Nutrition Facts												% Daily Value				
	Serving Size	Weight	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Bagels w/ cream cheese																	
Bagel	1 bagel	71	180	1	0	0	0	320	36	2	4	7	0	2	6	25	
Cream Cheese	2 T.	29	100	10	6		30	85	1	0	0	2	8	0	2	2	
Blueberry Scone	1 scone	69	300	13	3	5	30	300	40	1	17	4	15	0	4	8	
Caramel Cinnamon Rolls	1 roll	154	480	13	6	0	13	430	82	2	41	8	20	0	4	15	
Cheerios Bar	1 bar	134	570	19	6	0	<5	470	94	4	57	4	20	10	15	45	
Cheesecake	1 slice	120	480	34	17		30	300	33	1	24	9	25	0	8	6	
Chocolate Fudge Brownie	1 brownie	107	370	10	3	3	0	340	66	3	47	4	0	0	2	20	
Chocolate Walnut Brownie	1 brownie	121	460	20	3.5	3	0	340	68	4	48	6	0	0	4	20	
Cinnamon Cinnamon Rolls	1 roll	142	430	11	4	0	13	400	74	2	33	8	20	0	4	15	
Cinnamon Scone	1 scone	71	310	15	4	5	30	300	40	1	19	4	15	0	2	8	
Cranberry Orange Scone	1 scone	71	300	13	2.5	5	30	300	42	2	19	4	15	0	6	8	
Crispy Cereal Treat	1 piece	117	460	10	2	0	0	630	89	0	38	3	20	15	0	15	
Donut (glazed)	1 donut	45	190	10	2.5		14	180	23	<1	8	2	0	0	4	4	
Holiday Sugar Cookie	3 cookies	124	530	24	9	0	45	420	82	2	55	6	0	0	0	20	
Maple Cinnamon Rolls	1 roll	148	460	14	4	0	13	400	76	2	35	8	20	0	4	15	
Otis Spunkmeyer 2.5 oz. cookies																	
Butter Sugar	1 cookie	37	160	8	3		15	140	23	<1	14	2	0	0	0	6	
Carnival	1 cookie	37	160	7	2		10	150	23	<1	14	2	4	0	0	4	
Double Chocolate Chip	1 cookie	37	180	9	5		10	130	23	<1	17	2	0	0	0	6	
Otis Spunkmeyer Value Line cookies																	
Chocolate Chip	1 cookie	28	130	17	3	0	5	95	17	0	10	1	2	0	0	4	
Peanut Butter	1 cookie	28	120	6	2	0	5	150	17	0		2	4	0	0	2	
Sugar	1 cookie	28	120	5	2.5	0	5	115	18	0		1	4	0	0	2	

Nutritional Analysis



Sauce Options

	Nutrition Facts												% Daily Value			
	Serving Size	Weight	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Dijon Mayonnaise	1 T.	14	70	7	1	0	<5	170	<1	0	0	0	2	0	0	0
Ketchup Mayonnaise Sauce	1 T.	41	150	15	2	0	7	370	6	0	5	<1	2	2	6	4
Pesto Mayonnaise	1 T.	14	80	8	1.5	0	<5	70	<1	<1	0	<1	5	2	0	2
Roasted Garlic Mayonnaise	1 T.	15	90	10	1.5	0	<5	120	<1	0	0	<1	2	0	0	2
Sage and Mustard Mayonnaise	1 T.	14	90	10	1.5	0	<5	90	<1	0	0	<1	2	2	0	0
Sun Dried Tomato Pesto Mayonnaise	1 T.	16	80	9	1.5	0	5	75	<1	0	0	<1	2	2	0	2

Nutritional Analysis



Muffins

	Nutrition Facts												% Daily Value			
	Serving Size	Weight	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Banana Nut	1 muffin	142	450	17	3.5	3.5	33	500	71	2	38	6	2	6	4	15
Blueberry	1 muffin	142	390	12	3	3.5	35	520	66	1	36	5	2	4	4	10
Lowfat Apple Cinnamon	1 muffin	142	330	2	0.5	0	0	530	76	2	45	1	0	2	4	15
Lowfat Banana	1 muffin	142	330	2	0.5	0	0	590	74	1	41	1	0	2	2	12
Lowfat Blueberry	1 muffin	142	340	2	0.5	0	0	610	75	1	42	1	0	4	2	12

Nutritional Analysis



Past Promotions

	Nutrition Facts												% Daily Value			
	Serving Size	Weight	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Albuquerque Turkey	1 sandwich	260	530	21	9	0	63	1440	52	2	4	31	25	40	2	20
Assorted Schwans' pies																
M & M Brownie pie	1 slice	71	300	16	6	9	35	190	36	2	30	3	0	0	2	0
Oreo Cheesecake	1 slice	85	310	20	8	3	25	370	30	1	21	4	6	0	4	8
Reese's pie	1 slice	71	310	19	8	2	30	200	31	1	22	5	0	0	6	4
Baked Meatloaf w/ Mashed Potatoes & Gravy	1 serving	384	730	44	16	2	274	1070	40	3	4	41	8	15	10	35
Chicken Fajita Sandwich	1 sandwich	646	560	24	8	0	92	1500	49	9	7	39	560	40	230	30
Chicken Parmesean Linguine	1 serving	529	690	17	6	0	57	3670	93	7	2	40	8	40	8	25
Cinnapretzel w/ frosting	1 pretzel	170	690	15	5	3	0	780	123	3	48	15	10	6	0	30
Coconut Pineapple Parfait	1 parfait	312	420	16	9		9	120	57	4	38	14	4	35	40	10
Fiji Salad w/ Roasted Chicken	1 salad w/	400	490	27	4	0	57	690	30	8	11	30	220	10	80	20
	.25 c dressing															
Ham 'n Smoked Gouda on Asiago Ciabatta	1 sandwich	334	550	20	7		65	2100	70	4	3	30	50	20	25	20
Hot Chocolate/Cookie Combo	12 oz. beve	496	600	19	11	0	15	730	100	1	42	4	10	10	0	6
Value Line Sugar Cookie	3 cookies															
Mango Raspberry Parfait	1 parfait	298	350	9	3	0	120	120	54	5	40	13	10	35	40	10
Mixed Berry Parfait	1 parfait	283	320	9	3		9	120	47	4	35	13	2	30	45	10
Penne w/ Chicken	1 serving	489	580	10	2	0	32	3270	90	9	1	31	6	8	20	35
Roasted Chicken Baco Wrap w/ Bleu	1 wrap	404	960	56	13	0	105	2350	65	4	9	48	70	40	30	30
Cheese & Apples																
Salmon Caesar Salad	1 salad	364	780	70	13	0	125	2000	15	3	2	35	170	60	45	10
	.25 c dressing															
Turkey Avocado BLT Hoagie	1 sandwich	292	630	32	10	0	80	1640	53	5	4	34	15	25	15	25

Nutritional Analysis



Salads ¹

	Nutrition Facts												% Daily Value			
	Serving Size	Weight	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Carrot & Celery Sticks	1 serving	158	180	17	2	0	15	520	9	3	4	<1	200	8	10	2
	w/ 3 T. dressing															
Chicken Caesar Salad w/ Black Olives, Tomato	1 salad	370	340	14	4	0	68	1130	24	7	4	31	240	30	90	20
Chipotle Chicken Salad	1 salad	329	310	16	7	0	75	510	16	4	4	27	160	30	50	15
Classic Chef Salad	1 salad	383	380	21	13	0	159	1370	12	3	6	38	110	50	50	15
Cobb Salad	1 salad	341	430	29	9	0	290	970	10	5	3	35	110	20	45	15
Cubed Cheese & Dijon Mayo	1 serving	170	730	64	30	<1	144	1310	3	0	<1	32	30	90	0	6
Fresh Fruit Cup	1 serving	312	130	0.5	0		0	35	32	3	28	2	70	4	150	4
Fresh Fruit Parfait	1 serving	384	240	4	1		5	100	46	4	40	8	60	20	130	6
Harvest Chicken Salad	1 salad	346	410	19	3	0	590	590	34	6	14	27	100	10	45	15
Jumbo Fruit Bowl	1 serving	765	310	2	0		0	90	78	8	68	5	170	8	370	10
Popcorn Chicken Salad	1 salad	298	300	14	3		26	820	26	5	6	19	140	8	60	15
Roasted Chicken Caesar Salad	1 salad	239	250	11	3	0	77	590	7	3	2	31	170	20	60	15
Spinach, Bleu Cheese & Grape Salad	1 salad	255	260	15	7	0	37	750	18	2	12	15	140	30	170	10
Thai Beef & Noodle Salad	1 salad	535	350	6	2	0	59	3130	61	5	22	27	170	10	120	30
Tossed Green Salad	1 salad	467	120	4	0.5	0	0	280	20	6	9	5	250	10	60	15

Nutritional Analysis



Sandwiches

	Nutrition Facts													% Daily Value			
	Serving Size	Weight	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Buffalo Chicken Salad Sandwich	1 sandwich	291	500	30	6	0	68	1340	32	3	3	26	45	10	20	15	
Chicken Salad Hoagie	1 sandwich	286	610	31	11	0	90	1080	50	3	5	35	20	10	35	35	
Chicken Salad on Kaiser Roll	1 sandwich	190	380	19	3	0	48	530	33	2	2	20	40	8	15	30	
Chicken Salad on Rye w/ L & T	1 sandwich	217	380	18	3	0	48	640	35	5	4	20	50	8	20	30	
Chicken Toscano Sandwich	1 sandwich	320	590	27	8	0	98	890	45	1	2	41	75	25	25	20	
Corned Beef Sandwich	1 sandwich	275	580	30	13	0	123	1830	36	5	5	33	15	40	10	20	
Deli Ham & Cheddar Sandwich	1 sandwich	290	540	27	10	0	105	2210	44	4	14	33	35	25	30	20	
Deli Roast Beef & Swiss Sandwich	1 sandwich	280	540	26	10	0	76	1830	39	5	5	31	35	35	15	20	
Deli Style Mozzarella & Tomato Sandwich	1 sandwich	232	450	22	10	0	54	1100	37	5	6	27	35	70	15	15	
Deli Style Tuna Salad & Swiss on Rye	1 sandwich	246	440	20	7	0	59	1170	37	5	5	29	35	30	15	15	
Deli Turkey & Cheddar Sandwich	1 sandwich	288	590	33	10	0	81	1571	36	4	4	34	35	35	15	15	
European Aioli Roast Beef Baguette	1 sandwich	360	890	40	13	0	191	2010	76	<1	3	40	20	30	10	40	
European Antipasto Batard	1 sandwich	360	830	29	10	0	105	3420	79	1	3	49	30	35	20	40	
European Ham & Brie Sandwich	1 sandwich	380	820	31	13	0	107	2500	78	1	5	45	45	15	30	40	
European Tomato & Mozzarella Sandwich	1 sandwich	364	890	39	20	0	100	1630	78	1	4	40	40	70	21	35	
European Turkey Sandwich	1 sandwich	376	940	42	23	0	134	1970	79	<1	5	47	25	50	10	30	
Ham & Cheese Hoagie	1 sandwich	258	470	17	9	0	69	1570	51	3	6	31	15	35	20	20	
Italian Hoagie	1 sandwich	314	690	32	14	0	144	3220	53	3	5	50	15	35	15	30	
Meatloaf w/ L & T Sandwich	1 sandwich	280	570	33	9	1	99	950	46	3	9	22	55	12	30	30	
Mediterr. Smoke, Turkey & Cheddar Sand.	1 sandwich	327	470	23	7	0	67	1720	48	7	9	28	60	50	20	35	
Mediterranean Tuna on Focaccia	1 sandwich	257	340	9	1	0	34	1290	45	<1	2	24	65	5	20	15	
Roast Beef Hoagie	1 sandwich	258	500	18	9	0	69	1620	50	3	5	34	15	35	10	25	
Roasted Eggplant, Tomato & Mozz. Sand.	1 sandwich	366	630	15	6	0	36	1510	81	4	5	32	25	50	20	35	
San Domingo Classic	1 sandwich	261	630	35	13	0	113	2800	48	0	1	37	30	25	10	20	
Tuna Salad Hoagie	1 sandwich	286	560	24	10	0	72	1560	50	3	4	36	20	35	10	20	
Tuna Salad on Kaiser Roll	1 sandwich	210	330	12	2	0	33	1010	33	2	3	22	50	8	20	15	
Turkey & Provolone Sandwich	1 sandwich	258	480	24	7	0	57	1300	35	2	3	29	55	35	15	15	
Turkey Avocado on Ciabatta	1 sandwich	394	790	38	11	0	73	1500	71	6	2	40	25	35	15	25	
Turkey Hoagie	1 sandwich	273	510	20	9	0	65	1420	50	3	4	31	15	40	10	15	

Nutritional Analysis



Sides

	Nutrition Facts													% Daily Value			
	Serving Size	Weight	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Broccoli au Gratin	1 serving	232	330	24	12		59	1200	15	3	2	16	25	45	230	6	
Macaroni & Cheese	1 serving	494	810	34	16		77	1700	92	5	5	31	15	50	2	25	

2 oz. dressing

Nutritional Analysis



Wraps

	Nutrition Facts												% Daily Value			
	Serving Size	Weight	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
BBQ Chipotle Chicken Wrap	1 wrap	403	830	35	10	0	63	3010	95	2	3	30	30	40	10	20
Chicken Caesar Wrap	1 wrap	372	960	62	12	0	120	2590	60	2	1	43	100	50	35	30
Greek Turkey Wrap	1 wrap	430	610	25	9	0	68	2150	63	3	6	31	25	50	20	30
Hearty Beefeaters Wrap	1 wrap	321	560	20	5	0	50	2290	62	2	4	30	100	25	40	35
Roast Beef n Brie Wrap	1 wrap	292	630	27	10	0	79	2380	58	<1	3	34	50	25	10	30
Southern Fried Chicken Wrap	1 wrap	347	730	35	10	0	63	2160	72	2	2	30	15	40	10	20
Turkey Club Wrap	1 wrap	373	750	37	13	0	90	1920	60	1	3	42	20	60	10	20

Notes

¹ salads are analyzed without dressing unless specified

Analysis is based on a standard recipe which may include condiments and side dishes

Variability occurs periodically due to adjustments in serving sizes, product availability from food suppliers and recipe formulation. We have attempted to provide as complete a nutrition analysis as possible.

The analysis is comprised of data from our suppliers, the US Dept. of Agriculture, and NutritionistPro nutrient analysis software program from Axxya Systems in Stafford, Texas.

Labeling regulations allow for rounding of amounts

updated 5/07