

# DELI LINE NUTRITIONAL INFORMATION

MENU ITEM	CALORIES	SODIUM MG	PROTEIN G	CARBOHYDRATE G
<b>SANDWICHES &amp; WRAPS</b>				
Chicken Salad Sandwich	281	586	18.25	31.96
Grilled Chicken Caesar Wrap	285	546	25.01	27.79
Ham & Cheese on Pretzel Roll	375	864	25.66	45.22
Ham & Cheese Sandwich	280	1044	22.12	35.38
Tuna Salad Sandwich	505	1506	32.42	39.62
Turkey Sandwich	267	742	32.07	29.36
Turkey & Cheese Wrap	298	938	30.18	26.06
Turkey & Cheese Sandwich	307	884	35.62	30.37
<b>SALADS</b>				
Buffalo Chicken Salad	365	448	29.77	9.56
Chef Salad	234	619	28.53	8.51
Chicken Caesar Salad	302	893	28.05	16.09
Chicken Patty Salad	285	412	17.53	21.28
Chicken Salad Plate	159	275	13.71	7.87
Garden Salad with Cheese	187	579	15.70	9.32
Greek Salad	201	931	11.78	6.68
Ham & Cheese Salad	168	682	16.95	10.63
Meatless Taco Salad	250	426	15.46	26.93
Spicy Chicken Salad	295	412	16.53	22.27
Taco Salad	213	342	20.74	6.98
Tuna Salad Plate	378	1193	27.53	14.61
Turkey & Cheese Salad	166	505	21.61	7.30
Turkey, Cheese & Egg Salad	171	469	14.96	9.70
<b>HOT PICKS</b>				
Barnyard Chicken Wrap	398	936	29.12	30.45
BBQ Pork Sandwich	455	685	38.45	47.36
Chicken Sandwich	390	722	22.08	45.36
Chicken & Cheese Quesadilla	519	805	38.50	43.09
Grilled Cheese	353	1198	16.00	26.00
Orange Chicken Wrap	535	991	25.15	56.53
Spicy Chicken Sandwich	400	722	21.08	46.36
<b>FLATBREADS</b>				
Ham & Cheese Flatbread	352	1184	25.38	34.94
Taco Chicken Flatbread	401	638	31.09	29.35
<b>FRUITS</b>				
Fresh Fruit in Season	79	1	0.67	20.15
Fruit Cup	54	1	0.46	14.08
Dried Fruit	120	5	1.00	29.00
100% Juice	60	15	0.29	14.66

<b>EXTRAS</b>				
Balsamic Vinegar (1 tsp)	5	1	0.03	0.91
Dinner Roll	74	111	3.04	14.17
Franks Red Hot (1 tsp)	0	190	0.00	0.00
Honey Mustard Sauce (1 Tbsp)	30	70	0.00	5.50
Nacho Chips	152	106	2.03	18.22
Nacho Plate	524	1653	22.05	48.45
Sriracha Sauce (1 tsp)	0	100	0.00	0.00
Spicy Ranch Sauce (1 Tbsp)	34	248	0.00	2.25

**NOTE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.