

BALANCED CHOICES	Serving	Calories	Total Fat	Sat. Fat	Carb	Fiber	Protein	Sodium
Vegetarian Sandwich w/ Herbed Cream Cheese	1 sandwich	263	12 g	6 g	30 g	5 g	10 g	560 mg
Chicken Caesar Salad w/ Creamy Yogurt Caesar Dressing	8.5 oz portion	242	7 g	1.5 g	12 g	3 g	31 g	390 mg
Roast Beef Sandwich w/ Carmelized Onions & Tarragon	1/2 sandwich	145	4 g	1 g	17 g	2 g	9 g	487 g
Apple Almond Chicken Salad	8 oz portion	263	12 g	2 g	13 g	2 g	26 g	249 mg
Chicken Salad Sandwich	1 sandwich	258	8 g	1 g	27 g	5 g	18 g	791 mg
Tuna Salad Sandwich	1 sandwich	274	8 g	1.5 g	27 g	5 g	23 g	642 mg
Pesto Chicken Salad w/ Sun Dried Tomatoes	4 oz portion	219	8 g	2 g	3 g	1 g	31 g	443 mg