

Side Items	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Meat								
Turkey Breast	2 oz	50	1.5	0.5	500	2	0	8
Hormel Cooked Ham	2 oz	60	3	1	710	0	0	9
Briar Street Market Corned Beef	2 oz	50	1.5	0.5	500	1	0	9
Roast Beef	2 oz	70	1.5	1	480	1	0	10
Balanced Choices®Chicken Salad	2 oz	116	6.1	0.7	520	4	0.6	11
Balanced Choices®Tuna Salad	2 oz	132	5.7	1.1	341	3	0.7	16
Toppings								
Provolone	1 slice	100	7.5	4.8	248	1	0	7
Swiss	1 slice	80	6	4	45	0	0	6
American	1 slice	50	4	2.5	240	1	0	3
Pepper Jack	1 slice	80	6	4	130	0	0	5
Cheddar	1 slice	80	7	4	135	0	0	5
Kraft Light Mayo	1 Tbsp	45	5	0.5	100	<1	0	0
Mayo	1 Tbsp	100	10	1.5	70	2	0	0
Grey Poupon	1 tsp	5	0	0	120	0	0	0
Hellman's Dijon Mustard	1 tsp	5	0	65	0	0	0	0
Ketchup	1 Tbsp	15	0	0	190	4	0	0
<i>Black Olives (sliced)</i>	2 Tbsp	30	2.5	0.5	140	1	0	0
Pickle Spear	1 Spear	5	0	0	385	1.2	0.4	0.2

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the unit level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.