

to ***energize*** your day

the base

- 100% whole grain bread, roll, pita or tortilla

the middle

- grilled chicken breast, turkey, tuna & chicken salad with low-fat mayo
- grilled/ roasted veggie stack
- reduced-fat cheese
- vegetable toppings: lettuce, tomato, peppers
- low-fat & reduced-fat spreads
- size counts!

pair a half sandwich with a side salad or broth based soup