



## Nutrition Information

Item	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)
<b>Breads</b>								
White	2 slices	220	3	0.5	0	579	43	7
Wheat	2 slices	180	3	0	0	280	34	8
Sourdough	2 slices	180	2	0	0	300	34	6
Sourdough Roll	1 roll	220	2.5	0	0	497	42	10
Rye	2 slices	180	2	0	0	460	34	6
Raisin	2 slices	180	2	0	0	220	34	4
Tortilla	1 item	160	4	1	0	170	28	4
Pita	1 item	165	1	0	0	322	33	5
Onion Roll	1 roll	190	3	0.5	5	430	34	7
Croissant	1 item	290	15	8	47	527	33	6
Bagel	1 item	255	2	0	0	445	50	10
<b>Condiments</b>								
Mayonnaise	1 oz	196	22	3	11	196	0	0
Non fat Mayonnaise	1 oz	20	0	0	3	213	4	0
Mustard	1 oz	20	1	0	0	322	2	1
Dijon	1 oz	28	0	0	0	680	0	0
Spicy Brown Mustard	1 oz	28	0	0	0	454	0	0
Lettuce	1 oz	5	0	0	0	2	1	0
Tomatoes	1 oz	5	0	0	0	1	1	1
Pickles	1 oz	5	0	0	0	330	1	0
Onion	1 oz	12	0	0	0	1	3	0
Bell Pepper	1 oz	6	0	0	0	1	1	0
Olives	1 oz	32	3	0	0	247	2	0
Cucumber	1 oz	4	0	0	0	0	1	0
Italian Dressing	1 oz	86	8	1	0	486	3	0
Sour Cream	1 oz	55	6	3	15	23	1	0
Salsa	1 oz	8	0	0	0	170	2	0
Pepperoncini	1 oz	3	0	0	0	163	1	0
Ranch	1 oz	127	13	2	0	253	1	1
Salt	1/8 tsp	0	0	0	0	290	0	0
Pepper	1/8 tsp	0	0	0	0	0	0	0

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### Meats

Turkey								
Roast Beef								
Ham	4 oz	184	9.5	3	60	1450	3	21
Pastrami	4 oz	142	7	3	60	1336	0	20
Salami	4 oz	437	34	12	90	2562	2	26
Pepperoni	4 oz	528	46	18	134	2027	5	23
Bacon	4 oz	567	49	16	122	2349	0	32
Tuna Salad	2 oz	173	16	2	12	283	3	3
Egg Salad	2 oz	148	13	2.5	166	283	2	5
Chicken Salad	2 oz	100	6	1	26	150	1	9

### Cheese

	1 slice=1 oz							
American	1 oz	106	9	6	27	422	0	6
Cheddar	1 oz	114	9	6	30	176	0	7
Jack	1 oz	106	9	5	25	152	0	7
Pepper Jack	1 oz	110	9	6	30	190	0	7
Provolone	1 oz	100	8	5	20	248	0	7
Swiss	1 oz	108	8	5	26	54	1.5	8

### Other Add-Ons

Guacamole	1 oz	45	4	0.5	0	42	2	0
Hummus	1 oz	50	2	0	0	69	6	1
Banana	1 oz	25	0	0	0	0	6	0
Cream Cheese	1 oz	97	10	5	31	91	1	2
Peanut Butter	2 Tbsp	190	16	3	0	147	6	8
Honey	1 oz	86	0	0	0	0	23	0
Jelly	1 oz	75	0	0	0	9	20	0