

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesame
Scallop, Egg & Chives on Bagel	sandwich	705	30 g	14 g	11 g	4 g	125 mg	703 mg	4 g	0 g	0	0	85 mg	2 mg	X	X	X		X					X
Spinach Cheddar Cold Smoked Meat	sandwich	700	32 g	4 g	3 g	4 g	15 mg	270 mg	2 g	15 g	79	0	90 mg	1 mg	X	X	X		X					
Scallop and Cherry	1/2 Biscuits	625	31 g	14 g	4 g	8 g	40 mg	389 mg	2 g	2 g	454		405 mg	2 mg	X				X					
Smoky Salmon	sandwich	80	28 g	3 g	2 g	2 g	75 mg	120 mg	4 g	13 g	64	160	20 mg	1 mg	X	X	X		X					
Smoky Steak & Potato	sandwich	750	31 g	9 g	3 g	3 g	50 mg	730 mg	2 g	12 g	25	0	40 mg	1 mg	X	X	X		X					
Apple & Cheddar	1 serving	112	30 g	20 g	4 g	4 g	250 mg	251 mg	3 g	0 g	293	9	160 mg	1 mg	X	X	X		X					
Salmon	sandwich	189	11 g	5 g	8 g	8 g	35 mg	296 mg	4 g	25 g	67	0	30 mg	1 mg	X	X	X		X					
Beef & Steak	sandwich	80	1 g	2 g	3 g	4 g	4 g	20 mg	200 mg	0 g	0 g	0	150 mg	0 mg					X					
Chicken Broccoli & Potato	sandwich	335	53 g	11 g	1 g	10 g	33 mg	772 mg	3 g	0 g	77	0	143 mg	2 mg	X	X	X		X					
Roast Beef & Potato	1 serving	63	0 g	1 g	0 g	0 g	0 mg	138 mg	1 g	0 g	485	2	17 mg	5 mg	X									
Beef & Potato	sandwich	113	12 g	8 g	1 g	2 g	13 mg	171 mg	0 g	11 g	150	160	100 mg	0 mg					X					
Hot Egg Salad	1 sandwich	25	2 g	11 g	2 g	4 g	126 mg	293 mg	0 g	2 g	36	0	40 mg	1 mg		X			X					
Egg & Cheddar on a Bagel	sandwich	260	30 g	3 g	2 g	10 g	11 mg	163 mg	5 g	0 g	160	160	150 mg	1 mg	X	X	X		X					
Hot Sandwich	1/2 cup	110	11 g	8 g	0 g	0 g	0 mg	5 mg	2 g	0 g	644	20	17 mg	0 mg										
Salmon, Grapes & Cheddar	1 package	20	23 g	1 g	3 g	1 g	0 mg	135 mg	1 g	0 g	768	1	100 mg	1 mg	X		X							
Hot Baked Egg	1 sandwich	20	1 g	4 g	1 g	2 g	187 mg	67 mg	0 g	0 g	260	0	25 mg	1 mg		X								
Beef Sandwich	1 sandwich	60	5 g	0 g	0 g	0 g	0 g	70 mg	0 g	17 g	0	20	100 mg	0 mg										
Hot Burger	1 package	230	42 g	0 g	6 g	2 g	11 mg	160 mg	5 g	12 g	0	0	16 mg	2 mg	X									
Hot Sandwich	1 sandwich	170	16 g	4 g	2 g	1 g	0 mg	279 mg	4 g	10 g	1000	0	30 mg	4 mg	X	X	X		X					
Hot Waffle	sandwich	110	32 g	3 g	3 g	1 g	0 mg	120 mg	5 g	20 g	0	0	10 mg	1 mg	X	X	X		X					
Salmon Wrap	1 sandwich	60	0 g	4 g	3 g	3 g	30 mg	260 mg	2 g	0 g	0	0	20 mg	1 mg	X	X	X							
Sausage Breakfast Pizza	1 sandwich	230	23 g	10 g	1 g	4 g	55 mg	460 mg	1 g	0 g	260	0	130 mg	1 mg	X	X	X		X					
Sausage Breakfast Pizza	sandwich	410	27 g	10 g	3 g	4 g	25 mg	460 mg	2 g	5 g	0 g	160	120 mg	2 mg	X	X	X		X					
Sausage & Cheddar on a Bagel	sandwich	120	11 g	2 g	11 g	13 g	325 mg	1190 mg	2 g	0 g	20000	0	3710 mg	2 mg	X	X	X		X					
Asparagus Sandwich	1/2 cup	11	1 g	0 g	0 g	0 g	0 mg	18 mg	1 g	0 g	164	25	10 mg	0 mg										