



NUTRITION GUIDE

(Based on U.S. formulations as of date of posting)

Subworks - Misc

	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Banana Parfait	1 container (252g)	580	240	27.0	20	0	0	400	83	2	26	5
Chocolate Parfait	1 container (252g)	600	270	30	19	0	30	180	60	1	43	4
Bologna Sandwich	1 Sandwich (194g)	540	350	41.0	16	0	95	1910	34	1	4	21
Club Sandwich	1 Sandwich (268g)	470	140	20	9	0	80	1800	63	2	9	29
Ham Salad Sandwich	1 Sandwich (166g)	420	270	30	4	0	50	1500	38	1	1	17

INGREDIENTS GUIDE

(Based on U.S. formulations as of date of posting)

Banana Parfait

INGREDIENTS: BANANA PUDDING: FAT FREE MILK, WATER, SUGAR, MODIFIED CORN STARCH, CANOLA AND/OR PALM OIL, LESS THAN 2% OF: NATURAL AND ARTIFICIAL FLAVOR, SALT, SODIUM STEAROYL LACTYLATE, SODIUM PHOSPHATE, FD&C YELLOW 5, FD&C YELLOW 6., WHIPPED TOPPING: WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CONTAINS LESS THAN 2% OF THE FOLLOWING: *SODIUM CASEINATE (A MILK DERIVATIVE), DEXTROSE, ARTIFICIAL FLAVOR, POLYSORBATE 60, SORBITAN MONOSTEARATE, GUAR GUM, XANTHAN GUM, COLORED WITH TURMERIC AND ANNATTO EXTRACTS. CONTAINS: MILK *NOT A SOURCE OF LACTOSE, GRAHAM CRACKERS: WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, VEGETABLE OIL (COTTONSEED AND PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ FOR FRESHNESS), CORN SYRUP, MOLASSES, HONEY, CONTAINS TWO PERCENT OR LESS OF CALCIUM CARBONATE, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, BHT FOR FRESHNESS, SOY. CONTAINS MILK, SOY, WHEAT.

Chocolate Parfait

INGREDIENTS: CHOCOLATE PUDDING: FAT FREE MILK, WATER, SUGAR, MODIFIED CORN STARCH, CANOLA AND/OR PALM OIL, COCOA (PROCESSED WITH ALKALI), LESS THAN 2% OF: SALT, SODIUM STEAROYL LACTYLATE, ARTIFICIAL FLAVORS., WHIPPED TOPPING: WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CONTAINS LESS THAN 2% OF THE FOLLOWING: *SODIUM CASEINATE (A MILK DERIVATIVE), DEXTROSE, ARTIFICIAL FLAVOR, POLYSORBATE 60, SORBITAN MONOSTEARATE, GUAR GUM, XANTHAN GUM, COLORED WITH TURMERIC AND ANNATTO EXTRACTS. CONTAINS: MILK *NOT A SOURCE OF LACTOSE, OREO COOKIE PIECES: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), CORNSTARCH, SALT, SOY LECITHIN, VANILLIN - AN ARTIFICIAL FLAVOR, CHOCOLATE.

CONTAINS MILK, SOY, WHEAT.

Bologna Sandwich

INGREDIENTS: BOLOGNA: PORK, WATER, MECHANICALLY SEPARATED CHICKEN, CORN SYRUP, FLAVORINGS, SALT. CONTAINS 2% OR LESS OF THE FOLLOWING: POTASSIUM LACTATE, BEEF, SODIUM PHOSPHATES, PAPRIKA, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE, DEXTROSE, BREAD: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, WHEAT GLUTEN, FULLY REFINED SOYBEAN OIL, GRANULATED SUGAR, SALT, CALCIUM PROPIONATE (TO RETAIN FRESHNESS), DOUGH IMPROVER (MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID), CALCIUM SULFATE, ENZYMES., AMERICAN CHEESE: CULTURED MILK AND SKIM MILK, CREAM, SODIUM CITRATE, SALT, ARTIFICIAL COLOR (IF COLORED), SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), ENZYMES, SOY LECITHIN (NON-STICKING AGENT).

CONTAINS MILK, SOY, WHEAT.

Club Sandwich

INGREDIENTS: WHEAT BREAD: WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, SALT, CONDITIONER (MONO & DI-GLYCERIDES, WHEAT FLOUR, CALCIUM CARBONATE, ENZYMES), SOY OIL, CONDITIONER (WHEAT FLOUR, ENZYMES, ASCORBIC ACID, SOYBEAN OIL), CALCIUM PROPIONATE, CARAMEL COLOR, SOFTENER (CALCIUM SULFATE, ENZYMES), TURKEY BREAST: TURKEY BREAST, TURKEY BROTH, DEXTROSE, DISTILLED VINEGAR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SALT, POTASSIUM CHLORIDE, CARRAGEENAN, SODIUM PHOSPHATE, MALTODEXTRIN, NATURAL FLAVOR, SODIUM NITRITE, AMERICAN CHEESE: CULTURED MILK AND SKIM MILK, CREAM, SODIUM CITRATE, SALT, ARTIFICIAL COLOR (IF COLORED), SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), ENZYMES, SOY LECITHIN (NON-STICKING AGENT), HAM: CURED WITH: WATER, SALT, SODIUM LACTATE, BROWN SUGAR, SODIUM PHOSPHATE, MONOSODIUM GLUTAMATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE, LAURIC ARGINATE., GREEN LEAF LETTUCE, SAFEWAY TOMATO SLICE TOMATOES, BACON: PORK CURED WITH WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE.

CONTAINS MILK, SOY, WHEAT.

Ham Salad Sandwich

INGREDIENTS: HAM SALAD: HAM (CURED WITH WATER, SALT, DEXTROSE, SODIUM LACTATE, SODIUM PHOSPHATE, SODIUM DIACETATE, SMOKE FLAVORING, SODIUM ASCORBATE, SODIUM NITRITE), MAYONNAISE (SOYBEAN OIL, WHOLE EGGS, EGG YOLKS, DISTILLED VINEGAR, WATER, SALT, SUGAR, DEXTROSE, MUSTARD FLOUR, LEMON JUICE CONCENTRATE, NATURAL FLAVOR, ONION POWDER, GARLIC POWDER, CALCIUM DISODIUM EDTA [TO PROTECT QUALITY]), SWEET PICKLE RELISH (CUCUMBERS, CORN SYRUPS, SUGAR, DISTILLED VINEGAR, SALT, PEPPERS, XANTHAN GUM, SODIUM BENZOATE [PRESERVATIVE], CALCIUM CHLORIDE, SPICES, NATURAL FLAVORS, POLYSORBATE 80), DRESSING (SOYBEAN OIL, CORN SYRUP, VINEGAR, WATER, EGG YOLKS, MODIFIED FOOD STARCH, SALT, MUSTARD FLOUR, ONION POWDER, NATURAL FLAVOR, CALCIUM DISODIUM EDTA {TO PROTECT FLAVOR}), TEXTURED SOY FLOUR, SODIUM LACTATE, SODIUM DIACETATE, BREAD CRUMBS (BLEACHED WHEAT FLOUR, DEXTROSE, YEAST, SALT), SUGAR, CITRIC ACID, CORTRATE (GELATIN, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, RED #40, SODIUM CITRATE), MODIFIED FOOD STARCH., BREAD: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, WHEAT GLUTEN, FULLY REFINED SOYBEAN OIL, GRANULATED SUGAR, SALT, CALCIUM PROPIONATE (TO RETAIN FRESHNESS), DOUGH IMPROVER (MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID), CALCIUM SULFATE, ENZYMES.

CONTAINS EGG, SOY, WHEAT.