



Full service fundraising offering Italian subs and sandwiches since 2005

## Large Whole Grain Turkey Sub

<b>Nutrition Facts</b>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	2 servings per container	<b>Total Fat</b> 11g	<b>14%</b>	<b>Total Carbohydrate</b> 41g
<b>Serving size</b> <b>195 1/5 g</b>	Saturated Fat 4g	<b>19%</b>	Dietary Fiber 4g	<b>13%</b>
<b>Calories 320</b> <b>per serving</b>	<i>Trans Fat</i> 0g		Total Sugars 6g	
	<b>Cholesterol</b> 40mg	<b>13%</b>	Includes 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 1050mg	<b>45%</b>	<b>Protein</b> 20g	
	Vitamin D 0mcg 0% • Calcium 140mg 10% • Iron 2.9mg 15% Potassium 130mg 2% • Vitamin A 50mcg 6% • Vitamin C 1mg 0%			

INGREDIENTS: MULTI GRAIN ROLL (Wheat Flour, Whole Wheat Flour, Water, Salt, Cane Sugar, Oats, Sunflower Seeds, Millet, Flax Seeds, Cracked Wheat, Yeast, Soy Shortening, Dough Conditioner (wheat flour, corn flour, L-cysteine, ascorbic acid, enzymes), Calcium Propionate), TURKEY BREAST (Turkey Breast, Turkey Broth, Contains 2% or Less of Salt, Dextrose, Tapioca Starch, Modified Food Starch, Carrageenan, Sodium Phosphate, Vegetable Oil), TOMATOES (Plum, Sliced), WHITE AMERICAN CHEESE (Cultured Milk and Skim Milk, Whey, Salt, Sodium Citrate, Modified Food Starch, Sodium Phosphate, Sorbic Acid (preservative), Lactic Acid, Enzymes, Soy Lecithin (non-sticking agent)), LETTUCE (Shredded), YELLOW ONIONS (Sliced), MAYONNAISE (Soybean Oil, Water, White Distilled Vinegar, Corn Syrup, Egg Yolks, Salt, Calcium Disodium EDTA (to protect flavor))

CONTAINS: EGG, MILK, SOY, WHEAT

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