

Nutritional Information - Boxed Lunches



| Menu Item | Serving Size | Calories | Cals from fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | Vegetarian | Vegan | Gluten Free | Contains Egg | Contains Dairy | Contains Soy | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Contains Sesame | Additional info |
|---|--------------|----------|---------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|-----------|-------------|------------|-------|-------------|--------------|----------------|--------------|--------------------|------------------|---------------|--------------------|-----------------|-----------------|
| | | | | | | | | | | | | | | | | | | | | | | | | |
| CHEESE / ROASTED PEPPER / TOMATO SANDWICH BAG LUNCH | 1 BAG | 646 | 282 | 35 | 14 | 0 | 52 | 918 | 64 | 5 | 16 | 17 | X | | | X | X | X | | | | | | |
| CHICKEN SALAD SANDWICH BAG LUNCH | 1 BAG | 983 | 523 | 59 | 19 | 0 | 57 | 1040 | 81 | 4 | 28 | 32 | | | | X | X | X | X | | | | | |
| GRILLED CHICKEN SANDWICH BAG LUNCH | 1 BAG | 910 | 296 | 34 | 13 | 0 | 185 | 815 | 93 | 3 | 28 | 53 | | | | X | X | X | | | | | | |
| GRILLED PORTABELLA SANDWICH BAG LUNCH | 1 BAG | 618 | 288 | 33 | 9 | 0 | 25 | 652 | 79 | 6 | 19 | 12 | X | | | X | X | X | | | | | | |
| GRILLED VEGETABLE SANDWICH BAG LUNCH | 1 BAG | 706 | 283 | 32 | 9 | 0 | 25 | 963 | 92 | 5 | 21 | 13 | X | | | X | X | X | | | | | | |
| HAM AND CHEESE SANDWICH BAG LUNCH | 1 BAG | 924 | 357 | 40 | 19 | 0 | 141 | 2383 | 101 | 3 | 35 | 41 | | | | X | X | X | | | | | | |
| ROAST BEEF SANDWICH BAG LUNCH | 1 BAG | 727 | 239 | 28 | 10 | 0 | 120 | 1617 | 80 | 4 | 17 | 45 | | | | X | X | X | | | | | | |
| TUNA SALAD SANDWICH BAG LUNCH | 1 BAG | 962 | 435 | 50 | 16 | 0 | 97 | 1242 | 93 | 3 | 28 | 36 | | | | X | X | X | | X | | | | |
| TURKEY SANDWICH BAG LUNCH | 1 BAG | 835 | 264 | 30 | 13 | 0 | 125 | 1871 | 98 | 3 | 33 | 41 | | | | X | X | X | | | | | | |

DISCLAIMER

Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health professional.