

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, TOMATO & ROASTED PEPPER SANDWICH BOX LUNCH	1 BOX	1113	439	61	20	0	76	1671	115	14	30	31	X			X	X	X						
CHICKEN SALAD SANDWICH BOX LUNCH	1 BOX	1319	681	77	23	0	81	1322	124	7	42	37				X	X	X	X					
GRILLED CHICKEN SANDWICH BOX LUNCH	1 BOX	1246	454	52	17	0	209	1097	136	6	42	58				X	X	X						
GRILLED PORTABELLA SANDWICH BOX LUNCH	1 BOX	1154	443	57	14	0	49	1621	149	14	32	28	X			X	X	X						
GRILLED VEGETABLE SANDWICH BOX LUNCH	1 BOX	954	377	43	12	0	44	1237	130	7	33	16	X			X	X	X						
HAM AND SWISS SANDWICH BOX LUNCH	1 BOX	1261	514	58	23	0	165	2665	144	6	50	45				X	X	X						
ROAST BEEF SANDWICH BOX LUNCH	1 BOX	1221	471	54	20	0	174	1878	136	6	42	53				X	X	X						
TUNA SALAD SANDWICH BOX LUNCH	1 BOX	1298	593	67	20	0	121	1524	136	6	42	40				X	X	X			X			
TURKEY SANDWICH BOX LUNCH	1 BOX	1171	421	48	17	0	149	2153	141	6	47	45				X	X	X						
CAESAR SALAD BOX LUNCH	1 BOX	1009	576	63	16	0	80	2088	92	9	30	16				X	X	X			X			
CHEF SALAD BOX LUNCH	1 BOX	863	544	60	16	0	210	1261	66	5	39	14				X	X	X						
GREEK SALAD BOX LUNCH	1 BOX	527	361	40	18	0	100	1726	25	2	20	17	X		X		X							
GRILLED CHICKEN CAESAR SALAD BOX LUNCH	1 BOX	1112	666	76	26	0	121	2391	77	3	29	32				X	X	X			X			
GRILLED CHICKEN GARDEN SALAD BOX LUNCH	1 BOX	597	433	48	11	0	21	1024	37	3	24	3				X	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.