



		Total Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Item	Portion															
Almond Joy Cookie	1 each	580	32	16	50	320	68	4	40	38	9	0	112	3	254	Dairy, Egg, Soy
Apple Caramel Crisp Cookie	1 each	540	26	11	60	420	74	2	39	33	7	0	52	3	135	Dairy, Egg, Soy
Apple Strudle Bites	5 Bites	340	19	9	0	200	38	1	15	13	4	0	0	1.4	0	Wheat
Banana Nut Muffin	1 each	690	39	6	130	420	78	1	44	40	10	0	52	1	140	Egg, Milk, Soy, Wheat, Tree Nuts
Banana Pudding Dessert Cup	1 each	410	6	4	2	80	16	2	20	7	2	0	13	2	0	Dairy, Wheat
Banana Pudding Parfait	1 each	545	21.2	11.2	13	304	85	2	38	0	6	0	0	0	0	Dairy, Wheat
Birthday Cake Balls	1 each	140	8	3.5	10	125	21	0	16	0	2	0	20	0.3	30	Milk, Soy
Blackberry Cobbler	1 each	265	7	1.5	1	229	50	2	27	0	3	0	0	0	0	Dairy, Egg, Soy
Blueberry Crumb Muffin	1 each	620	31	6	125	420	77	1	43	40	9	0	46	1	44	Egg, Milk, Soy, Wheat
Choc Cake Balls	1 each	180	10	3.5	25	35	19	0	15	3	2	0	20	1.1	90	Egg, Milk, Soy, Wheat
Choc Chip Cookie Overload Parfait	1 each	620	49.5	28.1	100	352	112	4	87	0	8	0	0	0	0	Dairy, Egg, Nuts, Soy, Wheat
Choc Chunk Cookie Dessert Cup	1 each	710	34	16	48	290	81	4	62	50	9	0	55	5	215	Dairy, Egg, Soy, Wheat
Choc Covered Strawberry Parfait	1 each	785	47.2	26.6	90	352	111	4	85	0	8	0	0	0	0	Dairy, Egg
Choc Cream Cheese Cupcake	1 each	290	14	5	40	95	36	0	31	0	2	0	2	1	110	Egg, Milk, Soy, Wheat
Chocolate Mousse Dessert Cup	1 each	660	22	13	0	180	60	4	80	56	4	0	28	5.1	260	Dairy, Soy, Wheat
Cinnamon Roll	1 each	630	31	16	5	1180	80	2	37	0	8	0	0	0	0	Dairy, Soy, Wheat
Cobbler	1 each	204	11	0	0	160	24	0	29	0	3	0	0	0	0	Soy, Wheat
Confetti Cupcake	1 each	270	13	5	10	170	38	0	30	0	1	0	10	0.4	20	Egg, Milk, Soy, Wheat
Death By Chocolate Parfait	1 each	785	47.2	26.6	90	352	111	4	85	0	8	0	0	0	0	Dairy, Eggs
Hershey's Triple Choc Cookie	1 each	570	28	14	45	290	78	3	49	48	7	0	53	5	215	Dairy, Egg, Soy, Wheat
Key Lime Pie Dessert Cup	1 each	390	6	3	1	72	14	2	9	6	1	0	15	1	0	Dairy, Eggs, Wheat
Lemon Blueberry Cookie	1 each	550	25	9	45	370	79	1	45	34	6	0	23	2	66	Egg, Milk, Soy, Wheat
M&M Cookie	1 each	560	27	13	45	290	79	3	50	47	7	0	47	5	224	Dairy, Eggs, Soy, Wheat
M&M Cookie Dessert Cup	1 each	780	29	17	45	470	106	3	75	50	8	0	50	6	0	Dairy, Eggs, Soy, Wheat
Oreo Chocolate Dessert Cup	1 each	570	25	16	0	220	66	3	60	50	4	0	25	5.1	195	Dairy, Soy, Wheat
Oreo Oblivion Parfait	1 each	575	20	18.6	0	427	78	1	64	0	5	0	0	0	0	Dairy, Soy
Peach Cobbler	1 each	187	11	0	0	120	20	0	30	0	3	0	0	0	0	Soy, Wheat
Red Velvet Cake Balls	1 each	160	10	3.5	30	220	20	0	14	7	2	0	20	0.6	50	Egg, Milk, Soy, Wheat
Red Velvet Cookie	1 each	570	27	14	50	270	78	2	50	48	7	0	90	3	157	Dairy, Eggs, Soy, Wheat
Red Velvet Muffin	1 each	700	38	13	105	440	83	1	52	51	10	0	61	3	164	Egg, Milk, Soy, Wheat
Reese's PB Cookie Dessert Cup	1 each	750	42	20	43	480	66	4	50	45	14	0	60	4	256	Dairy, Eggs, Nut, Soy, Wheat
Reese's Peanut Butter Cup Cookie	1 each	630	38	17	40	480	66	2	46	43	11	0	55	2	256	Dairy, Eggs, Nut, Soy, Wheat
S'mores Cookie	1 each	540	23	12	45	330	79	3	53	52	6	0	36	5	251	Dairy, Eggs, Soy, Wheat
Salted Caramel Cookie	1 each	580	28	13	60	430	77	1	48	47	6	0	59	2	102	Dairy, Eggs, Soy, Wheat
Sliced Carrot Cake	1 each	590	29	7	0	400	81	1	65	0	4	0	0	0	0	Dairy, Eggs, Soy, Wheat
Sliced Coconut Cake	1 each	660	45	11	0	310	66	0	51	0	1	0	0	0	0	Dairy, Eggs, Wheat
Sliced German Chocolate Cake	1 each	370	13	3	0	680	66	2	35	0	3	0	0	0	0	Dairy, Eggs, Wheat
Sliced Red Velvet Cake	1 each	610	13	7	60	420	80	1	63	0	3	0	0	0	0	Dairy, Eggs, Soy, Wheat
Strawberry Shortcake Parfait	1 each	595	28	16	32	567	80	4	54	0	5	0	0	0	0	Dairy
Pumpkin Muffin	1 each	630	35	11	150	430	70	1	42	40	9	0	70	1	118	Egg, Milk, Soy, Wheat
Pumpkin Cookie	1 each	570	34	13	55	220	64	2	40	38	6	0	8	10	0	



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Item	Portion															
All American Sub - Wheat Bread	1 each	722	37	15	106	2306	68	2	11	0	33	0	0	0	0	Dairy, Soy, Wheat
All American Sub - White Bread	1 each	762	38	15	106	2326	72	10	9	0	35	0	0	0	0	Dairy, Soy, Wheat
All American Sub- Everything Roll	1 each	770	40	17	110	2375	80	11	9	0	40	0	0	0	0	Dairy, Eggs, Soy, Wheat
All American Wrap- White	1 each	470	20	10	135	970	37	0	1	0	18	0	0	0	0	Dairy, Soy, Wheat
BBQ Chicken Sandwich	1 each	545	21	5	109	1116	33	2	9	0	57	0	0	0	0	Dairy, Soy, Wheat
Buffalo Chicken Sandwich	1 each	505	21	5	109	1666	24	0	3	0	56	0	0	0	0	Egg, Soy, Wheat
Buffalo Tender Wrap	1 each	510	21	7	90	2080	44	3	3	0	34	0	0	0	0	Dairy, Soy, Wheat
Chicken and Cheese Wrap	1 each	490	17	7	100	2160	35	7	4	0	42	0	0	0	0	Dairy, Wheat
Chicken Tender Wrap	1 each	634	34	7.6	64	1393	76	5.9	6.1	0	31	0	0	0	0	Dairy, Wheat
Cuban on White	1 each	675	26	12	88	1920	66	2	5	0	40	0	0	0	0	Dairy, Wheat
Hamburger	1 each	550	38	14	100	470	26	0	3	0	29	0	0	0	0	Soy, Wheat
Ham and Turkey Sub- Everything	1 each	680	21	11	92	2238	71	10	5	0	46	0	0	0	0	Dairy, Soy, Wheat
Ham and Turkey Sub- Wheat	1 each	640	20	11	92	2218	67	2	2	0	44	0	0	0	0	Dairy, Soy, Wheat
Ham and Turkey Sub- White	1 each	680	21	11	92	2238	71	10	5	0	46	0	0	0	0	Dairy, Soy, Wheat
Ham and Turkey Wrap- White	1 each	440	18	8	68	2378	38	2	2	0	29	0	0	0	0	Dairy, Soy, Milk
Italian Sub - Everything Roll	1 each	870	42	15	105	2396	69	10	5	0	49	0	0	0	0	Dairy, Soy, Wheat
Italian Sub - Wheat Bread	1 each	830	41	15	105	2376	65	2	7	0	47	0	0	0	0	Dairy, Soy, Wheat
Italian Sub - White Bread	1 each	870	42	15	105	2396	69	10	5	0	49	0	0	0	0	Dairy, Soy, Wheat
Italian Wrap- White	1 each	544	35	14	88	1838	38	2	4	0	22	0	0	0	0	Dairy, Soy, Wheat
The Jake Sub	1 each	700	19	8	90	1744	69	11	5	0	62	0	0	0	0	Dairy, Eggs, Soy, Wheat
The Jake Sub- Wheat	1 each	660	18	8	90	1724	65	3	7	0	60	0	0	0	0	Dairy, Eggs, Soy, Wheat
The Jake Sub- White	1 each	700	19	8	90	1744	69	11	5	0	62	0	0	0	0	Dairy, Eggs, Soy, Wheat
Turkey Sub- Everything Roll	1 each	648	20	5	69	2206	70	10	7	0	45	0	0	0	0	Dairy, Soy, Wheat
Turkey Sub- Wheat	1 each	608	19	5	69	2186	66	2	9	0	43	0	0	0	0	Dairy, Soy, Wheat
Turkey Sub- White	1 each	648	20	5	69	2206	70	10	7	0	45	0	0	0	0	Dairy, Soy, Wheat
Turkey Wrap- White	1 each	434	17	8	68	2378	38	2	2	0	29	0	0	0	0	Dairy, Soy, Wheat
Cheese Flatbread	1 each	660	34	19	80	1520	57	9	1	1	34	0	841	3	590	Dairy, Soy, Wheat
Pepperoni Flatbread	1 each	753	42	23	103	1833	57	9	1	1	37	0	841	3	777	Dairy, Soy, Wheat
Classic Hawaiian Flatbread	1 each	785	42	23	103	1833	64	10	7	1	38	0	841	3	837	Dairy, Soy, Wheat
Pesto Chicken Flatbread	1 each	967	77	27	161	2147	58	8	4	4	62	0	969	5	868	Dairy, Soy, Wheat, And Pine Nuts
Hawaiian BBQ Chicken Flatbread	1 each	917	39	20	160	2357	85	7	31	25	57	0	835	4	785	Dairy, Soy, Wheat
Chicken Alfredo Flatbread	1 each	1040	61	30	230	2902	55	6	1	1	73	0	949	4	920	Dairy, Soy, Wheat
Chicken Bacon Ranch Hoagie	1 each	1492	85	40	303	3091	70	14	2	0	115	0	1311	68	196	Dairy, Soy, Wheat
Baja Chicken Hoagie	1 each	1357	72	22	228	2596	93	10	26	24	88	0	547	4	168	Dairy, Eggs, Soy, Wheat
Hot Italian Hoagie	1 each	845	42	19	123	2660	68	10	5	3	47	0	417	5	103	Dairy, Soy, Wheat

