

KFF Nutritional Values March 2008



Item	Description	Calories	Calories from Fat	% Cals From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	WW PTS
501	BEEF AND BEAN BURRITO	390	160	41%	17	5	0	20	620	48	3	1	12	9
502	BEAN & CHEESE BURRITO	420	200	48%	22	8	0	30	360	43	4	2	10	10
601	PEPPERONI FRENCH BREAD PIZZA	810	280	35%	31	15	0	75	2450	91	3	5	44	19
602	SOFT SHELL TACOS	340	220	65%	24	10	0	40	1090	38	4	3	23	9
603	PHILLY STEAK SANDWICH	270	45	17%	5	2	0	35	590	36	2	4	21	6
606	SAUSAGE FRENCH BREAD PIZZA	800	270	34%	30	14	0	65	2230	91	3	5	42	19
607	OREO PUDDING PARFAIT	510	200	39%	22	11	0	15	500	72	2	54	5	12
609	BURRITO & RICE	550	190	35%	21	6	1	20	1260	75	4	3	14	13
610	SEAFOOD SALAD WEDGE	340	140	41%	15	2	1	15	850	42	2	12	9	8
613	ELIMINATOR	980	490	50%	55	16	0	125	3050	90	3	6	35	24
614	BELLY BENDER	820	240	29%	26	11	0	130	4880	96	3	12	48	19
616	WHOLE WHEAT TRIPLE DECKER	680	170	25%	18	3	0	80	3490	95	3	17	38	15
617	PASTRAMI ON MARBLE RYE	540	230	43%	26	6	0	40	2230	60	2	8	20	13
618	HOMESTEAD BURGER	760	370	49%	44	19	1	145	3320	45	5	7	45	18
619	FIESTA BURGER	660	330	50%	40	17	1	100	2480	47	5	10	34	16
622	GARDEN BAKE (GH)	180	30	17%	3	0	0	0	530	23	7	4	15	3
624	LOW FAT HOT DOG (GH)	250	150	60%	16	6	0	35	760	18	3	3	12	6
625	BRUNCH BURGER	410	190	46%	22	9	1	135	1080	36	1	5	22	10
627	TURKEY AND CHEESE ON 6" SEEDED	380	150	39%	16	6	0	55	1520	37	2	6	20	9
628	TUNA SALAD ON WHEAT SUB (GH)	290	90	31%	9	1	0	30	940	34	2	8	17	7
637	GRILLED CHICKEN BREAST	380	140	37%	16	5	0	55	960	37	3	6	24	9
638	MEATLOAF HOAGIE	470	180	38%	20	8	0	115	1230	48	3	3	23	11
640	CHUCKWAGON POPPYSEED	340	170	50%	20	8	0	55	1200	25	1	3	15	8
641	HAM & CHEESE 8" TLC SUB	440	120	27%	13	7	0	75	2170	52	2	7	28	10
642	TURKEY & CHEESE 8" TLC SUB	420	110	26%	11	6	0	65	1810	52	2	5	28	9
643	CHUCKWAGON WEDGE	350	180	51%	21	7	1	50	1090	28	2	4	15	9
644	HAM & TURKEY 8" TLC SUB	340	50	15%	4	1	0	50	1560	52	2	6	23	7
645	ALL AMERICAN BREAKFAST	580	300	52%	33	11	3	225	1040	49	4	5	23	14
651	SMOTHERED STEAK SANDWICH	430	150	35%	17	8	0	60	990	40	3	5	29	10
652	MELON CUP (GH)	210	0	0%	0	0	0	0	105	53	4	49	4	4
653	DOUBLE CIABATTA BURGER	560	200	36%	24	10	1	60	1540	60	3	2	31	13
654	GRILLED TUNA MELT	370	150	41%	17	4	0	40	1100	32	3	9	20	9
656	HAM AND CHEESE ON WHEAT WEDGE	260	90	35%	10	3	1	40	1230	28	2	5	16	6
657	CHICKEN PEPPERCORN WRAP	390	160	41%	20	5	0	35	970	39	7	4	17	8

Item	Description	Calories	Calories from Fat	% Cals From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	WW PTS
658	PREMIUM CUT HAM SANDWICH	360	130	36%	15	4	0	70	2000	33	3	8	23	8
659	PREMIUM CUT TURKEY SANDWICH	330	70	21%	7	2	0	55	1410	41	3	14	22	7
660	GYRO WRAP	260	130	50%	14	7	0	25	550	26	3	2	10	6
661	CHICKEN & SWISS WEDGE	260	100	38%	11	3	1	30	960	27	2	4	16	6
662	CHEDDARHEAD BRAT	380	220	58%	24	9	0	60	1060	22	1	2	17	10
664	CHICKEN AND CHEDDAR	410	170	41%	18	6	0	20	960	45	3	5	16	10
665	MEATLOAF ON A BUN	290	100	34%	11	4	0	30	620	37	2	6	14	7
666	BREADED CHUCKWAGON	420	170	40%	19	6	0	15	1050	47	3	6	15	10
667	CHORIZO SAUSAGE	440	240	55%	26	9	0	60	1610	25	1	3	23	11
668	TACO JOE WITH CHEESE	320	120	38%	13	6	0	20	910	36	1	5	16	7
669	SUMMER SAUSAGE WEDGE	370	200	54%	22	7	1	40	1020	27	2	4	16	9
670	PEANUT BUTTER AND GRAPE JELLY	360	150	42%	17	3	0	0	460	41	4	15	13	9
671	BISCUIT & SAUS COUNTRY GRAVY	460	270	59%	31	10	3	40	1520	37	1	4	13	12
672	SPICY CHICKEN SANDWICH	500	240	48%	27	7	0	45	860	49	3	5	17	12
673	SANDWICH SPREAD WHEAT WEDGE	320	140	44%	15	3	1	30	1200	33	2	9	13	8
674	HAM & CHEESE PATTY EGG MUFFIN	350	160	46%	18	6	0	125	1020	30	1	3	17	9
675	SAUSAGE EGG & CHEESE CROISSANT	480	280	58%	31	13	2	145	960	31	1	5	21	12
676	CANADN HAM EGG & CHEESE CROISS	340	140	41%	16	7	2	125	1060	32	1	7	18	8
677	GRILLED CHICKEN & SWISS CROISS	410	190	46%	21	8	2	60	880	32	3	6	24	10
678	EGG SALAD CROISSANT	390	160	41%	18	6	2	270	580	30	1	8	14	9
679	SANDWICH SPREAD CROISSANT	410	170	41%	19	6	2	30	1120	33	1	11	13	10
680	TURKEY & SWISS ON RYE WEDGE	250	80	32%	8	3	1	35	1080	26	2	4	17	6
681	BACON EGG CHEESE CROISSANT	320	150	47%	16	7	2	110	670	30	1	5	13	8
682	JOHNSONVILLE BRAT	410	250	61%	28	9	0	55	1250	23	1	1	17	11
688	TURKEY DELI WRAP	310	80	26%	9	1	0	35	1260	40	5	3	15	6
690	CAJUN TURKEY SUB	700	190	27%	20	7	0	85	2780	91	3	8	35	16
691	ROAST BEEF & HONEY HAM SUB	630	130	21%	14	4	0	60	2960	90	3	10	31	14
692	HAM DELI WRAP	320	80	25%	9	2	0	40	1540	40	5	4	15	6
693	ROAST BEEF DELI WRAP	310	90	29%	9	2	0	30	1670	38	5	3	16	6
694	BREAD STICKS	230	35	15%	4	0	0	0	760	39	2	3	8	5
695	SEAFOOD PASTA SALAD	370	160	43%	19	6	1	15	1090	40	0	12	7	9
696	CHEF SALAD BWL FRENCH (GH)	270	130	48%	14	6	0	165	1030	12	2	4	21	7
697	CHEF SALAD BWL RANCH (GH)	270	130	48%	14	6	0	165	1030	12	2	4	21	7
698	CHEF SALAD BOWL WITH ITLN (GH)	270	130	48%	14	6	0	165	1030	12	2	4	21	7
699	CHIX CAESAR BOWL SALAD (GH)	240	130	54%	14	4	0	130	470	11	2	4	15	6
700	SPINACH BOWL SALAD (GH)	300	170	57%	19	7	0	140	730	13	4	0	19	8
701	APPLE PIE	470	190	40%	21	10	0	0	450	67	3	18	4	11
702	CHERRY PIE	490	180	37%	20	9	0	0	450	63	2	22	4	11
703	GERMAN CHOCOLATE CAKE	320	120	38%	13	4	1	40	300	49	0	33	4	7

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706	BROWNIES	460	190	41%	22	5	0	15	340	60	3	35	5	11
707	CINN RAISIN BAGEL CREAM CHEESE	460	90	20%	10	6	0	30	610	81	3	12	13	10
709	BLUEBERRY BAGEL CREAM CHEESE	460	90	20%	10	6	0	30	610	80	3	10	13	10
711	TURKEY & SWISS BUN	250	50	20%	6	2	0	35	1020	36	1	5	16	6
712	1/4# CHILI CHEESEBURGER	450	210	47%	23	10	1	55	1300	38	2	5	25	11
713	TURKEY AND CHEESE ON BUN	250	50	20%	6	2	0	35	1010	36	1	5	15	6
714	BROCCOLI CAULIFLOWER PASTA SLD	260	80	31%	10	2	0	55	530	40	2	19	7	6
715	FRENCH ONION BURGER	380	170	45%	20	8	1	50	830	36	1	6	18	9
718	CHICKEN FINGERS FIREY W/RANCH	790	620	78%	67	14	0	70	1290	25	2	2	17	21
719	CHICKEN FINGERS WITH BBQ SAUCE	500	240	48%	27	6	0	45	1510	47	3	25	18	12
720	CHICKEN FINGERS HONEY MUSTARD	620	390	63%	44	9	0	65	1540	37	3	15	18	16
721	KLEMENTS TWIN HOT DOGS	500	260	52%	28	9	0	50	1400	40	2	6	18	12
722	BLUEBERRY YOGURT PARFAIT (GH)	200	15	8%	1	0	0	5	210	40	2	20	8	4
723	TURKEY & CHEESE WHITE WEDGE	250	80	32%	9	3	1	35	990	28	2	4	16	6
724	HOT TURKEY & GRAVY SANDWICH	260	40	15%	3	1	0	35	1420	39	1	5	17	5
725	CORNED BEEF ON RYE ROLL	290	70	24%	8	3	0	50	1340	34	3	3	22	6
726	JUMBO MEATBALL ON TURANO	510	230	45%	26	12	1	55	1230	43	3	4	29	12
727	TACO GRINDER	420	170	40%	19	6	0	60	1450	38	2	7	22	10
728	HAM & HARD SALAMI SUB	620	280	45%	30	10	0	95	2370	59	1	18	27	15
729	DELI-FAVORITE	470	230	49%	25	10	0	90	2030	35	2	5	27	11
730	GYRO SUB	470	180	38%	20	9	0	30	910	57	2	6	17	11
731	1/4# CORN DOG WITH MUSTARD	310	170	55%	19	7	0	25	1420	36	1	9	10	8
734	VEGETABLE SUB (GH)	320	35	11%	4	1	0	0	830	65	6	12	12	6
735	DELUXE COMBO SUB	380	120	32%	12	5	0	80	2250	36	2	5	30	9
736	TRKY DELITE ON WHEAT SUB (GH)	250	80	32%	8	1	0	30	950	31	1	5	12	6
737	BRAT BURGER	320	110	34%	13	4	0	35	640	37	2	6	16	7
738	BRAT BURGER WITH ONIONS &SWISS	370	140	38%	16	7	0	45	870	39	2	7	20	9
739	BRAT & HAMBURGER SANDWICH	530	260	49%	30	13	0	80	1410	38	2	6	30	13
740	DELI-COMBO	680	300	44%	34	12	0	90	2240	67	2	5	27	16
741	DELI-SELECT	650	250	38%	29	10	0	95	2590	67	2	6	31	15
742	FRENCH BREAD SCRAMBLE	510	280	55%	32	15	2	300	1160	54	2	5	26	13
743	GRAPES & CHEESE	290	130	45%	15	7	0	45	320	30	1	24	13	7
746	PEPPERONI PASTA	360	210	58%	23	5	0	50	570	29	2	4	9	9
748	FARMERS BREAKFAST	330	140	42%	20	8	0	285	500	33	3	0	20	8
749	ROAST BEEF CIABATTA	370	35	9%	5	1	0	40	1260	58	3	2	23	8
750	ITALIAN CHICKEN BREAST	370	150	41%	17	5	0	50	900	30	2	2	23	9
751	SAUSAGE EGG CHEESE TEXAS TOAST	470	230	49%	25	10	0	100	1180	42	2	7	23	11
752	HAM EGG CHEESE ON TEXAS TOAST	340	90	26%	10	3	0	95	1610	43	2	8	22	8
753	STEAK & EGGS	300	170	57%	28	12	0	465	670	3	1	0	35	8

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754	BACN EGG CHEESE ON TEXAS TOAST	310	100	32%	10	3	0	65	890	41	2	7	15	7
755	HAM EGG CHEESE WHEAT TEXAS TST	280	80	29%	9	3	0	95	1490	27	2	6	22	6
756	ONION BAGEL WITH CREAM CHEESE	450	90	20%	10	6	0	30	640	78	2	5	14	10
757	BAGEL WITH CREAM CHEESE PACKET	450	90	20%	10	6	0	30	640	78	2	5	14	10
758	WHEAT BAGEL WITH CREAM CHEESE	440	90	20%	10	6	0	30	1710	76	4	8	13	10
759	CHICKEN SNACKER	240	100	42%	11	2	0	15	610	26	2	3	10	6
760	HAM & TURKEY WHEAT BAGEL (GH)	440	25	6%	2	0	0	45	2710	84	4	14	23	9
761	TWIN CHEESEBURGERS	550	260	47%	30	23	1	70	1630	46	2	6	29	14
762	TUNA SALAD FRENCH BREAD	370	70	19%	8	1	0	30	1210	54	2	12	19	8
763	TURKEY BACON MELT	480	80	17%	12	4	0	65	1950	63	2	2	28	11
764	MINI GUY	330	110	33%	12	4	0	40	1230	42	1	2	15	8
765	TURKEY SALAD WEDGE	320	160	50%	17	2	1	35	1010	30	2	5	13	8
767	MONSTER SUB	770	250	32%	28	12	0	115	3260	87	3	5	41	18
768	CNTRY CLUB HAM & TURKEY FRENCH	490	80	16%	11	2	0	65	2130	67	2	5	26	11
769	ULTIMATE HAM AND SWISS SUB	540	140	26%	16	6	0	85	2600	68	2	7	31	12
771	CHICKEN SALAD WHITE WEDGE	320	110	34%	14	2	1	30	750	35	3	10	15	8
772	SOUTHWEST BLACK BEAN BRGR (GH)	530	60	11%	7	1	0	0	1020	94	8	6	27	10
773	SUPER SUB	700	320	46%	36	15	0	120	2850	62	2	17	34	17
774	AUGRATIN POTATOES WITH HAM	300	100	33%	11	3	3	20	1800	41	4	4	10	7
776	APPLES (WRAPPED) (GH)	80	0	0%	0	0	0	0	0	22	5	16	0	1
777	HAM BACON MELT	280	90	32%	10	4	0	45	1280	31	1	3	18	6
778	ORANGES (WRAPPED) (GH)	70	0	0%	0	0	0	0	0	21	7	14	1	0
779	TURKEY 12 GRAIN WHEAT WED (GH)	250	60	24%	6	1	1	30	970	36	2	6	15	6
780	JALAPENO POLISH SAUSAGE	370	220	59%	25	8	0	55	1080	22	1	1	16	9
781	CANADIAN HAM EGG CHEESE MUFFIN	270	90	33%	9	4	0	120	1080	31	1	4	17	6
782	SALAMI ON WHITE	280	120	43%	13	4	1	45	900	28	2	4	14	7
783	EGG SALAD WHEAT WEDGE	300	130	43%	14	3	1	270	670	30	2	6	14	7
784	HAM EGG & CHEESE BAGEL	470	80	17%	8	3	0	120	1270	78	2	5	22	10
785	GRILLED CHIX & HONEY MUSTARD	450	200	44%	23	5	0	65	1060	40	4	10	20	11
786	SAUSAGE EGG & CHEESE BAGEL	630	220	35%	25	10	0	140	1250	78	2	4	27	15
787	RANCHWAGON	410	180	44%	21	9	0	80	1810	33	1	3	24	10
788	PEPPERONI MELT	400	180	45%	19	8	0	45	1110	37	3	7	20	10
790	HARD ROLL AND BUTTER	280	140	50%	14	9	0	35	390	29	1	2	6	7
791	BEEF VEGETABLE SOUP	230	50	22%	6	2	0	15	1590	23	2	4	8	5
792	BEAN AND HAM SOUP	280	90	32%	9	2	0	10	1610	33	7	2	12	5
794	BANANA PARFAIT	450	160	36%	18	9	0	15	520	63	1	42	5	11
795	VEGETABLE SOUP	270	45	17%	5	1	0	4	1310	37	4	7	6	6
796	CREAM OF CHICKEN SOUP	360	170	47%	20	4	0	25	2330	34	1	9	12	9
797	CHICKEN & DUMPLING SOUP	280	60	21%	8	2	0	70	1730	38	2	3	15	6

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798	CREAM OF BROCCOLI SOUP	330	180	55%	20	4	0	3	2170	33	1	9	7	8
799	CHICKEN NOODLE SOUP	200	40	20%	6	1	0	35	1090	25	2	2	12	5
800	SOUTHWEST CHICKEN SALAD WEDGE	360	180	50%	22	3	1	40	740	30	3	5	15	9
801	1/4# ALL BEEF CHILI DOG	550	270	49%	30	12	0	65	1780	46	2	5	23	14
802	REG FRENCH TOAST	440	130	30%	15	4	3	70	820	66	2	25	9	10
803	FRENCH DIP	270	35	13%	4	1	0	40	1240	33	1	2	19	6
805	ROTINI WITH GRAVY & TURKEY	280	45	16%	4	0	0	65	1170	44	2	3	13	6
806	TURKEY & CHEESE CROISSANT	410	160	39%	17	8	2	60	1500	29	1	6	23	10
807	PLAIN PANCAKES WITH SAUSAGE	560	250	45%	28	10	3	50	1000	66	2	25	12	14
809	VEGGIE WRAP	480	160	33%	18	12	0	45	820	67	6	8	13	10
810	SCRAMBLED EGGS AND BACON	300	100	33%	16	3	0	535	550	16	1	2	20	7
812	CHOCOLATE PEANUTBUTTER PARFAIT	490	210	43%	24	11	0	15	600	61	2	44	7	12
813	STRAWBERRY SHORTCAKE	330	100	30%	11	7	0	20	280	57	3	41	3	8
814	HAM & CHEESE CROISSANT	420	170	40%	19	9	2	60	1690	28	1	7	22	10
820	PEPPER BACN EGG CHEESE MUFFIN	270	110	41%	12	4	0	110	730	29	1	2	13	6
821	SCRAMBLED EGGS HAM BAGEL	300	120	40%	14	4	0	545	1130	17	1	3	25	7
822	SWEDISH MEATBALLS CASSEROLE	450	140	31%	17	7	1	30	1450	54	2	4	18	10
823	HAM 12 GRAIN WHEAT WEDGE (GH)	260	70	27%	7	1	1	35	1170	36	2	7	15	6
824	1/4# ISLANDER	490	250	51%	27	9	1	65	1270	38	2	8	21	12
825	CHICKEN BOWTIE PASTA SALAD	480	270	56%	31	6	0	30	980	32	2	4	15	12
826	MACARONI & CHEESE CASSEROLE	370	150	41%	17	5	3	20	820	52	2	3	12	9
827	BUFFALO CHICKEN SANDWICH	340	120	35%	13	4	0	40	860	34	3	5	21	8
829	GRILLED HAM & CHEESE	410	160	39%	17	6	0	65	1870	43	2	7	22	10
830	GRILLED TURKEY & CHEESE	390	150	38%	16	6	0	55	1580	42	2	6	22	9
831	GRILLED CHEESE	420	210	50%	23	11	0	40	1270	40	2	6	16	10
832	CHICKEN CORDONBLEU	510	220	43%	25	7	0	60	1540	47	3	3	25	12
833	POLISH & KRAUT CASSEROLE	240	170	71%	19	7	0	45	1560	7	5	5	10	5
834	CHICKEN PATTY SANDWICH	440	180	41%	20	4	0	30	920	50	3	5	16	10
836	BREAKFAST BURRITO	320	70	22%	9	4	0	130	830	50	7	1	15	6
838	CHICKEN PARMESAN SNACKER	290	120	41%	14	3	0	20	810	28	3	4	14	7
840	BEEF RAVIOLI CASSEROLE	330	90	27%	10	4	0	25	920	49	4	7	11	7
841	PRETZEL AND CHEESE	360	90	25%	10	2	2	4	730	58	2	2	10	8
842	PRETZEL BITES	400	80	20%	9	2	2	4	730	69	2	3	7	9
847	CHILI WHITE CHICKEN	310	110	35%	13	2	0	20	1490	33	6	1	14	6
848	CHILI MAC	360	130	36%	15	6	0	35	1050	36	5	4	17	7
849	SPAGHETTI MEATBALLS CASSEROLE	540	260	48%	29	12	1	55	1250	46	5	5	25	12
851	GRILLED CHIX WITH BBQ & ONIONS	390	120	31%	14	4	0	55	960	46	4	15	20	9
852	WESTERN BREAKFAST GRILL	420	160	38%	22	7	1	450	1450	45	3	8	26	10
853	CHICAGO STYLE ITALIAN BEEF	330	50	15%	7	2	0	50	1590	37	2	4	27	7

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854	CHICAGO STYLE ITALIAN SAUSAGE	430	210	49%	24	8	0	50	1280	39	2	4	17	11
859	HAM ONION ROLL STACKER	330	90	27%	10	4	0	85	2050	36	2	6	23	7
860	TIJUANA MEXICAN BRKFST BAGEL	590	180	31%	19	8	0	130	1220	80	3	6	27	13
862	GARDEN PASTA SALAD(GH)	160	30	19%	3	1	0	35	540	28	2	5	6	3
863	JELLO FLUFF (GH)	180	100	56%	14	10	0	0	10	14	0	7	1	5
866	JELLO CAKE	270	100	37%	11	5	1	30	430	43	1	27	6	6
870	HAM & SWISS PRETZEL	510	140	27%	15	5	1	75	2440	67	2	11	27	11
873	CHICAGO STYLE BEEF COMBO	540	240	44%	27	10	0	90	2390	36	1	2	31	13
875	CHEESEBURGER CASSEROLE	490	230	47%	29	11	2	70	730	39	2	3	26	12
880	VEGGIES W/RANCH	110	0	0%	0	0	0	0	540	24	5	8	3	1
881	CHICKEN PARMESAN CASSEROLE	460	170	37%	19	6	0	50	1150	44	2	2	26	11
882	CHEF SALAD WITH ITALIAN (GH)	130	50	38%	5	1	0	120	550	10	1	3	9	3
886	CINNAMON ROLL	700	290	41%	32	8	11	5	750	95	3	45	8	17
887	CHICKEN ENCHILADA WRAP	430	90	21%	13	6	0	70	950	50	6	1	27	9
888	CHICKEN BACON CHEESE WRAP	320	60	19%	26	12	0	110	980	33	5	0	36	8
891	HAM AND TURKEY CROISSANT	340	100	29%	10	4	2	50	1400	29	1	7	21	8
892	SNACK TRAY	230	150	65%	17	7	0	65	1100	7	0	1	15	6
893	VEGETABLE TRAY	200	130	65%	15	6	0	25	490	16	3	8	3	5
894	HARD BOILED EGG PACK	170	100	59%	11	3	0	520	150	2	0	0	15	4
895	LASAGNA	400	170	43%	19	7	0	40	1100	37	2	5	21	10
896	ROAST BEEF ONION ROLL STACKER	320	90	28%	10	4	0	65	2170	34	2	4	23	7
897	TUNA SALAD CROISSANT	400	140	35%	15	4	2	30	880	34	2	11	18	9
898	CHICKEN SALAD CROISSANT	410	150	37%	18	5	2	30	730	35	2	12	15	10
899	1/4# BBQ BURGER	430	180	42%	19	8	1	60	1140	45	2	14	21	10
901	SANDWICH SPREAD WHITE WEDGE	320	140	44%	15	3	1	30	1140	33	2	9	13	8
902	TUNA SALAD WHITE WEDGE	300	100	33%	11	1	1	30	900	34	3	9	18	7
903	EGG SALAD SANDWICH WEDGE	300	130	43%	14	3	1	270	610	30	2	6	14	7
904	HAM SWISS ON RYE WEDGE	260	90	35%	10	3	1	40	1260	26	2	5	17	6
905	HAM AND CHEESE WHITE WEDGE	260	90	35%	10	3	1	40	1170	28	2	5	16	6
906	HAM AND CHEESE ON A BUN	260	60	23%	7	3	0	40	1190	36	1	6	15	6
907	SLOPPY JOE	350	110	31%	12	4	0	35	840	45	1	11	14	8
908	HAMBURGER	330	120	36%	15	5	1	35	770	35	1	5	17	8
909	HAM & TURKEY SUB 8" WHEAT (GH)	400	90	23%	9	2	0	55	1810	57	3	14	22	9
910	HAM & CHEESE SUB 8" WHEAT (GH)	480	160	33%	18	7	0	65	2100	56	3	15	24	11
911	CHEESE DOG	320	190	59%	22	8	0	45	1030	21	1	3	12	8
913	CHUCKWAGON	380	170	45%	20	8	0	55	1230	36	1	6	16	9
914	SUBMARINE	410	200	49%	23	9	0	60	1370	34	2	5	18	10
915	HAM & TURKEY SUB 8"	420	90	21%	9	2	0	55	1870	60	2	16	22	9
916	HAM AND CHEESE SUB 8"	520	170	33%	18	7	0	80	2480	60	2	17	27	12

Item	Description	Calories	Calories from Fat	% Cals From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	WW PTS
917	SALAMI AND CHEESE SUBMARINE	530	210	40%	24	10	0	70	1780	59	2	16	21	13
918	BIG GUY SUB 8"	770	410	53%	46	16	0	120	2590	62	2	18	29	19
920	CHICKEN SALAD WHEAT WEDGE	320	110	34%	14	2	1	30	810	35	3	10	15	8
921	TEXAS BLT SANDWICH	330	70	21%	12	0	0	20	770	46	3	8	10	8
922	TACO BOWL SALAD	240	140	58%	20	8	1	20	700	17	2	6	11	6
923	BEEF & CHEDDAR ON A BUN	240	70	29%	7	1	0	25	1490	28	1	3	14	5
924	HOT ROAST BEEF SUB 6"	340	110	32%	12	5	0	50	1810	35	2	4	22	8
925	CHEESEBURGER	370	160	43%	19	8	1	45	980	35	1	5	19	9
926	CHICKEN FRIED STEAK	340	120	35%	15	4	0	15	750	42	3	6	12	8
927	PIZZABURGER	370	130	35%	15	6	0	30	1050	40	4	7	19	9
928	TUNA SALAD WHEAT WEDGE	300	100	33%	11	1	1	30	960	34	3	9	18	7
929	HAM EGG CHEESE MUFFIN	260	80	31%	8	3	0	120	1000	30	1	3	15	6
931	TWIN CHILI DOG	570	340	60%	38	14	0	80	1920	47	4	7	27	15
932	CHILI DOG	290	170	59%	19	7	0	40	960	23	2	4	13	7
933	HOT DOG	280	160	57%	18	5	0	35	810	21	1	3	10	7
934	SOUTHERN FRIED CHICKEN	420	180	43%	21	5	0	40	780	41	4	2	18	10
935	ITALIAN HOAGIE	410	170	41%	18	8	0	50	960	39	6	6	21	9
936	GRILLED MONSTER BURGER	870	480	55%	53	20	2	110	1320	64	3	11	34	22
937	SAUSAGE EGG AND CHEESE MUFFIN	420	220	52%	25	10	0	140	980	30	1	2	20	10
938	HOT HAM CHEESE SUB 8"	420	120	29%	13	7	0	75	2170	48	1	7	27	9
939	HAM AND CHEESE DELUXE	440	120	27%	13	7	0	75	2420	51	3	7	28	10
940	SALAMI ON RYE WEDGE	280	120	43%	13	4	1	45	980	26	2	4	14	7
941	TOSSED SALAD WITH FRENCH (GH)	25	0	0%	0	0	0	0	15	5	1	3	1	1
942	CHIX SALAD ON WHOLE GRAIN BUN	300	100	33%	12	1	0	30	790	35	2	9	14	7
943	TURKEY & SWISS 12 GRAIN (GH)	280	90	32%	9	3	1	35	1040	36	2	6	17	6
944	PASTRAMI REUBEN	750	350	47%	39	11	0	65	2880	75	5	18	27	17
945	CHEDDAR CHEESE ON WHOLE WHEAT	400	210	53%	24	11	1	65	740	26	2	4	21	10
946	BRATWURST SANDWICH	330	180	55%	20	6	0	45	1060	23	1	2	14	8
947	CHEESE STEAK SANDWICH	390	160	41%	17	7	0	55	880	33	2	4	25	9
949	NACHO BURGER	360	140	39%	17	6	1	35	900	37	1	5	17	9
950	SALAMI & CHEESE ON WHEAT WEDGE	290	130	45%	15	5	1	45	1030	27	2	4	14	7
951	HAM AND CHEESE ON 12 GRAIN(GH)	290	100	34%	11	3	1	40	1210	36	2	7	16	7
952	MEATLOAF WHITE WEDGE	280	130	46%	14	4	1	30	600	29	3	5	15	7
953	THE WORKS CHEESEBURGER	410	170	41%	20	8	1	45	1250	41	1	9	19	10
954	HAM ON RYE (GH)	230	60	26%	6	1	1	35	1210	26	2	5	15	5
955	AMERICAN POTATO SALAD	320	120	38%	14	2	0	100	770	45	4	13	8	8
956	TOSSED SALAD WITH RANCH (GH)	25	0	0%	0	0	0	0	15	5	1	3	1	1
957	TUNA MACARONI	400	140	35%	15	2	0	45	900	42	3	13	18	9
958	HAM MACARONI	430	190	44%	21	5	0	40	1090	44	2	13	12	10

Item	Description	Calories	Calories from Fat	% Cals From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	WW PTS
959	CHEF SALAD WITH RANCH (GH)	130	50	38%	5	1	0	120	550	10	1	3	9	3
960	HOT ROAST BEEF SAND	410	120	29%	13	6	0	55	2170	48	1	5	27	9
961	BBQ RIB SANDWICH	480	200	42%	22	7	0	35	1160	48	4	17	22	11
962	CARROT CAKE	340	160	47%	18	5	1	35	260	41	2	27	4	8
963	TOSSED SALAD WITH ITALIAN (GH)	25	0	0%	0	0	0	0	15	5	1	3	1	1
964	1/4# MUSHROOM AND SWISS	450	200	44%	22	9	1	55	1600	40	2	5	26	11
965	ROAST BEEF AND CHEESE WEDGE	260	100	38%	10	4	1	30	1350	27	2	4	15	6
966	DOUBLE CHEESEBURGER	500	240	48%	28	13	1	70	1430	36	1	5	28	12
967	BOLOGNA ON WHOLE WHEAT WEDGE	340	190	56%	21	6	1	35	890	28	2	5	12	9
968	BOLOGNA & CHEESE ON WHITE WDG	340	180	53%	21	7	1	35	920	27	2	5	13	9
969	CHEF SALAD WITH FRENCH (GH)	130	50	38%	5	1	0	120	550	10	1	3	9	3
970	CHICKEN & SWISS WHEAT BUN (GH)	230	70	30%	8	2	0	50	450	15	3	3	26	5
971	1/4# CHEESEBURGER	420	200	48%	22	10	1	55	1120	35	1	5	23	10
972	CHEESY GRILLWURST	390	230	59%	26	9	0	60	1210	23	1	3	16	10
973	POLISH AND KRAUT ON BRAT BUN	340	180	53%	20	7	0	45	1150	23	2	2	14	8
975	BACON CHEESEBURGER DELUXE	390	160	41%	20	7	1	50	1060	35	1	5	20	9
976	1/4LB ALL BEEF HOT DOG ONIONS	530	260	49%	29	11	0	65	1590	45	1	5	21	13
977	FISH & CHEESE/TARTAR PACKET	420	130	31%	15	4	0	45	810	53	2	5	18	10
978	BRAUNSCHWEIGER SANDWICH WEDGE	340	170	50%	18	6	1	105	860	31	2	7	14	8
979	HAM&TRKY ON 12 GRAIN WED (GH)	270	70	26%	7	1	1	45	1310	37	2	7	18	6
980	SMOKED TURKEY SALAD CROISSANT	420	200	48%	22	5	2	35	940	30	1	7	14	10
981	GRILLED CHIXSWISS RYE BUN (GH)	310	80	26%	9	2	0	50	620	33	3	2	27	7
982	BBQ PORK SANDWICH	310	60	19%	7	2	0	30	730	46	1	17	17	7
983	BBQ CHICKEN	290	20	7%	4	1	0	25	620	50	2	20	16	6
984	MEATBALL SUB SANDWICH	600	320	53%	35	15	1	65	1300	42	6	7	30	14
985	BBQ BEEF SANDWICH	280	40	14%	4	1	0	20	1150	49	1	19	13	6
987	RELISH DOG SANDWICH	280	160	57%	18	5	0	35	810	21	1	3	10	7
988	CHEESE SANDWICH	340	180	53%	21	11	1	40	1170	26	2	4	16	9
989	PATTY MELT SANDWICH	370	190	51%	21	8	2	45	1060	26	2	4	21	9
990	CORNED BEEF ON RYE WEDGE	230	70	30%	7	1	1	30	990	25	2	5	16	5
991	SWISS DOG SANDWICH	330	190	58%	22	7	0	50	1040	22	1	3	14	8
992	SWISS BURGER SANDWICH	370	150	41%	18	7	1	45	1000	36	1	5	20	9
993	EGG-N-MUFFIN	220	60	27%	6	1	0	185	460	30	1	3	11	5
994	PORK CHOP SANDWICH	430	170	40%	20	5	0	20	840	48	3	6	15	10
995	HAM AND SWISS ON A BUN	260	60	23%	7	2	0	40	1200	36	1	6	16	6
996	HAM ON WHITE (GH)	230	60	26%	6	1	1	35	1130	28	2	5	15	5
997	HAM & TURKEY ON RYE WEDGE	240	60	25%	6	1	1	45	1350	27	2	5	18	5
998	HAM AND CHEESE RYE WEDGE	260	90	35%	10	3	1	40	1250	26	2	5	16	6
999	POLISH PLAIN	330	180	55%	20	7	0	45	930	22	1	1	14	8

Item	Description	Calories	Calories from Fat	% Cals From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	WW PTS
1501	LSL JUMBO HAM & CHEESE WEDGE	430	160	37%	17	7	1	75	2120	39	2	6	27	10
1503	LSL JUMBO TURKEY&CHEESE WEDGE	410	140	34%	15	7	1	65	1770	39	2	4	26	9
1664	LSL CHICKEN AND CHEDDAR	410	170	41%	18	6	0	20	960	45	3	5	16	10
1685	LSL BOLOGNA & CHEESE WEDGE	380	220	58%	25	8	1	45	1050	28	2	5	14	10
1723	LSL TURKEY&CHEESE WHITE WEDGE	260	80	31%	9	3	1	40	1120	28	2	4	17	6
1739	LSL BRAT & HAMBURGER SANDWICH	530	260	49%	30	13	0	80	1410	38	2	6	30	13
1740	LSL CHUCKWAGON POPPYSEED	340	170	50%	20	8	0	55	1200	25	1	3	15	8
1779	LSL TURKEY ON WHEAT WEDGE	230	50	22%	5	1	1	35	1110	28	2	4	17	5
1783	LSL EGG SALAD WHEAT WEDGE	340	150	44%	17	3	1	355	760	32	2	7	16	8
1901	LSL SANDWICH SPREAD WEDGE	350	160	46%	17	3	1	35	1330	35	2	10	14	8
1903	LSL EGG SALAD SANDWICH WEDGE	340	150	44%	17	3	1	355	700	32	2	7	16	8
1904	LSL HAM SWISS ON RYE WEDGE	270	90	33%	10	3	1	50	1440	27	2	5	19	6
1905	LSL HAM & CHEESE WEDGE	270	100	37%	10	3	1	45	1350	28	2	5	18	6
1920	LSL CHICKEN SALAD WHEAT WEDGE	350	130	37%	16	3	1	40	910	37	3	11	17	8
1925	LSL CHEESEBURGER	370	160	43%	19	8	1	45	980	35	1	5	19	9
1927	LSL PIZZABURGER	370	130	35%	15	6	0	30	1050	40	4	7	19	9
1937	LSL SAUSAGE EGG & CHEESE MUFFN	420	220	52%	25	10	0	140	980	30	1	2	20	10
1966	LSL DOUBLE CHEESEBURGER	500	240	48%	28	13	1	70	1430	36	1	5	28	12
1971	LSL QUARTER POUND CHEESEBURGER	560	320	57%	36	15	1	85	1090	35	1	5	23	14