

Deli Sandwiches Nutritional Information
(produced by the Commissary)

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)
Harvesters												
Roast Beef & Colby Jack	1 sandwich	470	16	5	0	60	1390	53	3.48	8	7.59	32
Smoked Turkey & Swiss	1 sandwich	450	12	4	0	55	1560	54	3.48	8	7.63	32
Smoked Ham & Provolone	1 sandwich	450	13	4	0	55	1790	54	3.48	8	7.86	30
Smoked Turkey & Cheddar	1 sandwich	450	13	4.5	0	55	1660	54	3.48	8	7.63	31
9-inch Subs												
Roast Beef & Colby Jack	1 sub	480	18	7	0	70	1430	45	2	3	2.63	34
Smoked Turkey & Cheddar	1 sub	450	15	6	0	65	1700	46	2	3	2.67	33
Smoked Ham & Swiss	1 sub	460	15	6	0	70	1650	45	2	3	2.89	33
Italian	1 sub	530	25	9	0	70	1890	45	2	3	2.68	31
Turkey, Ham, Bacon, and Cheddar	1 sub	500	20	8	0	75	1760	45	2.12	3	2.73	35
Wraps												
Smoked Ham and Bacon	1 wrap	620	32	11	0	90	2330	52	3.2	3	1.19	34
Smoked Turkey and Cheddar	1 wrap	550	27	10	0	65	1740	51	2.89	2	0.96	29
Chicken Caesar	1 wrap	630	32	14	0	80	1860	52	1.16	1	0	34
Turkey, Ham, Bacon and Ranch	1 wrap	590	30	12	0	85	2290	51	0.89	2	1.52	32
Spicy Smoked Turkey	1 wrap	630	33	11	0	75	2020	55	5.89	3	1.37	31
Buffalo Chicken	1 wrap	540	24	9	0	70	2090	52	6.3	2	0.56	32
King's Hawaiian Sliders												
Ham & Swiss	1 slider	130	4	2	0	30	390	16	0	5	5.24	8
Turkey & Cheddar	1 slider	130	4	2	0	30	390	16	0	5	5.18	8
Beef & Colby Jack	1 slider	140	4.5	2.5	0	30	320	16	0	5	5.17	9
Buffalo Chicken	1 slider	150	5	2.5	0	40	340	16	0	5	5.38	10
Spicy Italian-Style	1 slider	170	8	3.5	0	35	470	16	0	5	5.19	9
Protein/Snack Packs												
Pepperoni Colby Jack	1 snack pack	890	73	34	1.5	205	2440	6	0.06	4	3.78	50
Beef Sausage Bites and Pepper Jack	1 snack pack	880	69	33	1	200	2380	6	0	1	0	47
Beef Sausage Bites and Cheddar	1 snack pack	950	75	37	1	205	2460	6	0.1	0	0	51
Ciabatta												
Smoked Turkey, Black Forest Ham, & Co-Jack	1 sandwich	380	11	4.5	0	55	1600	42	2	3	2.96	28
Black Forest Ham, Genoa Salami, Bacon, & Cheddar	1 sandwich	470	21	8	0	70	1680	41	2.12	3	3.25	31
Croissants												
Black Forest Ham, Bacon, & Cheddar Cheese	1 sandwich	410	22	12	0	80	1740	32	2.12	6	4.09	25
Buffalo Chicken, Bacon & Pepper Jack Cheese	1 sandwich	400	20	10	0	95	1610	32	2.12	6	4.09	27
Smoked Turkey and Cheddar Cheese	1 sandwich	360	16	9	0	75	1830	32	2	6	3.61	24