



## NATIONAL SCHOOL LUNCH PROGRAM NUTRITIONAL INFORMATION

NUTRITION BREAKDOWN																MEAL PATTERN EQUIVALENTS				
Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV	Meat/Meat Alt Servings	Grain Servings	Vegetables** (cups)	Fruits (cups)	Milk/Servings

Sandwiches on 6" 9-Grain Wheat (made with 51% whole grain flour) and include lettuce, tomatoes, cucumbers and cheese.

Veggie Delite®	289	446	177	19.7	11.4	.9	51.7	1301.2	49.1	5.9	8.7	19.9	33	29	63	16	2	2.75	0.75	0	0
Ham	242	379	105	11.6	5.7	.4	51.9	1323.7	46.8	4.8	8.4	24.0	15	9	44	16	2	2.75	0.75	0	0
Cold Cut	229	413	153	17.0	6.9	.6	61.5	1333.3	45.8	4.8	6.8	20.5	14	11	45	21	2	2.75	0.75	0	0
Roast Beef	236	375	88	9.9	4.9	.3	60.2	969.6	45.1	5.1	6.9	27.2	13	10	40	23	2	2.75	0.75	0	0
Subway Club®	249	396	104	11.6	5.8	.4	60.7	1212.4	46.4	5.0	7.4	27.8	15	10	44	21	2	2.75	0.75	0	0
Turkey Breast	270	402	102	11.3	5.5	.5	55.7	1362.7	47.9	4.8	7.3	28.8	15	9	44	19	2	2.75	0.75	0	0
Turkey & Ham	256	391	104	11.5	5.6	.4	54.4	1358.6	47.4	4.8	8.0	26.4	15	9	44	17	2	2.75	0.75	0	0

\*Trans fat is from naturally occurring sources. Sandwiches do not contain any artificial trans fat (partially hydrogenated oil).

\*\*Provides 1/4 c. red/orange vegetable, 1/2 cup "other" vegetables

These sandwiches follow a specific recipe that differs from the standard recipe to meet school lunch meal pattern equivalents.

\*\*\*At an additional cost, make it 1 cup vegetables by adding .25 onions and .25 oz peppers.

## U.S. ALLERGY AND SENSITIVITY INFORMATION

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten <sup>1</sup>	Sulfites	Autolyzed Yeast Hydrolyzed Prot. <sup>2</sup>	Nitrites/Nitrates
Sandwiches <sup>▲</sup> on Wheat bread, with American cheese, lettuce, tomatoes, and cucumbers.												
Veggie Delite®			•				•		•			
Ham (Black Forest)			•				•		•		•	•
Cold Cut Combo (Trio)			•				•		•			•
Roast Beef			•				•		•			
Subway Club®			•				•		•		•	•
Turkey Breast			•				•		•			
Turkey & Ham			•				•		•		•	•

<sup>1</sup>The only soy-derived ingredient is refined soybean oil.

• Contains

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from Subway® approved food manufacturers, independent laboratories and the USDA Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly. This list is compiled based on product information provided by Subway® approved food manufacturers. Every effort is made to keep this information current. However, it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include regional or special promotional items as ingredients vary. Individual food items may come in contact with one another during food preparation and is not reflected on this chart. Please notify the franchisee if you have a food allergy.