2020 Menu	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub Sandwiches (sandwiches made with white bread and standard dress)											
Bologna Sub											
Bologna Sub, 4"	390	200	22	7	0	30	1020	33	1	5	12
Bologna Sub, 6"	560	300	33	10	0	45	1500	46	2	6	17
Bologna Sub, 8"	760	400	45	14	0	60	2030	64	2	8	23
Bologna Sub, 12"	1120	600	67	21	0	90	2990	92	3	12	33
Bologna Sub, 16"	1530	810	90	28	0	120	4060	129	5	16	46
Centsable Sub®											
Centsable Sub®, 4"	330	150	16	4	0	30	1050	33	1	5	13
Centsable Sub®, 6"	480	220	24	6	0	40	1550	46	2	6	18
Centsable Sub®, 8"	660	300	33	8	0	55	2100	64	2	8	25
Centsable Sub®, 12"	970	440	49	12	0	85	3100	92	3	12	37
Centsable Sub®, 16"	1320	590	66	17	0	110	4200	129	5	16	50
Cheese Mix											
Cheese Mix, 4"											
Cheese Mix, 4" (w/o cheese)	210	70	8	1	0	0	380	29	1	2	6
Choice of Cheese											
American Cheese	100	80	9	5	0	25	510	2	0	1	5
Cheddar Cheese	110	80	9	5	0	30	180	1	0	0	7
Pepper Jack Cheese	100	80	9	5	0	20	420	1	0	1	4
Provolone Cheese	100	60	7	4	0	20	190	1	0	0	7
Swiss Cheese	100	60	7	5	0	25	85	1	0	0	8
Cheese Mix, 6"											
Cheese Mix, 6" (w/o cheese)	300	110	12	1.5	0	0	540	40	2	3	8
Choice of Cheese											
American Cheese	100	80	9	5	0	25	510	2	0	1	5
Cheddar Cheese	110	80	9	5	0	30	180	1	0	0	7
Pepper Jack Cheese	100	80	9	5	0	20	420	1	0	1	4
Provolone Cheese	100	60	7	4	0	20	190	1	0	0	7
Swiss Cheese	100	60	7	5	0	25	85	1	0	0	8
Cheese Mix, 8"											
Cheese Mix, 8" (w/o cheese)	420	150	17	2	0	0	760	56	2	4	11
Choice of Cheese											
American Cheese	150	120	14	8	0	40	760	3	0	2	8
Cheddar Cheese	170	120	14	8	0	45	270	2	0	0	11
Pepper Jack Cheese	160	120	13	8	0	35	630	2	0	2	7
Provolone Cheese	150	100	11	6	0	30	290	2	0	0	11
Swiss Cheese	150	100	11	8	0	40	130	2	0	0	12
Cheese Mix, 12"											
Cheese Mix, 12" (w/o cheese)	600	220	25	2.5	0	0	1080	80	3	6	15
Choice of Cheese											
American Cheese	200	160	18	10	0	50	1010	4	0	2	10
Cheddar Cheese	220	160	18	10	0	60	360	2	0	0	14
Pepper Jack Cheese	210	160	18	10	0	45	840	3	0	3	9
Provolone Cheese	200	130	14	8	0	40	380	2	0	0	14
Swiss Cheese	200	130	14	10	0	50	170	2	0	0	16
Cheese Mix, 16"											
Cheese Mix, 16" (w/o cheese)	840	300	33	3.5	0	0	1510	113	5	8	22
Choice of Cheese											
American Cheese	300	250	27	15	0	75	1520	6	0	3	15
Cheddar Cheese	330	250	27	15	0	90	550	3	0	0	21
Pepper Jack Cheese	310	240	27	16	0	65	1250	4	0	4	13
Provolone Cheese	300	190	21	12	0	60	580	3	0	0	21
Swiss Cheese	300	190	21	15	0	75	260	3	0	0	24
Garden Veggie											
Garden Veggie, 4"											
Garden Veggie, 4" (w/o cheese)	260	90	10	1	0	0	900	36	4	6	7
Choice of Cheese											
American Cheese	50	40	4.5	2.5	0	15	250	1	0	1	3
Cheddar Cheese	60	40	4.5	2.5	0	15	90	1	0	0	4
Pepper Jack Cheese	50	40	4.5	2.5	0	10	210	1	0	1	2
Provolone Cheese	50	30	3.5	2	0	10	95	1	0	0	4
Swiss Cheese	50	30	3.5	2.5	0	15	45	1	0	0	4
Garden Veggie, 6"											
Garden Veggie, 6" (w/o cheese)	360	130	14	1.5	0	0	1230	49	4	7	9
Choice of Cheese											
American Cheese	100	80	9	5	0	25	510	2	0	1	5
Cheddar Cheese	110	80	9	5	0	30	180	1	0	0	7
Pepper Jack Cheese	100	80	9	5	0	20	420	1	0	1	4
Provolone Cheese	100	60	7	4	0	20	190	1	0	0	7
Swiss Cheese	100	60	7	5	0	25	85	1	0	0	8
Garden Veggie, 8"											
Garden Veggie, 8" (w/o cheese)	480	170	19	2	0	0	1610	67	6	8	12
Choice of Cheese											
American Cheese	100	80	9	5	0	25	510	2	0	1	5
Cheddar Cheese	110	80	9	5	0	30	180	1	0	0	7
Pepper Jack Cheese	100	80	9	5	0	20	420	1	0	1	4
Provolone Cheese	100	60	7	4	0	20	190	1	0	0	7
Swiss Cheese	100	60	7	5	0	25	85	1	0	0	8
Garden Veggie, 12"											

2020 Menu	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Garden Veggie, 12" (w/o cheese)	700	250	28	3.5	0	0	2450	96	8	12	17
Choice of Cheese											
American Cheese	150	120	14	8	0	40	760	3	0	2	8
Cheddar Cheese	170	120	14	8	0	45	270	2	0	0	11
Pepper Jack Cheese	160	120	13	8	0	35	630	2	0	2	7
Provolone Cheese	150	100	11	6	0	30	290	2	0	0	11
Swiss Cheese	150	100	11	8	0	40	130	2	0	0	12
Garden Veggie, 16"											
Garden Veggie, 16" (w/o cheese)	970	340	38	4.5	0	0	3220	134	11	16	25
Choice of Cheese											
American Cheese	200	160	18	10	0	50	1010	4	0	2	10
Cheddar Cheese	220	160	18	10	0	60	360	2	0	0	14
Pepper Jack Cheese	210	160	18	10	0	45	840	3	0	3	9
Provolone Cheese	200	130	14	8	0	40	380	2	0	0	14
Swiss Cheese	200	130	14	10	0	50	170	2	0	0	16
Goodcents® Original											
Goodcents® Original, 4"	370	190	22	6	0	35	1130	32	1	4	13
Goodcents® Original, 6"	550	310	35	10	0	60	1700	44	2	5	20
Goodcents® Original, 8"	730	390	43	12	0	75	2250	62	2	7	27
Goodcents® Original, 12"	1100	620	70	19	0	120	3400	88	3	10	40
Goodcents® Original, 16"	1460	770	86	24	0	145	4500	125	5	14	53
Ham											
Ham, 4"	280	90	10	1.5	0	25	1090	33	1	5	14
Ham, 6"	410	140	15	2	0	40	1600	46	2	6	20
Ham, 8"	560	190	21	3	0	50	2170	64	2	8	27
Ham, 12"	820	280	31	4	0	75	3210	92	3	12	40
Ham, 16"	1120	370	41	6	0	100	4350	129	5	16	54
Italian											
Italian, 4"	440	290	33	10	0	60	1300	29	1	2	16
Italian, 6"	670	470	53	16	0	95	1960	40	2	3	23
Italian, 8"	860	580	65	19	0	120	2600	56	2	4	31
Italian, 12"	1270	860	97	29	0	180	3850	80	3	6	46
Italian, 16"	1730	1160	130	39	0	240	5210	113	5	8	62
Oven-Roasted Chicken											
Oven-Roasted Chicken, 4"	270	80	9	1	0	25	820	30	1	2	17
Oven-Roasted Chicken, 6"	390	120	14	1.5	0	35	1200	42	2	3	24
Oven-Roasted Chicken, 8"	540	170	19	2	0	50	1630	58	2	4	33
Oven-Roasted Chicken, 12"	780	250	27	2.5	0	75	2390	83	3	6	48
Oven-Roasted Chicken, 16"	1080	330	37	3.5	0	100	3260	117	5	8	66

2020 Menu	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Penny Club®											
Penny Club®, 4"	270	90	10	1.5	0	25	920	31	1	3	15
Penny Club®, 6"	390	130	14	2	0	40	1420	43	2	4	21
Penny Club®, 8"	530	170	19	2.5	0	50	1830	59	2	5	29
Penny Club®, 12"	770	260	29	4	0	75	2840	85	3	8	43
Penny Club®, 16"	1060	350	39	5	0	100	3670	119	5	10	58
Pepperoni											
Pepperoni, 4"	500	360	41	13	0	70	1370	29	1	2	16
Pepperoni, 6"	730	530	61	20	0	105	2030	40	2	3	23
Pepperoni, 8"	990	720	81	26	0	140	2740	56	2	4	31
Pepperoni, 12"	1450	1070	122	39	0	215	4060	80	3	6	46
Pepperoni, 16"	1970	1430	163	52	0	285	5480	113	5	8	62
Turkey											
Turkey, 4"	260	80	9	1	0	25	770	30	1	2	15
Turkey, 6"	380	120	14	1.5	0	40	1130	42	2	3	21
Turkey, 8"	520	170	19	2	0	50	1550	58	2	4	29
Turkey, 12"	750	250	28	2.5	0	75	2270	83	3	6	43
Turkey, 16"	1040	340	37	3.5	0	100	3090	117	5	8	58
Salami											
Salami, 4"	450	300	34	9	0	55	1330	29	1	2	16
Salami, 6"	650	450	50	13	0	85	1970	40	2	3	23
Salami, 8"	880	600	67	18	0	110	2660	56	2	4	31
Salami, 12"	1300	900	100	27	0	165	3940	80	3	6	46
Salami, 16"	1770	1210	134	36	0	225	5320	113	5	8	62
Slow-Cooked Roast Beef											
Slow-Cooked Roast Beef, 4"	260	90	10	2	0	25	1040	29	1	2	16
Slow-Cooked Roast Beef, 6"	380	130	14	3	0	40	1530	40	2	3	23
Slow-Cooked Roast Beef, 8"	520	180	20	4	0	50	2070	56	2	4	31
Slow-Cooked Roast Beef, 12"	750	260	29	6	0	75	3060	80	3	6	46
Slow-Cooked Roast Beef, 16"	1040	350	39	8	0	100	4140	113	5	8	62
Tuna Salad											
Tuna Salad, 4"	350	170	18	2.5	0	15	710	33	1	5	12
Tuna Salad, 6"	500	250	27	4	0	25	1040	46	2	6	17
Tuna Salad, 8"	690	330	37	5	0	35	1420	64	2	8	23
Tuna Salad, 12"	1010	490	55	8	0	50	2070	92	3	12	33
Tuna Salad, 16"	1380	660	74	10	0	65	2830	129	5	16	46
Ultimate Club											
Ultimate Club, 4"	300	120	13	2.5	0	30	880	31	1	3	15
Ultimate Club, 6"	420	170	19	3.5	0	40	1280	43	2	4	20
Ultimate Club, 8"	590	230	26	4.5	0	60	1830	60	2	6	29
Ultimate Club, 12"	840	340	38	7	0	80	2560	85	3	8	40
Ultimate Club, 16"	1180	470	52	9	0	115	3670	120	5	11	58
Toasted Sub											
Buffalo Chicken											
Buffalo Chicken, 8"	490	110	13	3	0	75	2030	56	1	3	36
Buffalo Chicken, 12"	700	170	19	4	0	110	2990	79	1	5	53
Buffalo Chicken, 16"	970	230	26	6	0	145	4060	111	3	6	72
Chicken Bacon Ranch											
Chicken Bacon Ranch, 8"	660	240	27	10	0	120	1210	57	1	3	47
Chicken Bacon Ranch, 12"	950	350	39	14	0	175	1730	80	1	5	68
Chicken Bacon Ranch, 16"	1320	490	54	20	0	235	2420	113	3	6	93
Chipotle Cheesesteak											
Chipotle Cheesesteak, 8"	630	250	28	11	0	65	1680	65	3	7	33
Chipotle Cheesesteak, 12"	930	370	41	16	0.5	95	2460	93	4	11	49
Chipotle Cheesesteak, 16"	1260	500	55	22	0.5	130	3350	130	6	15	66
Chipotle Cheese Chicken											
Chipotle Cheese Chicken, 8"	620	210	23	8	0	90	1230	60	2	6	41
Chipotle Cheese Chicken, 12"	910	320	35	13	0	140	1840	86	2	9	60
Chipotle Cheese Chicken, 16"	1230	420	47	17	0	185	2470	120	3	12	81
Meatball											
Meatball, 8"	790	320	35	17	1	140	1730	66	5	2	45
Meatball, 12"	1160	470	53	25	1.5	210	2540	94	7	3	67
Meatball, 16"	1580	640	71	34	2	280	3460	131	10	4	90
Soups (soup served with saltine crackers)											
Broccoli Cheese Soup											
Broccoli Cheese Soup, 8oz Cup	200	120	13	5	0	20	840	14	2	3	5
Broccoli Cheese Soup, 16oz Bowl	390	240	26	11	0	35	1680	28	4	5	11
Chicken Homestyle Noodle Soup											
Chicken Homestyle Noodle Soup, 8oz Cup	90	20	2.5	0	0	15	800	14	0	1	5
Chicken Homestyle Noodle Soup, 16oz Bowl	160	40	4.5	0	0	30	1520	22	0	2	9
Chicken Tortilla Soup											
Chicken Tortilla Soup, 8oz Cup	130	45	5	2	0	15	1320	16	1	10	7
Chicken Tortilla Soup, 16oz Bowl	270	90	10	3.5	0	25	2640	32	2	20	15
Cream of Potato Soup											
Cream of Potato, 8oz Cup	180	70	8	3	0	10	880	23	1	4	4
Cream of Potato Soup, 16oz Bowl	350	150	16	6	0	20	1760	46	2	8	8

2020 Menu	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Kids											
Kid's Alfredo Pasta	360	160	18	8	0	30	440	41	2	4	9
Kid's Mac 'N Cheese	500	210	23	7	0	40	960	54	2	15	18
Kid's Sub Sack (includes choice of chips or cookie and kids beverage, see below for choice of side and beverage)											
Sub Sack: Ham & Cheese											
Ham & Cheese, 4" (w/o cheese)	210	30	3	1	0	25	990	30	1	3	13
Choice of Cheese											
American Cheese	25	20	2.5	1.5	0	5	125	1	0	0	1
Cheddar Cheese	30	20	2.5	1.5	0	10	45	0	0	0	2
Pepper Jack Cheese	25	20	2	1.5	0	5	105	0	0	0	1
Provolone Cheese	25	15	2	1	0	5	50	0	0	0	2
Swiss Cheese	25	15	2	1.5	0	5	20	0	0	0	2
Sub Sack: Turkey & Cheese											
Turkey & Cheese, 4" (w/o cheese)	190	20	2	0	0	25	670	27	1	1	14
Choice of Cheese											
American Cheese	25	20	2.5	1.5	0	5	125	1	0	0	1
Cheddar Cheese	30	20	2.5	1.5	0	10	45	0	0	0	2
Pepper Jack Cheese	25	20	2	1.5	0	5	105	0	0	0	1
Provolone Cheese	25	15	2	1	0	5	50	0	0	0	2
Swiss Cheese	25	15	2	1.5	0	5	20	0	0	0	2
Sandwich Dress Options											
Banana Peppers											
Banana Peppers, 4"	0	0	0	0	0	0	140	1	0	0	0
Banana Peppers, 6"	0	0	0	0	0	0	180	1	0	0	0
Banana Peppers, 8"	5	0	0	0	0	0	230	1	0	0	0
Banana Peppers, 12"	5	0	0	0	0	0	370	2	0	0	0
Banana Peppers, 16"	5	0	0	0	0	0	460	2	0	0	0
Black Olives											0
Black Olives, 4"	10	5	0.5	0	0	0	30	0	0	0	0
Black Olives, 6"	10	10	1	0	0	0	40	0	0	0	0
Black Olives, 8"	10	10	1	0	0	0	50	0	0	0	0
Black Olives, 12"	20	15	1.5	0	0	0	80	1	1	0	0
Black Olives, 16"	25	20	2	0	0	0	95	1	1	0	0
Black Pepper											
Black Pepper, 4"	0	0	0	0	0	0	0	0	0	0	0
Black Pepper, 6"	0	0	0	0	0	0	0	0	0	0	0
Black Pepper, 8"	0	0	0	0	0	0	0	0	0	0	0
Black Pepper, 12"	0	0	0	0	0	0	0	0	0	0	0
Black Pepper, 16"	5	0	0	0	0	0	0	1	0	0	0
Cucumbers											
Cucumbers, 4"	0	0	0	0	0	0	0	1	0	0	0
Cucumbers, 6"	5	0	0	0	0	0	0	1	0	0	0
Cucumbers, 8"	5	0	0	0	0	0	0	1	0	0	0
Cucumbers, 12"	5	0	0	0	0	0	0	2	0	1	0
Cucumbers, 16"	10	0	0	0	0	0	0	2	0	1	0
Green Peppers											
Green Peppers, 4"	0	0	0	0	0	0	0	0	0	0	0
Green Peppers, 6"	0	0	0	0	0	0	0	0	0	0	0
Green Peppers, 8"	0	0	0	0	0	0	0	1	0	0	0
Green Peppers, 12"	5	0	0	0	0	0	0	1	0	0	0
Green Peppers, 16"	5	0	0	0	0	0	0	1	0	1	0
Honey Mustard											
Honey Mustard, 4"	30	25	2.5	0	0	5	40	2	0	1	0
Honey Mustard, 6"	45	35	4	0.5	0	5	60	2	0	2	0
Honey Mustard, 8"	60	50	5	1	0	5	80	3	0	3	0
Honey Mustard, 12"	90	70	8	1.5	0	10	115	5	0	4	0
Honey Mustard, 16"	120	100	11	2	0	15	160	6	0	5	0
Jalapenos											
Jalapenos, 4"	0	0	0	0	0	0	85	0	0	0	0
Jalapenos, 6"	0	0	0	0	0	0	115	0	0	0	0
Jalapenos, 8"	0	0	0	0	0	0	140	0	0	0	0
Jalapenos, 12"	5	0	0	0	0	0	230	1	1	0	0
Jalapenos, 16"	5	0	0	0	0	0	290	1	1	0	0
Mayonnaise											
Mayonnaise, 4"	50	50	5	1	0	5	40	0	0	0	0
Mayonnaise, 6"	70	70	8	1	0	5	55	0	0	0	0
Mayonnaise, 8"	100	100	11	1.5	0	5	75	0	0	0	0
Mayonnaise, 12"	150	150	16	2.5	0	10	115	0	0	0	0
Mayonnaise, 16"	200	200	22	3.5	0	10	150	0	0	0	0

2020 Menu	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Mustard											
Mustard, 4"	0	0	0	0	0	0	100	0	0	0	0
Mustard, 6"	0	0	0	0	0	0	150	0	0	0	0
Mustard, 8"	0	0	0	0	0	0	200	0	0	0	0
Mustard, 12"	0	0	0	0	0	0	300	0	0	0	0
Mustard, 16"	0	0	0	0	0	0	400	0	0	0	0
Oil											
Oil, 4"	70	60	7	0.5	0	0	0	0	0	0	0
Oil, 6"	100	90	10	0.5	0	0	0	0	0	0	0
Oil, 8"	130	130	14	1	0	0	0	0	0	0	0
Oil, 12"	200	190	21	1.5	0	0	0	0	0	0	0
Oil, 16"	260	260	28	2	0	0	0	0	0	0	0
Onions											
Onions, 4"	5	0	0	0	0	0	0	1	0	0	0
Onions, 6"	5	0	0	0	0	0	0	1	0	0	0
Onions, 8"	5	0	0	0	0	0	0	1	0	0	0
Onions, 12"	5	0	0	0	0	0	0	1	0	0	0
Onions, 16"	5	0	0	0	0	0	0	1	0	1	0
Oregano											
Oregano, 4"	0	0	0	0	0	0	0	0	0	0	0
Oregano, 6"	0	0	0	0	0	0	0	0	0	0	0
Oregano, 8"	0	0	0	0	0	0	0	0	0	0	0
Oregano, 12"	0	0	0	0	0	0	0	0	0	0	0
Oregano, 16"	0	0	0	0	0	0	0	0	0	0	0
Pickles											
Pickles, 4"	0	0	0	0	0	0	140	0	0	0	0
Pickles, 6"	5	0	0	0	0	0	220	1	0	0	0
Pickles, 8"	5	0	0	0	0	0	290	1	0	0	0
Pickles, 12"	5	0	0	0	0	0	430	1	0	0	0
Pickles, 16"	10	0	0	0	0	0	580	2	0	0	0
Ranch Dressing											
Ranch Dressing, 4"	25	25	2.5	0	0	5	65	1	0	0	0
Ranch Dressing, 6"	40	35	4	0.5	0	5	95	1	0	0	0
Ranch Dressing, 8"	50	45	5	1	0	5	125	1	0	1	0
Ranch Dressing, 12"	80	70	8	1	0	10	190	2	0	1	0
Ranch Dressing, 16"	100	90	10	1.5	0	10	250	2	0	1	0
Salt											
Salt, 4"	0	0	0	0	0	0	190	0	0	0	0
Salt, 6"	0	0	0	0	0	0	150	0	0	0	0
Salt, 8"	0	0	0	0	0	0	190	0	0	0	0
Salt, 12"	0	0	0	0	0	0	290	0	0	0	0
Salt, 16"	0	0	0	0	0	0	390	0	0	0	0
Shredded Lettuce											
Shredded Lettuce, 4"	5	0	0	0	0	0	0	1	0	0	0
Shredded Lettuce, 6"	5	0	0	0	0	0	0	1	0	1	0
Shredded Lettuce, 8"	5	0	0	0	0	0	0	1	1	1	0
Shredded Lettuce, 12"	10	0	0	0	0	0	5	2	1	1	1
Shredded Lettuce, 16"	15	0	0	0	0	0	10	3	1	2	1
Standard Dress											
Standard Dress, 4"	80	60	7	0.5	0	0	100	3	1	1	1
Standard Dress, 6"	110	100	11	1	0	0	150	3	1	2	1
Standard Dress, 8"	150	130	14	1	0	0	200	4	1	2	1
Standard Dress, 12"	220	190	22	1.5	0	0	300	6	2	3	1
Standard Dress, 16"	300	260	29	2	0	0	400	8	3	4	2
Spicy Mustard											
Spicy Mustard, 4"	5	0	0	0	0	0	70	0	0	0	0
Spicy Mustard, 6"	10	0	0	0	0	0	105	0	0	0	0
Spicy Mustard, 8"	15	0	0	0	0	0	140	0	0	0	0
Spicy Mustard, 12"	20	0	0	0	0	0	210	0	0	0	0
Spicy Mustard, 16"	30	0	0	0	0	0	280	0	0	0	0
Spicy Ranch Dressing											
Spicy Ranch Dressing, 4"	35	30	3.5	0	0	0	50	1	0	0	0
Spicy Ranch Dressing, 6"	50	45	5	0.5	0	0	80	1	0	1	0
Spicy Ranch Dressing, 8"	70	60	7	1	0	0	105	2	0	1	0
Spicy Ranch Dressing, 12"	100	90	10	1.5	0	5	160	3	0	1	0
Spicy Ranch Dressing, 16"	130	120	13	2	0	5	210	4	0	2	0
Tomatoes											
Tomatoes, 4"	5	0	0	0	0	0	0	1	0	1	0
Tomatoes, 6"	5	0	0	0	0	0	0	1	0	1	0
Tomatoes, 8"	5	0	0	0	0	0	0	1	0	1	0
Tomatoes, 12"	10	0	0	0	0	0	0	2	1	1	0
Tomatoes, 16"	10	0	0	0	0	0	0	2	1	2	1

2020 Menu	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Vinegar											
Vinegar, 4"	0	0	0	0	0	0	0	0	0	0	0
Vinegar, 6"	0	0	0	0	0	0	0	0	0	0	0
Vinegar, 8"	0	0	0	0	0	0	0	0	0	0	0
Vinegar, 12"	0	0	0	0	0	0	0	0	0	0	0
Vinegar, 16"	0	0	0	0	0	0	0	0	0	0	0
Bread Selections											
Wheat Bread											
Wheat Bread Sub, 4"	140	15	2	0	0	0	240	26	1	3	6
Wheat Bread Sub, 6"	200	25	2.5	0.5	0	0	330	37	2	4	8
Wheat Bread Sub, 8"	280	30	3.5	1	0	0	470	53	2	6	12
Wheat Bread Sub, 12"	390	45	5	1	0	0	660	74	3	8	16
Wheat Bread Sub, 16"	560	60	7	1.5	0	0	940	105	4	11	23
White Bread											
White Bread Sub, 4"	140	10	1	0	0	0	280	26	1	1	5
White Bread Sub, 6"	190	15	1.5	0.5	0	0	390	37	1	2	7
White Bread Sub, 8"	270	20	2.5	1	0	0	560	53	1	2	10
White Bread Sub, 12"	380	25	3	1	0	0	780	74	1	3	14
White Bread Sub, 16"	540	40	4.5	1.5	0	0	1110	105	2	4	20
Add Bacon											
Bacon											
Bacon (2 slices), 4"	40	30	3.5	1.5	0	10	125	0	0	0	3
Bacon (2 slices), 6"	40	30	3.5	1.5	0	10	125	0	0	0	3
Bacon (3 slices), 8"	60	45	5	2	0	15	190	0	0	0	4
Bacon (4 slices), 12"	80	60	7	2.5	0	20	250	0	0	0	5
Bacon (6 slices), 16"	120	90	11	4	0	30	380	0	0	0	8
Add Cheese											
Add American Cheese											
American Cheese, 4"	25	20	2.5	1.5	0	5	125	1	0	0	1
American Cheese, 6"	50	40	4.5	2.5	0	15	250	1	0	1	3
American Cheese, 8"	50	40	4.5	2.5	0	15	250	1	0	1	3
American Cheese, 12"	80	60	7	4	0	20	380	2	0	1	4
American Cheese, 16"	100	80	9	5	0	25	510	2	0	1	5
Add Cheddar Cheese											
Cheddar Cheese, 4"	30	20	2.5	1.5	0	10	45	0	0	0	2
Cheddar Cheese, 6"	60	40	4.5	2.5	0	15	90	1	0	0	4
Cheddar Cheese, 8"	60	40	4.5	2.5	0	15	90	1	0	0	4
Cheddar Cheese, 12"	80	60	7	4	0	25	135	1	0	0	5
Cheddar Cheese, 16"	110	80	9	5	0	30	180	1	0	0	7
Add Pepper Jack Cheese											
Pepper Jack Cheese, 4"	25	20	2	1.5	0	5	105	0	0	0	1
Pepper Jack Cheese, 6"	50	40	4.5	2.5	0	10	210	1	0	1	2
Pepper Jack Cheese, 8"	50	40	4.5	2.5	0	10	210	1	0	1	2
Pepper Jack Cheese, 12"	80	60	7	4	0	15	310	1	0	1	3
Pepper Jack Cheese, 16"	100	80	9	5	0	20	420	1	0	1	4
Add Provolone Cheese											
Provolone Cheese, 4"	25	15	2	1	0	5	50	0	0	0	2
Provolone Cheese, 6"	50	30	3.5	2	0	10	95	1	0	0	4
Provolone Cheese, 8"	50	30	3.5	2	0	10	95	1	0	0	4
Provolone Cheese, 12"	80	50	5	3	0	15	140	1	0	0	5
Provolone Cheese, 16"	100	60	7	4	0	20	190	1	0	0	7
Add Swiss Cheese											
Swiss Cheese, 4"	25	15	2	1.5	0	5	20	0	0	0	2
Swiss Cheese, 6"	50	30	3.5	2.5	0	15	45	1	0	0	4
Swiss Cheese, 8"	50	30	3.5	2.5	0	15	45	1	0	0	4
Swiss Cheese, 12"	80	50	5	4	0	20	65	1	0	0	6
Swiss Cheese, 16"	100	60	7	5	0	25	85	1	0	0	8
Add Extra Meat											
Add Bologna											
Bologna, 4"	170	130	14	6	0	30	640	4	0	2	6
Bologna, 6"	260	190	21	9	0	45	960	6	0	3	9
Bologna, 8"	340	260	28	12	0	60	1280	8	0	4	12
Bologna, 12"	520	380	43	18	0	90	1910	12	0	6	18
Bologna, 16"	690	510	57	24	0	120	2550	16	0	8	24
Add Ham									0		
Ham, 4"	70	20	2	0.5	0	25	710	4	0	2	8
Ham, 6"	110	25	3	1	0	40	1060	6	0	3	12
Ham, 8"	140	35	4	1	0	50	1420	8	0	4	16
Ham, 12"	210	50	6	1.5	0	75	2130	12	0	6	24
Ham, 16"	280	70	8	2	0	100	2830	16	0	8	32
Add Capicola					0						
Capicola, 4"	90	60	7	2.5	0	40	760	0	0	0	10
Capicola, 6"	140	100	11	4	0	60	1140	0	0	0	15
Capicola, 8"	180	130	14	5	0	80	1520	0	0	0	20
Capicola, 12"	270	190	21	8	0	120	2280	0	0	0	30
Capicola, 16"	360	260	28	10	0	160	3040	0	0	0	40
Add Oven-Roasted Chicken											
Oven Roasted-Chicken, 4"	60	10	1	0	0	25	440	1	0	0	11
Oven Roasted-Chicken, 6"	90	15	1.5	0	0	35	660	1	0	0	16
Oven Roasted-Chicken, 8"	120	20	2	0	0	50	880	2	0	0	22
Oven Roasted-Chicken, 12"	240	35	4	0	0	100	1750	4	0	0	44
Oven Roasted-Chicken, 16"	240	35	4	0	0	100	1750	4	0	0	44
Add Pepperoni											

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Pepperoni, 4"	280	280	32	12	0	70	990	0	0	0	10
Pepperoni, 6"	430	430	49	18	0	105	1490	0	0	0	15
Pepperoni, 8"	570	570	65	24	0	140	1980	0	0	0	20
Pepperoni, 12"	850	850	97	36	0	215	2980	0	0	0	30
Pepperoni, 16"	1130	1130	130	49	0	285	3970	0	0	0	40
Add Salami											
Salami, 4"	230	230	25	8	0	55	950	0	0	0	10
Salami, 6"	350	340	38	12	0	85	1430	0	0	0	15
Salami, 8"	470	460	51	16	0	110	1900	0	0	0	20
Salami, 12"	700	680	76	24	0	165	2860	0	0	0	30
Salami, 16"	930	910	101	32	0	225	3810	0	0	0	40
Add Slow-Cooked Roast Beef											
Slow-Cooked Roast Beef, 4"	50	15	1.5	1	0	25	660	0	0	0	10
Slow-Cooked Roast Beef, 6"	80	20	2.5	1.5	0	40	990	0	0	0	15
Slow-Cooked Roast Beef, 8"	100	25	3	2	0	50	1320	0	0	0	20
Slow-Cooked Roast Beef, 12"	150	40	4.5	3	0	75	1970	0	0	0	30
Slow-Cooked Roast Beef, 16"	200	50	6	4	0	100	2630	0	0	0	40
Add Turkey											
Turkey, 4"	50	10	1	0	0	25	390	1	0	0	9
Turkey, 6"	80	15	1.5	0	0	40	590	2	0	0	14
Turkey, 8"	100	20	2	0	0	50	790	2	0	0	18
Turkey, 12"	150	25	3	0	0	75	1180	3	0	0	27
Turkey, 16"	200	35	4	0	0	100	1580	4	0	0	36
Add Double Meat											
Add Double Bologna											
Double Bologna, 4"	340	260	28	12	0	60	1280	8	0	4	12
Double Bologna, 6"	520	380	43	18	0	90	1910	12	0	6	18
Double Bologna, 8"	690	510	57	24	0	120	2550	16	0	8	24
Double Bologna, 12"	1030	770	85	36	0	180	3830	24	0	12	36
Double Bologna, 16"	1380	1020	113	49	0	245	5100	32	0	16	49
Add Double Ham											
Double Ham, 4"	140	35	4	1	0	50	1420	8	0	4	16
Double Ham, 6"	210	50	6	1.5	0	75	2130	12	0	6	24
Double Ham, 8"	280	70	8	2	0	100	2830	16	0	8	32
Double Ham, 12"	430	110	12	3	0	150	4250	24	0	12	49
Double Ham, 16"	570	150	16	4	0	200	5670	32	0	16	65
Add Double Capicola											
Double Capicola, 4"	180	130	14	5	0	80	1520	0	0	0	20
Double Capicola, 6"	270	190	21	8	0	120	2280	0	0	0	30
Double Capicola, 8"	360	260	28	10	0	160	3040	0	0	0	40
Double Capicola, 12"	550	380	43	15	0	245	4560	0	0	0	61
Double Capicola, 16"	730	510	57	20	0	325	6070	0	0	0	81
Add Double Oven-Roasted Chicken											
Double Oven Roasted-Chicken, 4"	120	20	2	0	0	50	880	2	0	0	22
Double Oven Roasted-Chicken, 6"	180	25	3	0	0	75	1310	3	0	0	33
Double Oven Roasted-Chicken, 8"	240	35	4	0	0	100	1750	4	0	0	44
Double Oven Roasted-Chicken, 12"	360	50	6	0	0	150	2630	6	0	0	66
Double Oven Roasted-Chicken, 16"	480	70	8	0	0	200	3500	8	0	0	88
Add Double Pepperoni											
Double Pepperoni, 4"	570	570	65	24	0	140	1980	0	0	0	20
Double Pepperoni, 6"	850	850	97	36	0	215	2980	0	0	0	30
Double Pepperoni, 8"	1130	1130	130	49	0	285	3970	0	0	0	40
Double Pepperoni, 12"	1700	1700	194	73	0	425	5950	0	0	0	61
Double Pepperoni, 16"	2270	2270	259	97	0	565	7940	0	0	0	81
Add Double Salami											
Double Salami, 4"	470	460	51	16	0	110	1900	0	0	0	20
Double Salami, 6"	700	680	76	24	0	165	2860	0	0	0	30
Double Salami, 8"	930	910	101	32	0	225	3810	0	0	0	40
Double Salami, 12"	1400	1370	152	49	0	335	5710	0	0	0	61
Double Salami, 16"	1860	1820	202	65	0	445	7610	0	0	0	81
Add Double Slow-Cooked Roast Beef											
Double Slow-Cooked Roast Beef, 4"	100	25	3	2	0	50	1320	0	0	0	20
Double Slow-Cooked Roast Beef, 6"	150	40	4.5	3	0	75	1970	0	0	0	30
Double Slow-Cooked Roast Beef, 8"	200	50	6	4	0	100	2630	0	0	0	40
Double Slow-Cooked Roast Beef, 12"	300	80	9	6	0	150	3950	0	0	0	61
Double Slow-Cooked Roast Beef, 16"	400	110	12	8	0	200	5260	0	0	0	81
Add Double Turkey											
Double Turkey, 4"	100	20	2	0	0	50	790	2	0	0	18
Double Turkey, 6"	150	25	3	0	0	75	1180	3	0	0	27
Double Turkey, 8"	200	35	4	0	0	100	1580	4	0	0	36
Double Turkey, 12"	300	50	6	0	0	150	2370	6	0	0	55
Double Turkey, 16"	400	70	8	0	0	200	3160	8	0	0	73

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Choice of Sides											
Chips											
CHEETOS® Crunchy	320	180	20	3	0	0	510	30	2	2	4
DORITOS® Nacho Cheese	260	120	13	2	0	0	360	31	2	1	4
LAYS® Oven Baked Barbecue	140	30	3.5	0.5	0	0	180	24	2	3	2
LAYS® Oven Baked Original	140	35	4	0.5	0	0	180	24	2	3	2
LAYS® Oven Baked Sour Cream & Onion	140	30	3.5	0.5	0	0	190	24	2	3	2
LAYS® Barbecue	230	130	14	2	0	0	230	24	2	3	3
LAYS® Barbecue	150	80	9	1.5	0	0	150	16	2	2	2
LAYS® Classic	240	140	15	2	0	0	250	23	2	1	3
LAYS® Classic	160	90	10	1.5	0	0	170	15	2	1	2
MISS VICKIE'S® Jalapeno	200	100	11	1.5	0	0	180	22	2	2	3
MISS VICKIE'S® Salt & Vinegar	200	100	11	1.5	0	0	240	23	0	2	3
RUFFLES® Cheddar Sour Cream	230	140	15	2	0	0	280	23	2	2	3
SUNCHIPS® GARDEN SALSA®	210	80	9	1	0	0	210	28	4	4	3
SUNCHIPS® HARVEST CHEDDAR®	210	80	9	1	0	0	260	28	4	3	3
Cookie											
Chocolate Chip Cookie	330	153	17	9	0	5	115	44	1	30	3
Double Chocolate Chunk Cookie	310	144	16	9	0	25	250	41	1	26	3
Peanut Butter Cookie	310	144	16	6	0	20	270	37	0	21	5
Kids Beverages											
Chocolate Milk	200	45	5	3	0	15	120	33	0	31	8
Fruit Shoot, Apple	20	0	0	0	0	0	50	3	0	3	0
Fruit Shoot, Berry Burst	70	0	0	0	0	0	10	18	0	17	0
20oz Bottle Beverages											
Aquafina	0	0	0	0	0	0	0	0	0	0	0
Diet Dr. Pepper	0	0	0	0	0	0	100	0	0	0	0
Diet Pepsi	0	0	0	0	0	0	60	0	0	0	0
Dr. Pepper	250	0	0	0	0	0	100	66	0	64	0
Gatorade Cool Blue	140	0	0	0	0	0	270	36	0	34	0
Gatorade Fruit Punch	140	0	0	0	0	0	270	36	0	34	0
Mountain Dew	290	0	0	0	0	0	105	77	0	77	0
Pepsi	250	0	0	0	0	0	55	69	0	69	0
Pure Leaf Iced Tea - Sweet Tea	160	0	0	0	0	0	0	42	0	42	0
Pure Leaf Iced Tea - Unsweetened Black Tea	0	0	0	0	0	0	0	0	0	0	0
Family Meals											
Family Chicken Alfredo	2780	1220	136	57	2	415	3380	250	11	25	139
Family Pasta with Meatballs	2770	910	102	41	3	385	6070	310	28	26	133
Family Pot Roast	1540	570	63	30	0	285	5620	139	20	30	95
Goodcents To Go											
Chicken Alfredo	700	310	34	14	0	105	850	62	3	6	35
Chicken Pasta Tortellini	680	300	33	14	0	120	1080	57	3	4	38
Classic Lasagna	490	140	15	8	0	65	1470	60	4	14	27
Classic Pot Roast	390	140	16	7	0	70	1400	35	5	7	24
Grilled Alaskan Salmon	290	80	8	4	0	60	810	28	4	3	25
Pasta with Meatballs	690	230	25	10	1	95	1520	78	7	7	33
Southern-Style Meatloaf	540	200	22	9	2	75	1430	45	6	4	38
Steak Alfredo	750	350	39	17	0	105	1470	64	3	9	34