

2021 Menu	Total Calories (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	22	7	0	30	1020	33	1	5	12
Bologna Sub, 6"	560	33	10	0	45	1500	46	2	6	17
Bologna Sub, 8"	760	45	14	0	60	2030	64	2	8	23
Bologna Sub, 12"	1120	67	21	0	90	2990	92	3	12	33
Bologna Sub, 16"	1530	90	28	0	120	4060	129	5	16	46
Centsable Sub®										
Centsable Sub®, 4"	330	16	4	0	30	1050	33	1	5	13
Centsable Sub®, 6"	480	24	6	0	40	1550	46	2	6	18
Centsable Sub®, 8"	660	33	8	0	55	2100	64	2	8	25
Centsable Sub®, 12"	970	49	12	0	85	3100	92	3	12	37
Centsable Sub®, 16"	1320	66	17	0	110	4200	129	5	16	50
Cheese Mix										
Cheese Mix, 4"										
Cheese Mix, 4" (w/o cheese)	210	8	1	0	0	380	29	1	2	6
Choice of Cheese										
American Cheese	100	9	5	0	25	510	2	0	1	5
Cheddar Cheese	110	9	5	0	30	180	1	0	0	7
Pepper Jack Cheese	100	9	5	0	20	420	1	0	1	4
Provolone Cheese	100	7	4	0	20	190	1	0	0	7
Swiss Cheese	100	7	5	0	25	85	1	0	0	8
Cheese Mix, 6"										
Cheese Mix, 6" (w/o cheese)	300	12	1.5	0	0	540	40	2	3	8
Choice of Cheese										
American Cheese	100	9	5	0	25	510	2	0	1	5
Cheddar Cheese	110	9	5	0	30	180	1	0	0	7
Pepper Jack Cheese	100	9	5	0	20	420	1	0	1	4
Provolone Cheese	100	7	4	0	20	190	1	0	0	7
Swiss Cheese	100	7	5	0	25	85	1	0	0	8
Cheese Mix, 8"										
Cheese Mix, 8" (w/o cheese)	420	17	2	0	0	760	56	2	4	11
Choice of Cheese										
American Cheese	150	14	8	0	40	760	3	0	2	8
Cheddar Cheese	170	14	8	0	45	270	2	0	0	11
Pepper Jack Cheese	160	13	8	0	35	630	2	0	2	7
Provolone Cheese	150	11	6	0	30	290	2	0	0	11
Swiss Cheese	150	11	8	0	40	130	2	0	0	12
Cheese Mix, 12"										
Cheese Mix, 12" (w/o cheese)	600	25	2.5	0	0	1080	80	3	6	15
Choice of Cheese										
American Cheese	200	18	10	0	50	1010	4	0	2	10
Cheddar Cheese	220	18	10	0	60	360	2	0	0	14
Pepper Jack Cheese	210	18	10	0	45	840	3	0	3	9
Provolone Cheese	200	14	8	0	40	380	2	0	0	14
Swiss Cheese	200	14	10	0	50	170	2	0	0	16
Cheese Mix, 16"										
Cheese Mix, 16" (w/o cheese)	840	33	3.5	0	0	1510	113	5	8	22
Choice of Cheese										
American Cheese	300	27	15	0	75	1520	6	0	3	15
Cheddar Cheese	330	27	15	0	90	550	3	0	0	21
Pepper Jack Cheese	310	27	16	0	65	1250	4	0	4	13
Provolone Cheese	300	21	12	0	60	580	3	0	0	21
Swiss Cheese	300	21	15	0	75	260	3	0	0	24
Garden Veggie										
Garden Veggie, 4"										
Garden Veggie, 4" (w/o cheese)	260	10	1	0	0	900	36	4	6	7
Choice of Cheese										
American Cheese	50	4.5	2.5	0	15	250	1	0	1	3
Cheddar Cheese	60	4.5	2.5	0	15	90	1	0	0	4
Pepper Jack Cheese	50	4.5	2.5	0	10	210	1	0	1	2
Provolone Cheese	50	3.5	2	0	10	95	1	0	0	4
Swiss Cheese	50	3.5	2.5	0	15	45	1	0	0	4
Garden Veggie, 6"										
Garden Veggie, 6" (w/o cheese)	360	14	1.5	0	0	1230	49	4	7	9
Choice of Cheese										
American Cheese	100	9	5	0	25	510	2	0	1	5
Cheddar Cheese	110	9	5	0	30	180	1	0	0	7
Pepper Jack Cheese	100	9	5	0	20	420	1	0	1	4
Provolone Cheese	100	7	4	0	20	190	1	0	0	7

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Swiss Cheese	100	7	5	0	25	85	1	0	0	8
Garden Veggie, 8"										
Garden Veggie, 8" (w/o cheese)	480	19	2	0	0	1610	67	6	8	12
Choice of Cheese										
American Cheese	100	9	5	0	25	510	2	0	1	5
Cheddar Cheese	110	9	5	0	30	180	1	0	0	7
Pepper Jack Cheese	100	9	5	0	20	420	1	0	1	4
Provolone Cheese	100	7	4	0	20	190	1	0	0	7
Swiss Cheese	100	7	5	0	25	85	1	0	0	8
Garden Veggie, 12"										
Garden Veggie, 12" (w/o cheese)	700	28	3.5	0	0	2450	96	8	12	17
Choice of Cheese										
American Cheese	150	14	8	0	40	760	3	0	2	8
Cheddar Cheese	170	14	8	0	45	270	2	0	0	11
Pepper Jack Cheese	160	13	8	0	35	630	2	0	2	7
Provolone Cheese	150	11	6	0	30	290	2	0	0	11
Swiss Cheese	150	11	8	0	40	130	2	0	0	12
Garden Veggie, 16"										
Garden Veggie, 16" (w/o cheese)	970	38	4.5	0	0	3220	134	11	16	25
Choice of Cheese										
American Cheese	200	18	10	0	50	1010	4	0	2	10
Cheddar Cheese	220	18	10	0	60	360	2	0	0	14
Pepper Jack Cheese	210	18	10	0	45	840	3	0	3	9
Provolone Cheese	200	14	8	0	40	380	2	0	0	14
Swiss Cheese	200	14	10	0	50	170	2	0	0	16
Goodcents® Original										
Goodcents® Original, 4"	370	22	6	0	35	1130	32	1	4	13
Goodcents® Original, 6"	550	35	10	0	60	1700	44	2	5	20
Goodcents® Original, 8"	730	43	12	0	75	2250	62	2	7	27
Goodcents® Original, 12"	1100	70	19	0	120	3400	88	3	10	40
Goodcents® Original, 16"	1460	86	24	0	145	4500	125	5	14	53
Ham										
Ham, 4"	280	10	1.5	0	25	1090	33	1	5	14
Ham, 6"	410	15	2	0	40	1600	46	2	6	20
Ham, 8"	560	21	3	0	50	2170	64	2	8	27
Ham, 12"	820	31	4	0	75	3210	92	3	12	40
Ham, 16"	1120	41	6	0	100	4350	129	5	16	54
Italian										
Italian, 4"	440	33	10	0	60	1300	29	1	2	16
Italian, 6"	670	53	16	0	95	1960	40	2	3	23
Italian, 8"	860	65	19	0	120	2600	56	2	4	31
Italian, 12"	1270	97	29	0	180	3850	80	3	6	46
Italian, 16"	1730	130	39	0	240	5210	113	5	8	62
Oven-Roasted Chicken										
Oven-Roasted Chicken, 4"	270	9	1	0	25	820	30	1	2	17
Oven-Roasted Chicken, 6"	390	14	1.5	0	35	1200	42	2	3	24
Oven-Roasted Chicken, 8"	540	19	2	0	50	1630	58	2	4	33
Oven-Roasted Chicken, 12"	780	27	2.5	0	75	2390	83	3	6	48
Oven-Roasted Chicken, 16"	1080	37	3.5	0	100	3260	117	5	8	66
Penny Club®										
Penny Club®, 4"	270	10	1.5	0	25	920	31	1	3	15
Penny Club®, 6"	390	14	2	0	40	1420	43	2	4	21
Penny Club®, 8"	530	19	2.5	0	50	1830	59	2	5	29
Penny Club®, 12"	770	29	4	0	75	2840	85	3	8	43
Penny Club®, 16"	1060	39	5	0	100	3670	119	5	10	58
Pepperoni										
Pepperoni, 4"	500	41	13	0	70	1370	29	1	2	16
Pepperoni, 6"	730	61	20	0	105	2030	40	2	3	23
Pepperoni, 8"	990	81	26	0	140	2740	56	2	4	31
Pepperoni, 12"	1450	122	39	0	215	4060	80	3	6	46
Pepperoni, 16"	1970	163	52	0	285	5480	113	5	8	62
Turkey										
Turkey, 4"	260	9	1	0	25	770	30	1	2	15
Turkey, 6"	380	14	1.5	0	40	1130	42	2	3	21
Turkey, 8"	520	19	2	0	50	1550	58	2	4	29
Turkey, 12"	750	28	2.5	0	75	2270	83	3	6	43
Turkey, 16"	1040	37	3.5	0	100	3090	117	5	8	58
Salami										
Salami, 4"	450	34	9	0	55	1330	29	1	2	16
Salami, 6"	650	50	13	0	85	1970	40	2	3	23
Salami, 8"	880	67	18	0	110	2660	56	2	4	31
Salami, 12"	1300	100	27	0	165	3940	80	3	6	46
Salami, 16"	1770	134	36	0	225	5320	113	5	8	62

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Slow-Cooked Roast Beef										
Slow-Cooked Roast Beef, 4"	260	10	2	0	25	1040	29	1	2	16
Slow-Cooked Roast Beef, 6"	380	14	3	0	40	1530	40	2	3	23
Slow-Cooked Roast Beef, 8"	520	20	4	0	50	2070	56	2	4	31
Slow-Cooked Roast Beef, 12"	750	29	6	0	75	3060	80	3	6	46
Slow-Cooked Roast Beef, 16"	1040	39	8	0	100	4140	113	5	8	62
Tuna Salad										
Tuna Salad, 4"	350	18	2.5	0	15	710	33	1	5	12
Tuna Salad, 6"	500	27	4	0	25	1040	46	2	6	17
Tuna Salad, 8"	690	37	5	0	35	1420	64	2	8	23
Tuna Salad, 12"	1010	55	8	0	50	2070	92	3	12	33
Tuna Salad, 16"	1380	74	10	0	65	2830	129	5	16	46
Ultimate Club										
Ultimate Club, 4"	300	13	2.5	0	30	880	31	1	3	15
Ultimate Club, 6"	420	19	3.5	0	40	1280	43	2	4	20
Ultimate Club, 8"	590	26	4.5	0	60	1830	60	2	6	29
Ultimate Club, 12"	840	38	7	0	80	2560	85	3	8	40
Ultimate Club, 16"	1180	52	9	0	115	3670	120	5	11	58
Toasted Sub										
Buffalo Chicken										
Buffalo Chicken, 8"	450	9	2	0	100	2290	54	1	3	35
Buffalo Chicken, 12"	640	14	3	0	150	3390	77	1	5	51
Buffalo Chicken, 16"	890	19	4.5	0	200	4590	109	3	6	69
Chicken Bacon Ranch										
Chicken Bacon Ranch, 8"	620	24	9	0	145	1470	55	1	3	45
Chicken Bacon Ranch, 12"	890	34	13	0	215	2130	78	1	5	66
Chicken Bacon Ranch, 16"	1230	47	18	0	290	2950	111	3	6	91
Chipotle Cheesesteak										
Chipotle Cheesesteak, 8"	630	28	11	0	65	1680	65	3	7	33
Chipotle Cheesesteak, 12"	930	41	16	0.5	95	2460	93	4	11	49
Chipotle Cheesesteak, 16"	1260	55	22	0.5	130	3350	130	6	15	66
Chipotle Cheese Chicken										
Chipotle Cheese Chicken, 8"	570	20	8	0	120	1500	59	2	6	39
Chipotle Cheese Chicken, 12"	850	30	12	0	180	2230	84	2	9	58
Chipotle Cheese Chicken, 16"	1150	40	15	0	240	2990	118	3	12	78
Meatball										
Meatball, 8"	790	35	17	1	140	1730	66	5	2	45
Meatball, 12"	1160	53	25	1.5	210	2540	94	7	3	67
Meatball, 16"	1580	71	34	2	280	3460	131	10	4	90
Soups (soup served with saltine crackers)										
Broccoli Cheese Soup										
Broccoli Cheese Soup, 8oz Cup	200	13	5	0	20	840	14	2	3	5
Broccoli Cheese Soup, 16oz Bowl	390	26	11	0	35	1680	28	4	5	11
Chicken Homestyle Noodle Soup										
Chicken Homestyle Noodle Soup, 8oz Cup	90	2.5	0	0	15	800	14	0	1	5
Chicken Homestyle Noodle Soup, 16oz Bowl	160	4.5	0	0	30	1520	22	0	2	9
Chicken Tortilla Soup										
Chicken Tortilla Soup, 8oz Cup	130	5	2	0	15	1320	16	1	10	7
Chicken Tortilla Soup, 16oz Bowl	270	10	3.5	0	25	2640	32	2	20	15
Cream of Potato Soup										
Cream of Potato, 8oz Cup	180	8	3	0	10	880	23	1	4	4
Cream of Potato Soup, 16oz Bowl	350	16	6	0	20	1760	46	2	8	8
Kids										
Kid's Alfredo Pasta	360	18	8	0	30	440	41	2	4	9
Kid's Mac 'N Cheese	500	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	3	1	0	25	990	30	1	3	13
Choice of Cheese										
American Cheese	25	2.5	1.5	0	5	125	1	0	0	1
Cheddar Cheese	30	2.5	1.5	0	10	45	0	0	0	2
Pepper Jack Cheese	25	2	1.5	0	5	105	0	0	0	1
Provolone Cheese	25	2	1	0	5	50	0	0	0	2
Swiss Cheese	25	2	1.5	0	5	20	0	0	0	2
Sub Sack: Turkey & Cheese										
Turkey & Cheese, 4" (w/o cheese)	190	2	0	0	25	670	27	1	1	14
Choice of Cheese										
American Cheese	25	2.5	1.5	0	5	125	1	0	0	1
Cheddar Cheese	30	2.5	1.5	0	10	45	0	0	0	2
Pepper Jack Cheese	25	2	1.5	0	5	105	0	0	0	1
Provolone Cheese	25	2	1	0	5	50	0	0	0	2
Swiss Cheese	25	2	1.5	0	5	20	0	0	0	2

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Pickles										
Pickles, 4"	0	0	0	0	0	140	0	0	0	0
Pickles, 6"	5	0	0	0	0	220	1	0	0	0
Pickles, 8"	5	0	0	0	0	290	1	0	0	0
Pickles, 12"	5	0	0	0	0	430	1	0	0	0
Pickles, 16"	10	0	0	0	0	580	2	0	0	0
Ranch Dressing										
Ranch Dressing, 4"	25	2.5	0	0	5	65	1	0	0	0
Ranch Dressing, 6"	40	4	0.5	0	5	95	1	0	0	0
Ranch Dressing, 8"	50	5	1	0	5	125	1	0	1	0
Ranch Dressing, 12"	80	8	1	0	10	190	2	0	1	0
Ranch Dressing, 16"	100	10	1.5	0	10	250	2	0	1	0
Salt										
Salt, 4"	0	0	0	0	0	190	0	0	0	0
Salt, 6"	0	0	0	0	0	150	0	0	0	0
Salt, 8"	0	0	0	0	0	190	0	0	0	0
Salt, 12"	0	0	0	0	0	290	0	0	0	0
Salt, 16"	0	0	0	0	0	390	0	0	0	0
Shredded Lettuce										
Shredded Lettuce, 4"	5	0	0	0	0	0	1	0	0	0
Shredded Lettuce, 6"	5	0	0	0	0	0	1	0	1	0
Shredded Lettuce, 8"	5	0	0	0	0	0	1	1	1	0
Shredded Lettuce, 12"	10	0	0	0	0	5	2	1	1	1
Shredded Lettuce, 16"	15	0	0	0	0	10	3	1	2	1
Standard Dress										
Standard Dress, 4"	80	7	0.5	0	0	100	3	1	1	1
Standard Dress, 6"	110	11	1	0	0	150	3	1	2	1
Standard Dress, 8"	150	14	1	0	0	200	4	1	2	1
Standard Dress, 12"	220	22	1.5	0	0	300	6	2	3	1
Standard Dress, 16"	300	29	2	0	0	400	8	3	4	2
Spicy Mustard										
Spicy Mustard, 4"	5	0	0	0	0	70	0	0	0	0
Spicy Mustard, 6"	10	0	0	0	0	105	0	0	0	0
Spicy Mustard, 8"	15	0	0	0	0	140	0	0	0	0
Spicy Mustard, 12"	20	0	0	0	0	210	0	0	0	0
Spicy Mustard, 16"	30	0	0	0	0	280	0	0	0	0
Spicy Ranch Dressing										
Spicy Ranch Dressing, 4"	35	3.5	0	0	0	50	1	0	0	0
Spicy Ranch Dressing, 6"	50	5	0.5	0	0	80	1	0	1	0
Spicy Ranch Dressing, 8"	70	7	1	0	0	105	2	0	1	0
Spicy Ranch Dressing, 12"	100	10	1.5	0	5	160	3	0	1	0
Spicy Ranch Dressing, 16"	130	13	2	0	5	210	4	0	2	0
Tomatoes										
Tomatoes, 4"	5	0	0	0	0	0	1	0	1	0
Tomatoes, 6"	5	0	0	0	0	0	1	0	1	0
Tomatoes, 8"	5	0	0	0	0	0	1	0	1	0
Tomatoes, 12"	10	0	0	0	0	0	2	1	1	0
Tomatoes, 16"	10	0	0	0	0	0	2	1	2	1
Vinegar										
Vinegar, 4"	0	0	0	0	0	0	0	0	0	0
Vinegar, 6"	0	0	0	0	0	0	0	0	0	0
Vinegar, 8"	0	0	0	0	0	0	0	0	0	0
Vinegar, 12"	0	0	0	0	0	0	0	0	0	0
Vinegar, 16"	0	0	0	0	0	0	0	0	0	0
Bread Selections										
Wheat Bread										
Wheat Bread Sub, 4"	140	2	0	0	0	240	26	1	3	6
Wheat Bread Sub, 6"	200	2.5	0.5	0	0	330	37	2	4	8
Wheat Bread Sub, 8"	280	3.5	1	0	0	470	53	2	6	12
Wheat Bread Sub, 12"	390	5	1	0	0	660	74	3	8	16
Wheat Bread Sub, 16"	560	7	1.5	0	0	940	105	4	11	23
White Bread										
White Bread Sub, 4"	140	1	0	0	0	280	26	1	1	5
White Bread Sub, 6"	190	1.5	0.5	0	0	390	37	1	2	7
White Bread Sub, 8"	270	2.5	1	0	0	560	53	1	2	10
White Bread Sub, 12"	380	3	1	0	0	780	74	1	3	14
White Bread Sub, 16"	540	4.5	1.5	0	0	1110	105	2	4	20
Add Bacon										
Bacon										
Bacon (2 slices), 4"	40	3.5	1.5	0	10	125	0	0	0	3
Bacon (2 slices), 6"	40	3.5	1.5	0	10	125	0	0	0	3
Bacon (3 slices), 8"	60	5	2	0	15	190	0	0	0	4
Bacon (4 slices), 12"	80	7	2.5	0	20	250	0	0	0	5

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Bacon (6 slices), 16"	120	11	4	0	30	380	0	0	0	8
Add Cheese										
Add American Cheese										
American Cheese, 4"	25	2.5	1.5	0	5	125	1	0	0	1
American Cheese, 6"	50	4.5	2.5	0	15	250	1	0	1	3
American Cheese, 8"	50	4.5	2.5	0	15	250	1	0	1	3
American Cheese, 12"	80	7	4	0	20	380	2	0	1	4
American Cheese, 16"	100	9	5	0	25	510	2	0	1	5
Add Cheddar Cheese										
Cheddar Cheese, 4"	30	2.5	1.5	0	10	45	0	0	0	2
Cheddar Cheese, 6"	60	4.5	2.5	0	15	90	1	0	0	4
Cheddar Cheese, 8"	60	4.5	2.5	0	15	90	1	0	0	4
Cheddar Cheese, 12"	80	7	4	0	25	135	1	0	0	5
Cheddar Cheese, 16"	110	9	5	0	30	180	1	0	0	7
Add Pepper Jack Cheese										
Pepper Jack Cheese, 4"	25	2	1.5	0	5	105	0	0	0	1
Pepper Jack Cheese, 6"	50	4.5	2.5	0	10	210	1	0	1	2
Pepper Jack Cheese, 8"	50	4.5	2.5	0	10	210	1	0	1	2
Pepper Jack Cheese, 12"	80	7	4	0	15	310	1	0	1	3
Pepper Jack Cheese, 16"	100	9	5	0	20	420	1	0	1	4
Add Provolone Cheese										
Provolone Cheese, 4"	25	2	1	0	5	50	0	0	0	2
Provolone Cheese, 6"	50	3.5	2	0	10	95	1	0	0	4
Provolone Cheese, 8"	50	3.5	2	0	10	95	1	0	0	4
Provolone Cheese, 12"	80	5	3	0	15	140	1	0	0	5
Provolone Cheese, 16"	100	7	4	0	20	190	1	0	0	7
Add Swiss Cheese										
Swiss Cheese, 4"	25	2	1.5	0	5	20	0	0	0	2
Swiss Cheese, 6"	50	3.5	2.5	0	15	45	1	0	0	4
Swiss Cheese, 8"	50	3.5	2.5	0	15	45	1	0	0	4
Swiss Cheese, 12"	80	5	4	0	20	65	1	0	0	6
Swiss Cheese, 16"	100	7	5	0	25	85	1	0	0	8
Add Extra Meat										
Add Bologna										
Bologna, 4"	170	14	6	0	30	640	4	0	2	6
Bologna, 6"	260	21	9	0	45	960	6	0	3	9
Bologna, 8"	340	28	12	0	60	1280	8	0	4	12
Bologna, 12"	520	43	18	0	90	1910	12	0	6	18
Bologna, 16"	690	57	24	0	120	2550	16	0	8	24
Add Ham										
Ham, 4"	70	2	0.5	0	25	710	4	0	2	8
Ham, 6"	110	3	1	0	40	1060	6	0	3	12
Ham, 8"	140	4	1	0	50	1420	8	0	4	16
Ham, 12"	210	6	1.5	0	75	2130	12	0	6	24
Ham, 16"	280	8	2	0	100	2830	16	0	8	32
Add Capicola										
Capicola, 4"	90	7	2.5	0	40	760	0	0	0	10
Capicola, 6"	140	11	4	0	60	1140	0	0	0	15
Capicola, 8"	180	14	5	0	80	1520	0	0	0	20
Capicola, 12"	270	21	8	0	120	2280	0	0	0	30
Capicola, 16"	360	28	10	0	160	3040	0	0	0	40
Add Oven-Roasted Chicken										
Oven Roasted-Chicken, 4"	60	1	0	0	25	440	1	0	0	11
Oven Roasted-Chicken, 6"	90	1.5	0	0	35	660	1	0	0	16
Oven Roasted-Chicken, 8"	120	2	0	0	50	880	2	0	0	22
Oven Roasted-Chicken, 12"	240	4	0	0	100	1750	4	0	0	44
Oven Roasted-Chicken, 16"	240	4	0	0	100	1750	4	0	0	44
Add Pepperoni										
Pepperoni, 4"	280	32	12	0	70	990	0	0	0	10
Pepperoni, 6"	430	49	18	0	105	1490	0	0	0	15
Pepperoni, 8"	570	65	24	0	140	1980	0	0	0	20
Pepperoni, 12"	850	97	36	0	215	2980	0	0	0	30
Pepperoni, 16"	1130	130	49	0	285	3970	0	0	0	40
Add Salami										
Salami, 4"	230	25	8	0	55	950	0	0	0	10
Salami, 6"	350	38	12	0	85	1430	0	0	0	15
Salami, 8"	470	51	16	0	110	1900	0	0	0	20
Salami, 12"	700	76	24	0	165	2860	0	0	0	30
Salami, 16"	930	101	32	0	225	3810	0	0	0	40
Add Slow-Cooked Roast Beef										
Slow-Cooked Roast Beef, 4"	50	1.5	1	0	25	660	0	0	0	10
Slow-Cooked Roast Beef, 6"	80	2.5	1.5	0	40	990	0	0	0	15

2021 Menu	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Slow-Cooked Roast Beef, 8"	100	3	2	0	50	1320	0	0	0	20
Slow-Cooked Roast Beef, 12"	150	4.5	3	0	75	1970	0	0	0	30
Slow-Cooked Roast Beef, 16"	200	6	4	0	100	2630	0	0	0	40
Add Turkey										
Turkey, 4"	50	1	0	0	25	390	1	0	0	9
Turkey, 6"	80	1.5	0	0	40	590	2	0	0	14
Turkey, 8"	100	2	0	0	50	790	2	0	0	18
Turkey, 12"	150	3	0	0	75	1180	3	0	0	27
Turkey, 16"	200	4	0	0	100	1580	4	0	0	36
Add Double Meat										
Add Double Bologna										
Double Bologna, 4"	340	28	12	0	60	1280	8	0	4	12
Double Bologna, 6"	520	43	18	0	90	1910	12	0	6	18
Double Bologna, 8"	690	57	24	0	120	2550	16	0	8	24
Double Bologna, 12"	1030	85	36	0	180	3830	24	0	12	36
Double Bologna, 16"	1380	113	49	0	245	5100	32	0	16	49
Add Double Ham										
Double Ham, 4"	140	4	1	0	50	1420	8	0	4	16
Double Ham, 6"	210	6	1.5	0	75	2130	12	0	6	24
Double Ham, 8"	280	8	2	0	100	2830	16	0	8	32
Double Ham, 12"	430	12	3	0	150	4250	24	0	12	49
Double Ham, 16"	570	16	4	0	200	5670	32	0	16	65
Add Double Capicola										
Double Capicola, 4"	180	14	5	0	80	1520	0	0	0	20
Double Capicola, 6"	270	21	8	0	120	2280	0	0	0	30
Double Capicola, 8"	360	28	10	0	160	3040	0	0	0	40
Double Capicola, 12"	550	43	15	0	245	4560	0	0	0	61
Double Capicola, 16"	730	57	20	0	325	6070	0	0	0	81
Add Double Oven-Roasted Chicken										
Double Oven Roasted-Chicken, 4"	120	2	0	0	50	880	2	0	0	22
Double Oven Roasted-Chicken, 6"	180	3	0	0	75	1310	3	0	0	33
Double Oven Roasted-Chicken, 8"	240	4	0	0	100	1750	4	0	0	44
Double Oven Roasted-Chicken, 12"	360	6	0	0	150	2630	6	0	0	66
Double Oven Roasted-Chicken, 16"	480	8	0	0	200	3500	8	0	0	88
Add Double Pepperoni										
Double Pepperoni, 4"	570	65	24	0	140	1980	0	0	0	20
Double Pepperoni, 6"	850	97	36	0	215	2980	0	0	0	30
Double Pepperoni, 8"	1130	130	49	0	285	3970	0	0	0	40
Double Pepperoni, 12"	1700	194	73	0	425	5950	0	0	0	61
Double Pepperoni, 16"	2270	259	97	0	565	7940	0	0	0	81
Add Double Salami										
Double Salami, 4"	470	51	16	0	110	1900	0	0	0	20
Double Salami, 6"	700	76	24	0	165	2860	0	0	0	30
Double Salami, 8"	930	101	32	0	225	3810	0	0	0	40
Double Salami, 12"	1400	152	49	0	335	5710	0	0	0	61
Double Salami, 16"	1860	202	65	0	445	7610	0	0	0	81
Add Double Slow-Cooked Roast Beef										
Double Slow-Cooked Roast Beef, 4"	100	3	2	0	50	1320	0	0	0	20
Double Slow-Cooked Roast Beef, 6"	150	4.5	3	0	75	1970	0	0	0	30
Double Slow-Cooked Roast Beef, 8"	200	6	4	0	100	2630	0	0	0	40
Double Slow-Cooked Roast Beef, 12"	300	9	6	0	150	3950	0	0	0	61
Double Slow-Cooked Roast Beef, 16"	400	12	8	0	200	5260	0	0	0	81
Add Double Turkey										
Double Turkey, 4"	100	2	0	0	50	790	2	0	0	18
Double Turkey, 6"	150	3	0	0	75	1180	3	0	0	27
Double Turkey, 8"	200	4	0	0	100	1580	4	0	0	36
Double Turkey, 12"	300	6	0	0	150	2370	6	0	0	55
Double Turkey, 16"	400	8	0	0	200	3160	8	0	0	73
Choice of Sides										
Chips										
CHEETOS® Crunchy	320	20	3	0	0	510	30	2	2	4
DORITOS® Nacho Cheese	260	13	2	0	0	360	31	2	1	4
LAYS® Oven Baked Barbecue	140	3.5	0.5	0	0	180	24	2	3	2
LAYS® Oven Baked Original	140	4	0.5	0	0	180	24	2	3	2
LAYS® Oven Baked Sour Cream & Onion	140	3.5	0.5	0	0	190	24	2	3	2
LAYS® Barbecue	230	14	2	0	0	230	24	2	3	3
LAYS® Barbecue	150	9	1.5	0	0	150	16	2	2	2
LAYS® Classic	240	15	2	0	0	250	23	2	1	3
LAYS® Classic	160	10	1.5	0	0	170	15	2	1	2
MISS VICKIE'S® Jalapeno	200	11	1.5	0	0	180	22	2	2	3
MISS VICKIE'S® Salt & Vinegar	200	11	1.5	0	0	240	23	0	2	3
RUFFLES® Cheddar Sour Cream	230	15	2	0	0	280	23	2	2	3

2021 Menu	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SUNCHIPS® GARDEN SALSA®	210	9	1	0	0	210	28	4	4	3
SUNCHIPS® HARVEST CHEDDAR®	210	9	1	0	0	260	28	4	3	3
Cookie										
Chocolate Chip Cookie	330	17	9	0	5	115	44	1	30	3
Double Chocolate Chunk Cookie	310	16	9	0	25	250	41	1	26	3
Peanut Butter Cookie	330	18	7	0	25	260	38	0	25	5
White Chocolate Mac Cookie	330	18	10	0	30	240	38	0	21	3
Kids Beverages										
Chocolate Milk	200	5	3	0	15	120	33	0	31	8
Fruit Shoot, Apple	20	0	0	0	0	50	3	0	3	0
Fruit Shoot, Berry Burst	70	0	0	0	0	10	18	0	17	0
20oz Bottle Beverages										
Aquafina	0	0	0	0	0	0	0	0	0	0
Diet Dr. Pepper	0	0	0	0	0	100	0	0	0	0
Diet Pepsi	0	0	0	0	0	60	0	0	0	0
Dr. Pepper	250	0	0	0	0	100	66	0	64	0
Gatorade Cool Blue	140	0	0	0	0	270	36	0	34	0
Gatorade Fruit Punch	140	0	0	0	0	270	36	0	34	0
Mountain Dew	290	0	0	0	0	105	77	0	77	0
Pepsi	250	0	0	0	0	55	69	0	69	0
Pure Leaf Iced Tea - Sweet Tea	160	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
Family Meals										
Family Chicken Alfredo	2780	136	57	2	415	3380	250	11	25	139
Family Pasta with Meatballs	2770	102	41	3	385	6070	310	28	26	133
Family Pot Roast	1540	63	30	0	285	5620	139	20	30	95
Goodcents To Go										
Chicken Alfredo	670	31	14	0	125	1040	61	3	6	34
Chicken Pasta Tortellini	680	33	14	0	120	1080	57	3	4	38
Classic Lasagna	490	15	8	0	65	1470	60	4	14	27
Classic Pot Roast	370	15	8	0	70	1240	32	4	6	24
Grilled Alaskan Salmon	290	8	4	0	60	810	28	4	3	25
Pasta with Meatballs	590	19	7	0.5	65	1270	75	6	7	26
Southern-Style Meatloaf	540	22	9	2	75	1430	45	6	4	38
Steak Alfredo	750	39	17	0	105	1470	64	3	9	34