



Better for You[®]



Chicken Caesar Wrap

\$6.75

Nutritionals:

Calories	480.82	Cholesterol (mg)	66.19
Protein (gm)	30.73	Sodium (mg)	1859.68
Calories from Fat	110.92	Carbohydrate (gm)	60.38
Total Fat (gm)	12.32	Dietary Fiber (gm)	7.78
Saturated Fat (gm)	4.53	Sugars (gm)	6.17
Trans Fat (gm)	0.0		



Melon Fruit Cup (9 oz.)

\$2.75

Nutritionals:

Calories	87.76	Cholesterol (mg)	0.0
Protein (gm)	1.56	Sodium (mg)	31.73
Calories from Fat	0.0	Carbohydrate (gm)	21.62
Total Fat (gm)	0.0	Dietary Fiber (gm)	1.56
Saturated Fat (gm)	0.0	Sugars (gm)	20.03
Trans Fat (gm)	0.0		



Swiss Tuna Sandwich

\$6.25

Nutritionals:

Calories	162.22	Cholesterol (mg)	25.86
Protein (gm)	6.61	Sodium (mg)	795.88
Calories from Fat	110.52	Carbohydrate (gm)	5.71
Total Fat (gm)	12.28	Dietary Fiber (gm)	0.85
Saturated Fat (gm)	4.42	Sugars (gm)	1.89
Trans Fat (gm)	0.0		



Cranberry Chicken Salad

\$7.75

Nutritionals:

Calories	515.57	Cholesterol (mg)	66.19
Protein (gm)	27.56	Sodium (mg)	1117.95
Calories from Fat	200.57	Carbohydrate (gm)	54.13
Total Fat (gm)	21.65	Dietary Fiber (gm)	6.06
Saturated Fat (gm)	3.27	Sugars (gm)	33.08
Trans Fat (gm)	0.0		



Swiss Tuna Wrap

\$6.25

Nutritionals:

Calories	387.11	Cholesterol (mg)	7.86
Protein (gm)	10.78	Sodium (mg)	1516.1
Calories from Fat	121.71	Carbohydrate (gm)	56.52
Total Fat (gm)	13.87	Dietary Fiber (gm)	7.24
Saturated Fat (gm)	4.45	Sugars (gm)	2.76
Trans Fat (gm)	0.0		