



Effective: July 1, 2016

**TURKEY HAM & CHEESE SANDWICH**  
**ON A FRENCH ROLL (SST10WC)**

Ingredient Statement: White Whole Wheat French Roll (water, white whole wheat flour, wheat flour enriched [{niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}], malted barley, ascorbic acid], yeast, high fructose corn syrup, vital wheat gluten, contains 2% or less of: soybean oil, salt, calcium propionate, DATEM, mono-glyceride, enzymes, ascorbic acid, ADA); Smoked Turkey Ham (turkey thigh meat, water, contains 2% or less sugar, salt, sodium phosphate, lite salt [potassium chloride, sodium chloride], carrageenan, sodium erythorbate, natural smoke flavoring, sodium nitrite); Pasteurized Process Blended American Cheese (American cheese [milk, cheese cultures, salt, enzymes, annatto], water, skim milk, sodium citrate, color added, salt, sorbic acid, soy lecithin).

Contains: Milk, Wheat and Soy

<b>Nutrition Facts</b>		
Serving Size 4.50 ounces (128g)		
Servings Per Container One		
Amount Per Serving		
<b>Calories</b> 250	<b>Calories from Fat</b> 70	
% Daily Value*		
<b>Total Fat</b> 8g		<b>12%</b>
Saturated Fat 3.5g		<b>17%</b>
Trans Fat 0g		
<b>Cholesterol</b> 45mg		<b>15%</b>
<b>Sodium</b> 810mg		<b>34%</b>
<b>Total Carbohydrate</b> 28g		<b>9%</b>
Dietary Fiber 3g		<b>10%</b>
Sugars 4g		
<b>Protein</b> 19g		
Vitamin A 2%	•	Vitamin C 0%
Calcium 35%	•	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000    2,500
Total Fat	Less than	65g    80g
Saturated Fat	Less than	20g    25g
Cholesterol	Less than	300mg    300mg
Sodium	Less than	2,400mg    2,400mg
Total Carbohydrate		300g    375g
Dietary Fiber		25g    30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

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	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	194.40	248.01
Calories from Fat	53.22	67.90
Calories from Saturated Fat	23.83	30.41
Protein	15.02 g	19.16 g
Carbohydrates	22.18 g	28.30 g
Dietary Fiber	1.98 g	2.52 g
Sugar - Total	2.95 g	3.76 g
Fat - Total	5.91 g	7.54 g
Saturated Fat	2.65 g	3.38 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	35.94 mg	45.85 mg
Vitamin A	90.57 IU	115.54 IU
Thiamin - B1	0.20 mg	0.25 mg
Riboflavin - B2	0.17 mg	0.21 mg
Niacin - B3	2.40 mg	3.07 mg
Vitamin C	0.00 mg	0.00 mg
Vitamin E Alpha-Tocopherol	0.21 mg	0.26 mg
Calcium	284.05 mg	362.38 mg
Iron	1.79 mg	2.28 mg
Magnesium	21.88 mg	27.92 mg
Phosphorus	142.78 mg	182.15 mg
Potassium	141.18 mg	180.11 mg
Sodium	638.72 mg	814.84 mg
Zinc	1.15 mg	1.47 mg