Effective: July 1, 2015

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

Nutrition Facts

Serving Size 4.50 ounces (128g)
Servings Per Container One

Amount Per Serving	
Calories 260	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 3.5g	**17%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 900mg	**37%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 3g	**10%**
Sugars 4g	
Protein 20g	

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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	Amount Per 100g	Amount Per Serving
Calories	205.31	261.92
Calories from Fat	55.36	70.63
Calories from Saturated Fat	23.83	30.41
Protein	15.43 g	19.69 g
Carbohydrates	23.35 g	29.79 g
Dietary Fiber	1.98 g	2.52 g
Soluble Fiber	0.40 g	0.51 g
Sugar - Total	2.95 g	3.76 g
Other Carbohydrates	20.01 g	25.53 g
Fat - Total	6.15 g	7.85 g
Saturated Fat	2.65 g	3.38 g
Mono Fat	1.84 g	2.34 g
Poly Fat	1.47 g	1.87 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	702.23 mg	895.87 mg
Zinc	1.15 mg	1.47 mg

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