

## Natural Selections

Nutrition Facts			
<i>On French Bread</i>			
Serving Size 1 sandwich			
Servings Per Container 1			
<i>(serving size may vary)</i>			
Amount Per Serving			
<b>Calories</b>	607	Calories from Fat	215
<b>% Daily Value*</b>			
<b>Total Fat 23g</b>			36%
Saturated Fat 11g			56%
<b>Cholesterol 86mg</b>			28%
<b>Sodium 847mg</b>			37%
<b>Total Carbohydrate 60g</b>			20%
Dietary Fiber 2g			7%
Sugars 2g			
<b>Protein 36g</b>			18%
Vitamin A	6%	Vitamin C	0%
Calcium	20%	Iron	28%

\*Based on a 2,000 calorie diet.

*Allergens: Wheat, soy, milk, egg*

Nutrition Facts			
<i>On MultiGrain Bread</i>			
Serving Size 1 sandwich			
Servings Per Container 1			
<i>(serving size may vary)</i>			
Amount Per Serving			
<b>Calories</b>	589	Calories from Fat	232
<b>% Daily Value*</b>			
<b>Total Fat 26g</b>			40%
Saturated Fat 11g			56%
<b>Cholesterol 86mg</b>			28%
<b>Sodium 707mg</b>			31%
<b>Total Carbohydrate 50g</b>			16%
Dietary Fiber 5g			21%
Sugars 5g			
<b>Protein 38g</b>			21%
Vitamin A	6%	Vitamin C	0%
Calcium	20%	Iron	28%

\*Based on a 2,000 calorie diet.

*Allergens: Wheat, soy, milk, egg*

## Hyde Park (Chips Nutrients Separate)



Nutrition Facts			
<i>On French Bread</i>			
Serving Size 1 sandwich			
Servings Per Container 1			
<i>(serving size may vary)</i>			
Amount Per Serving			
<b>Calories</b>	403	Calories from Fat	94
% Daily Value*			
<b>Total Fat 10g</b>	8%		
Saturated Fat 4g	6%		
<b>Cholesterol 14mg</b>	0%		
<b>Sodium 772mg</b>	26%		
<b>Total Carbohydrate 64g</b>	20%		
Dietary Fiber 4g	10%		
Sugars 3g			
<b>Protein 14g</b>			
Vitamin A	10%	Vitamin C	68%
Calcium	14%	Iron	18%
*Based on a 2,000 calorie diet.			

*Allergens: Wheat, soy, milk, egg*

**Mt. Adams on Multi Grain Bread  
(Chips Nutrients Separate)**



Nutrition Facts			
<i>On MultiGrain Bread</i>			
Serving Size 1 sandwich			
Servings Per Container 1			
<i>(serving size may vary)</i>			
Amount Per Serving			
<b>Calories</b>	386	Calories from Fat	111
% Daily Value*			
<b>Total Fat 13g</b>	14%		
Saturated Fat 4g	6%		
<b>Cholesterol 14mg</b>	11%		
<b>Sodium 632mg</b>	76%		
<b>Total Carbohydrate 53g</b>	38%		
Dietary Fiber 7g	28%		
Sugars 6g			
<b>Protein 16g</b>			
Vitamin A	16%	Vitamin C	68%
Calcium	14%	Iron	18%
*Based on a 2,000 calorie diet.			

*Allergens: Wheat, soy, milk, egg*

Nutrition Facts			
<i>On French Bread</i>			
Serving Size 1 sandwich			
Servings Per Container 1			
<i>(serving size may vary)</i>			
Amount Per Serving			
<b>Calories</b>	372	Calories from Fat	53
% Daily Value*			
<b>Total Fat 6g</b>			8%
Saturated Fat 1g			6%
<b>Cholesterol 32mg</b>			11%
<b>Sodium 1328mg</b>			55%
<b>Total Carbohydrate 63g</b>			21%
Dietary Fiber 2g			7%
Sugars 3g			
<b>Protein 18g</b>			
Vitamin A	0%	Vitamin C	8%
Calcium	0%	Iron	23%
*Based on a 2,000 calorie diet.			

*Allergens: Wheat, soy, milk, egg*

**Vine Street on Multi Grain Bread  
(Chips Nutrients Separate)**



Nutrition Facts			
<i>On MultiGrain Bread</i>			
Serving Size 1 sandwich			
Servings Per Container 1			
<i>(serving size may vary)</i>			
Amount Per Serving			
<b>Calories</b>	354	Calories from Fat	70
% Daily Value*			
<b>Total Fat 9g</b>			12%
Saturated Fat 1g			6%
<b>Cholesterol 32mg</b>			11%
<b>Sodium 1188mg</b>			50%
<b>Total Carbohydrate 52g</b>			18%
Dietary Fiber 5g			21%
Sugars 7			
<b>Protein 20g</b>			
Vitamin A	0%	Vitamin C	8%
Calcium	0%	Iron	23%
*Based on a 2,000 calorie diet.			

*Allergens: Wheat, soy, milk, egg*

## Nutrition Facts

*On French Bread*

Serving Size 1 sandwich

Servings Per Container 1

(serving size may vary)

### Amount Per Serving

**Calories** 493    Calories from Fat 151

**% Daily Value\***

**Total Fat 17g** 37%

Saturated Fat 6g 55%

**Cholesterol 53mg** 25%

**Sodium 1824mg** 87%

**Total Carbohydrate 62g** 20%

Dietary Fiber 2g 9%

Sugars 2g

**Protein 24g**

Vitamin A 5%    Vitamin C 1%

Calcium 1%    Iron 23%

\*Based on a 2,000 calorie diet.

*Allergens: Wheat, soy, milk, egg*

## St. Bernard on Multi Grain Bread (Chips Nutrients Separate)



## Nutrition Facts

*On MultiGrain Bread*

Serving Size 1 sandwich

Servings Per Container 1

(serving size may vary)

### Amount Per Serving

**Calories** 475    Calories from Fat 168

**% Daily Value\***

**Total Fat 20g** 41%

Saturated Fat 6g 55%

**Cholesterol 53mg** 25%

**Sodium 1684mg** 24%

**Total Carbohydrate 52g** 17%

Dietary Fiber 6g 23%

Sugars 5g 0

**Protein 26g** 0

Vitamin A 5%    Vitamin C 1%

Calcium 1%    Iron 23%

\*Based on a 2,000 calorie diet.

*Allergens: Wheat, soy, milk, egg*

## Nutrition Facts

*On French Bread*

Serving Size 1 sandwich

Servings Per Container 1

(serving size may vary)

### Amount Per Serving

**Calories** 430    Calories from Fat 95

### % Daily Value\*

**Total Fat 11g** 17%

Saturated Fat 6g 27%

**Cholesterol 42mg** 15%

**Sodium 1141mg** 48%

**Total Carbohydrate 61g** 21%

Dietary Fiber 2g 7%

Sugars 2g

**Protein 23g**

Vitamin A 5%    Vitamin C 0%

Calcium 20%    Iron 20%

\*Based on a 2,000 calorie diet.

*Allergens: Wheat, soy, milk, egg*

## Queen's Gate on French Bread (Chips Nutrients Separate)



## Nutrition Facts

*On MultiGrain Bread*

Serving Size 1 sandwich

Servings Per Container 1

(serving size may vary)

### Amount Per Serving

**Calories** 413    Calories from Fat 113

### % Daily Value\*

**Total Fat 14g** 5%

Saturated Fat 6g 0%

**Cholesterol 20mg** 7%

**Sodium 1001mg** 20%

**Total Carbohydrate 51g** 16%

Dietary Fiber 5g 21%

Sugars 11g

**Protein 5g**

Vitamin A 5%    Vitamin C 0%

Calcium 20%    Iron 20%

\*Based on a 2,000 calorie diet.

*Allergens: Wheat, soy, milk, egg*

## Nutrition Facts

Serving Size 1oz (*serving size may vary*)

Servings per container approx 2

### Amount Per Serving

**Calories** 150    Calories from Fat 90

**% Daily Value\***

**Total Fat 10g** 16%

Saturated Fat 1g 6%

Polyunsaturated Fat 4.5

Monounsaturated Fat 4.5

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 180mg** 7%

**Total Carbohydrate 15g** 5%

Dietary Fiber 1g 4%

Sugars 0g

**Protein 2g**

Vitamin A 0    Vitamin C 10%

Calcium 0    Iron 2%

\*Based on a 2,000 calorie diet.

*Allergens: none reported*

## Lays Classic Chips



## Chocolate Chip Cookie

<b>Nutrition Facts</b>			
Serving Size 1 cookie ( <i>serving size may vary</i> )			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b>	645	Calories from Fat	218
		% Daily Value*	
<b>Total Fat</b>	24g		35%
Saturated Fat	14g		71%
<b>Cholesterol</b>	46mg		16%
<b>Sodium</b>	819mg		
<b>Potassium</b>	79mg		
<b>Total Carbohydrate</b>	103g		21%
Dietary Fiber	0.7g		
Sugars	70g		
<b>Protein</b>	6g		
Vitamin A	10%	Vitamin C	10%
Calcium	6%	Iron	13%
Thiamin	18%	Riboflavin	9%
Niacin	9%	Folic Acid	14%

\*Based on a 2,000 calorie diet.

*Allergens: wheat, dairy, egg, soy*



<b>Nutrition Facts</b>			
Serving Size 1 cookie ( <i>serving size may vary</i> )			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b>	616	Calories from Fat	194
		% Daily Value*	
<b>Total Fat</b>	21g		31%
Saturated Fat	12g		60%
Polyunsaturated Fat	0g		0
Monounsaturated Fat	1g		0
Trans Fat	0g		0
<b>Cholesterol</b>	43mg		15%
<b>Sodium</b>	812mg		
<b>Potassium</b>	79mg		
<b>Total Carbohydrate</b>	103g		21%
Dietary Fiber	0.5g		
Sugars	70g		
<b>Protein</b>	5g		
Vitamin A	10%	Vitamin C	10%
Calcium	4%	Iron	11%
Thiamin	18%	Riboflavin	9%
Niacin	9%	Folic Acid	14%

\*Based on a 2,000 calorie diet.

*Allergens: wheat, dairy, egg, soy*

## M&M Cookie



## Rice Krispie Treat

Nutrition Facts	
Serving Size 45g ( <i>serving size may vary</i> )	
Servings Per Container 1.5	
Amount Per Serving	
<b>Calories</b>	190 Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5	7%
Saturated Fat 1.5	8%
Trans Fat 0	
<b>Cholesterol</b> 0	0%
<b>Sodium</b> 210mg	9%
<b>Total Carbohydrate</b> 35g	12%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 1g	
Vitamin A 8%	Vitamin D 6%
Calcium 0%	Iron 4%
Thiamin 20%	Riboflavin 20%
Niacin 20%	Folic Acid 10%
*Based on a 2,000 calorie diet.	

*Allergens: Dairy, Soy*



Nutrition Facts	
Serving Size 1oz ( <i>serving size may vary</i> )	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b>	148 Calories from Fat 76
% Daily Value*	
<b>Total Fat</b> 8g	13%
Saturated Fat 2g	10%
Trans Fat 3g	
<b>Cholesterol</b> 1mg	0%
<b>Sodium</b> 216mg	9%
<b>Total Carbohydrate</b> 16g	5%
Dietary Fiber 3	11%
Sugars 0	
Protein 2g	
Vitamin A 1%	Vitamin C 0%
Calcium 1%	Iron 4%
*Based on a 2,000 calorie diet.	

*Allergens: none reported*

## Popcorn



## Nutrition Facts

Serving Size 1 slice (*serving size may vary*)  
Servings Per Container 1

### Amount Per Serving

**Calories** 255    **Calories from Fat** 51

### % Daily Value\*

**Total Fat 6g** 9%

Saturated Fat 3g 14%

**Cholesterol 19mg** 6%

**Sodium 648mg** 27%

**Total Carbohydrate 39g** 12%

Dietary Fiber 2g 7%

Sugars 3g

**Protein 12g**

Vitamin A 7%    Vitamin C 1%

Calcium 23%    Iron 11%

\*Based on a 2,000 calorie diet.

*Allergens: wheat, dairy, egg, soy*

## Kids Cheese Pizza



## Nutrition Facts

Serving Size 1 slice (*serving size may vary*)  
Servings Per Container 1

### Amount Per Serving

**Calories** 283    **Calories from Fat** 73

### % Daily Value\*

**Total Fat 8g** 13%

Saturated Fat 4g 18%

**Cholesterol 25mg** 8%

**Sodium 741mg** 31%

**Total Carbohydrate 39g** 12%

Dietary Fiber 2g 7%

Sugars 3g

**Protein 13g**

Vitamin A 7%    Vitamin C 1%

Calcium 23%    Iron 12%

\*Based on a 2,000 calorie diet.

*Allergens: wheat, dairy, egg, soy*

## Kids Pepperoni Pizza



Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
<b>Calories</b>	100    Calories from Fat    0
<b>Total Fat</b>	0g
<b>Sodium</b>	25mg
<b>Total Carbohydrate</b>	28g
Sugars 27g	
<b>Protein</b>	0g
*Based on a 2,000 calorie diet.	

**Pepsi**



Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
<b>Calories</b>	0    Calories from Fat    0
<b>Total Fat</b>	0g
<b>Sodium</b>	25mg
<b>Total Carbohydrate</b>	0g
Sugars 0g	
<b>Protein</b>	0g
*Based on a 2,000 calorie diet.	

**Diet Pepsi**



## Tropicana Fruit Punch

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
<b>Calories</b>	100
Calories from Fat	0
<b>Total Fat</b>	<b>0g</b>
<b>Sodium</b>	<b>25mg</b>
<b>Total Carbohydrate</b>	<b>30g</b>
Sugars	30g
<b>Protein</b>	<b>0g</b>
*Based on a 2,000 calorie diet.	



## Sierra Mist

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
<b>Calories</b>	100
Calories from Fat	0
<b>Total Fat</b>	<b>0g</b>
<b>Sodium</b>	<b>20mg</b>
<b>Total Carbohydrate</b>	<b>27g</b>
Sugars	27g
<b>Protein</b>	<b>0g</b>
*Based on a 2,000 calorie diet.	



<b>Nutrition Facts</b>	
Serving Size 8 fl oz	
<b>Amount Per Serving</b>	
<b>Calories</b>	110    Calories from Fat    0
<b>Total Fat</b>	<b>0g</b>
<b>Sodium</b>	<b>35mg</b>
<b>Total Carbohydrate</b>	<b>29g</b>
	Sugars 29g
<b>Protein</b>	<b>0g</b>
*Based on a 2,000 calorie diet.	

**Mountain Dew**



<b>Nutrition Facts</b>	
Serving Size 8 fl oz	
<b>Amount Per Serving</b>	
<b>Calories</b>	0    Calories from Fat    0
<b>Total Fat</b>	<b>0g</b>
<b>Sodium</b>	<b>30mg</b>
<b>Total Carbohydrate</b>	<b>0g</b>
	Sugars 0g
<b>Protein</b>	<b>0g</b>
*Based on a 2,000 calorie diet.	

**Brisk Iced Tea**



## Tropicana Pink Lemonade

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
<b>Calories</b>	100
Calories from Fat	0
<b>Total Fat</b>	0g
<b>Sodium</b>	105mg
<b>Total Carbohydrate</b>	27g
Sugars	27g
<b>Protein</b>	0g
*Based on a 2,000 calorie diet.	



## Dr. Pepper

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
<b>Calories</b>	100
Calories from Fat	0
<b>Total Fat</b>	0g
<b>Sodium</b>	35mg
<b>Total Carbohydrate</b>	27g
Sugars	27g
<b>Protein</b>	0g
*Based on a 2,000 calorie diet.	



## Diet Dr. Pepper

Nutrition Facts	
Serving Size 8 fl oz	
<b>Amount Per Serving</b>	
<b>Calories</b> 0	Calories from Fat 0
<b>Total Fat 0g</b>	
<b>Sodium 35mg</b>	
<b>Total Carbohydrate 0g</b>	
Sugars 0g	
<b>Protein 0g</b>	
*Based on a 2,000 calorie diet.	

