



1 Serving /
Package

Serving Size
Serving Unit

Sandwich


Deli Specialty - BCHS - Chicken Salad	1 sandwich
Deli Specialty - BCHS - Egg Salad	1 sandwich
Deli Specialty - BCHS - Ham And Cheese	1 sandwich
Deli Specialty - BCHS - Ham And Cheese On Croissant	1 sandwich
Deli Specialty - BCHS - Italian Cold Cut	1 sandwich
Deli Specialty - BCHS - Salami And Cheese	1 sandwich
Deli Specialty - BCHS - Tuna On Multigrain	1 sandwich
Deli Specialty - BCHS - Turkey And Apple	1 sandwich
Deli Specialty - BCHS - Turkey And Cheese	1 sandwich
Deli Specialty - BCHS - Turkey BLT	1 sandwich
Deli Specialty - BCHS - Veg.Caprese	1 sandwich

Wrap

Deli Specialty Wrap - BCHS - BLT	1 wrap
Deli Specialty Wrap - BCHS - Chicken Bacon Ranch	1 wrap
Deli Specialty Wrap - BCHS - Chicken Caesar	1 wrap
Deli Specialty Wrap - BCHS - Chicken Tender	1 wrap
Deli Specialty Wrap - BCHS - Tuna	1 wrap
Deli Specialty Wrap - BCHS - Turkey Bacon Ranch	1 wrap
Deli Specialty Wrap - BCHS - Turkey BLT	1 wrap

kCal	grams											mg	mg	mg	mg	µg (mcg)	mg	Vegetarian	Vegan	Gluten Friendly	Dairy Friendly
	Calories	Protein	Carbohydrate	Sugar	Fiber	Total Fat	Saturated Fat	Monounsaturated Fat	Polysaturated Fat	Trans Fat	Cholesterol										
362	26	36	7	3	13	6	3	2	0	67	584	324	3	0	478						
397	17	40	4	1	17	4	3	1	0	315	1340	123	4	2	130				◆		
331	23	34	7	2	11	5	2	1	0	63	1628	263	2	0	177						
598	32	47	10	1	31	18	8	1	1	121	1524	376	2	0	119						
483	29	35	3	2	24	11	8	2	1	88	1975	228	4	0	290						
546	27	31	5	2	34	13	14	5	1	109	2042	279	3	1	472						
417	30	48	4	5	17	5	2	0	0	47	877	175	3	32	224						
603	31	59	14	6	31	7	6	1	1	67	1645	181	10	0	4						
426	30	56	4	3	8	4	2	0	0	51	1445	251	4	0	128						
392	33	37	2	1	12	4	0	0	0	52	1680	39	4	0	123				◆		
754	27	56	4	4	46	13	0	0	1	66	1109	551	4	0	114	◆					
kCal	Pro	Carb	Sug	Fib	Fat	Sat.F.	Mono.F.	Poly.F.	Trans.F.	Chol	Sod	Ca	Fa	Vit D	K	Veg.	Vegan	GF	DF		
549	30	57	3	6	20	8	0	0	0	22	2024	157	4	0	123						
842	44	60	6	6	45	12	3	1	0	113	1985	288	4	0	586						
928	53	59	4	6	51	15	8	18	1	114	1863	880	3	0	422						
795	26	73	11	6	43	11	10	5	1	64	1596	320	12	0	123						
497	30	58	4	6	14	6	2	0	0	47	1169	305	3	32	224						
841	31	77	7	7	43	12	2	0	0	62	2334	288	5	0	269						
524	36	58	4	6	15	6	0	0	0	52	2093	165	4	0	123				◆		

		1 Serving / Package	grams										mg	mg	mg	mg	µg (mcg)	mg				
Serving Size	Serving Unit	kCal	Protein	Carbohydrate	Sugar	Fiber	Total Fat	Saturated Fat	Monounsaturated Fat	Polysaturated Fat	Trans Fat	Cholesterol	Sodium	Calcium	Iron	Vitamin D	Potassium	Vegetarian	Vegan	Gluten Friendly	Dairy Friendly	
Topping - Avocado	0.33 avocados	106	1	6	0	4	10	1	6	1	0	0	5	8	0	0	322	♦	♦	♦	♦	
Topping - Bacon	2 slices	96	8	0	0	0	7	3	0	0	0	9	524	0	0	0	0			♦	♦	
Topping - Banana Pepper	0.75 oz	4	0	2	0	0	0	0	0	0	0	0	220	0	0	0	0	♦	♦	♦	♦	
Topping - Caramelized Onion	1 oz	37	0	2	0	0	3	0	1	2	0	0	3	6	0	0	38	♦	♦	♦	♦	
Topping - Carrot, Shredded	1 oz	12	0	3	1	1	0	0	0	0	0	0	20	9	0	0	91	♦	♦	♦	♦	
Topping - Cole Slaw	2.5 oz	51	1	4	1	1	4	1	0	0	0	7	102	26	0	0	141	♦		♦		
Topping - Cucumber	6 slices	3	0	1	0	0	0	0	0	0	0	0	0	3	0	0	26	♦	♦	♦	♦	
Topping - Guacamole	1 oz	51	1	2	0	1	5	1	0	0	0	0	114	4	0	0	146	♦	♦	♦	♦	
Topping - Lettuce, Arugula	1 oz	7	1	1	1	0	0	0	0	0	0	0	8	45	0	0	105	♦	♦	♦	♦	
Topping - Lettuce, Green Leaf	1 leaf	1	0	0	0	0	0	0	0	0	0	0	1	2	0	0	9	♦	♦	♦	♦	
Topping - Lettuce, Mixed Greens	1 oz	5	0	1	0	0	0	0	0	0	0	0	7	9	0	0	53	♦	♦	♦	♦	
Topping - Lettuce, Romaine	1.5 leaf	3	0	0	0	0	0	0	0	0	0	0	1	5	0	0	37	♦	♦	♦	♦	
Topping - Lettuce, Spinach, Baby	1 oz	7	1	1	0	1	0	0	0	0	0	0	22	28	1	0	158	♦	♦	♦	♦	
Topping - Pickles, Sliced	5 slices	4	0	1	0	0	0	0	0	0	0	0	306	15	0	0	32	♦	♦	♦	♦	
Topping - Red Onion, Shaved	0.5 oz shaved	6	0	1	1	0	0	0	0	0	0	0	1	3	0	0	21	♦	♦	♦	♦	
Topping - Roasted Red Pepper	1 oz julienne	5	0	1	0	0	0	0	0	0	0	0	472	5	0	0	0	♦	♦	♦	♦	
Topping - Tomato, Sliced	2 slices	9	0	2	1	1	0	0	0	0	0	0	2	5	0	0	114	♦	♦	♦	♦	
Cheese	Size Unit	kCal	Pro	Carb	Sug	Fib	Fat	Sat.F.	Mono.F.	Poly.F.	Trans.F.	Chol	Sod	Ca	Fa	Vit D	K	Veg.	Vegan	GF	DF	
Topping - Cheese, American	1 slice	65	3	1	1	0	5	3	2	0	0	17	270	107	0	0	108	♦		♦		
Topping - Cheese, Blue, Crumbled	1 oz	100	6	1	0	0	8	5	2	0	0	21	325	150	0	0	73	♦		♦		
Topping - Cheese, Boursin	1 oz	117	2	1	0	0	12	8	0	0	0	29	176	20	0	0	0	♦		♦		
Topping - Cheese, Brie	1 oz	85	6	0	0	0	8	5	0	0	0	28	0	57	0	0	0	♦		♦		
Topping - Cheese, Cheddar	1 slice	84	5	1	0	0	7	4	2	0	0	19	132	145	0	0	0	♦		♦		
Topping - Cheese, Feta	1 oz	61	5	1	1	0	4	3	0	0	0	10	324	101	0	0	0	♦		♦		
Topping - Cheese, Goat Cheese	1 oz	71	4	0	0	0	6	3	2	0	0	20	121	23	0	0	45	♦		♦		
Topping - Cheese, Havarti, Dill	1 slice	85	4	0	0	0	8	6	0	0	0	18	120	142	0	0	0	♦		♦		
Topping - Cheese, Mozzarella, Fresh Sliced	1 slice	71	5	1	0	0	5	3	0	0	0	20	86	152	0	0	0	♦		♦		
Topping - Cheese, Muenster	1 slice	78	5	0	0	0	6	4	2	0	0	20	134	152	0	0	28	♦		♦		
Topping - Cheese, Parmesan, Shaved	1 oz	111	10	1	0	0	8	4	0	0	0	22	258	341	0	0	0	♦		♦		
Topping - Cheese, Pepper Jack	1 slice	82	5	1	0	0	7	4	2	0	0	22	138	150	0	0	0	♦		♦		
Topping - Cheese, Provolone	1 slice	115	7	0	0	0	9	5	0	0	0	27	135	214	0	0	0	♦		♦		
Topping - Cheese, Swiss	1 slice	78	5	0	0	0	6	4	2	0	0	19	42	175	0	0	19	♦		♦		

		Size	Unit	kCal	Pro	Carb	Sug	Fib	Fat	Sat.F.	Mono.F.	Poly.F.	Trans.F.	Chol	Sod	Ca	Fa	Vit D	K	Veg.	Vegan	GF	DF
Spread - Ken's- Greek	1 fl oz	136	0	1	1	0	15	2	0	0	0	0	0	145	6	0	0	0	0	◆			
Spread - Ken's- 1000 Island	1 fl oz	127	0	4	4	0	12	2	0	0	0	0	13	237	4	0	0	0	0	◆	◆	◆	◆
Spread - Ken's- Balsamic Vinaigrette	1 fl oz	111	0	2	2	0	11	2	0	0	0	0	0	220	2	0	0	0	0	◆	◆	◆	◆
Spread - Ken's- Blue Cheese	1 fl oz	154	1	1	1	0	16	3	3	8	0	16	259	31	0	53	3	0	0	◆		◆	
Spread - Ken's- Buttermilk Ranch	1 fl oz	127	0	1	1	0	14	2	0	0	0	0	10	181	9	0	0	0	0	◆		◆	
Spread - Ken's- Creamy Caesar	1 fl oz	143	1	1	1	0	15	2	3	8	0	1	260	18	0	0	0	9	0	◆		◆	
Spread - Ken's- Light Italian	1 fl oz	4	0	2	2	0	3	1	1	2	0	0	254	2	0	0	0	10	0	◆	◆	◆	◆
Spread - Ken's- Parmesan Peppercorn	1 fl oz	150	1	2	1	0	15	3	0	0	0	0	8	288	19	0	0	0	0	◆		◆	
Spread - Ken's- Raspberry Vinaigrette	1 fl oz	31	0	8	7	0	0	0	0	0	0	0	74	5	0	0	0	0	0	◆	◆	◆	◆
Spread - Ken's- Russian Dressing	1 fl oz	132	0	5	4	0	13	2	0	0	0	0	12	239	4	0	0	0	0	◆		◆	◆
Spread - Ken's- Sesame Oriental Vin.	1 fl oz	90	0	12	9	0	4	0	0	0	0	0	0	320	0	0	0	0	0	◆	◆		◆
Spread - Balsamic Glaze	1.25 fl oz	73	0	19	0	0	0	0	0	0	0	0	0	234	5	0	0	11	0	◆	◆		◆
Spread - Honey Mustard	2 fl oz	282	1	10	9	0	28	4	6	1	0	24	469	9	9	0	0	0	0	◆			◆
Spread - Mango Chutney, Major Grey's	1 fl oz	102	0	26	22	0	0	0	0	0	0	0	98	0	0	0	0	0	0	◆			◆
Spread - Mayonnaise, Balsamic	1 fl oz	81	0	2	1	0	8	1	0	0	0	0	11	185	4	0	0	7	0	◆			◆
Spread - Mayonnaise, Chipotle	1 fl oz	53	0	3	1	0	5	1	0	0	0	0	10	239	6	0	0	11	0	◆			◆
Spread - Mayonnaise, Cilantro	1 fl oz	75	0	2	1	0	8	1	0	0	0	0	15	288	4	0	0	4	0	◆			◆
Spread - Mayonnaise, Cranberry	1 fl oz	73	0	7	1	0	5	1	0	0	0	0	11	212	3	0	0	4	0	◆			◆
Spread - Mayonnaise, Dijon	1 fl oz	70	1	3	1	0	7	1	0	0	0	0	12	373	5	0	0	7	0	◆			◆
Spread - Mayonnaise, Garlic	1 fl oz	70	0	3	1	0	7	1	0	0	0	0	13	256	9	0	0	16	0	◆			◆
Spread - Mayonnaise, Horseradish	1 fl oz	64	0	3	1	0	6	1	0	0	0	0	12	248	5	0	0	7	0	◆			◆
Spread - Mayonnaise, Low Cal	1 fl oz	84	0	3	1	0	9	1	0	0	0	0	17	205	3	0	0	0	0	◆			◆
Spread - Mayonnaise, Sriracha	1 fl oz	67	0	3	1	0	6	1	0	0	0	0	13	278	3	0	0	8	0	◆			◆
Spread - Mayonnaise, Zesty	1 fl oz	72	0	3	1	1	7	1	0	0	0	0	14	167	19	0	0	19	0	◆			◆
Spread - Mustard, Brown Deli	1 fl oz	29	0	0	0	0	0	0	0	0	0	0	0	291	0	0	0	29	0	◆	◆	◆	◆
Spread - Mustard, Dijon	1 fl oz	44	2	2	0	1	3	0	0	0	0	0	0	756	0	0	0	0	0	◆	◆	◆	◆
Spread - Mustard, Yellow	1 fl oz	20	1	1	0	1	1	0	0	0	0	0	0	323	17	0	0	38	0	◆	◆	◆	◆
Spread - Pepper Relish	0.75 oz	2	0	0	0	0	0	0	0	0	0	0	0	562	2	0	0	31	0	◆	◆	◆	◆
Spread - Pesto (no nut)	1 oz	144	1	1	0	1	15	2	0	0	0	0	3	160	0	0	0	0	0	◆		◆	
Spread - Sriracha Sour Cream	1 fl oz	55	2	3	0	0	4	2	1	0	0	0	10	72	40	0	0	61	0	◆		◆	
Spread - Sundried Tomato	1 fl oz	65	1	4	2	0	6	1	0	0	0	0	11	309	7	0	0	117	0	◆	◆	◆	◆
Spread - Tzatziki	1 fl oz	24	1	2	1	0	2	1	0	0	0	0	5	101	31	0	0	23	0	◆		◆	