

Nutrition Facts:

*Daily Value (DV) calculated for a 2,000 calorie diet

*Not FDA approved

<u>Caprese Panini</u>	<u>Turkey Club Panini</u>
Total Calories: 437 kcal	Total Calories: 701 kcal
Carbohydrates: 53 g (19% DV)	Carbohydrates: 53 g (19% DV)
Protein: 18 g (36% DV)	Protein: 28 g (56% DV)
Total Fat: 16 g (21% DV)	Total Fat: 40 g (52% DV)
Added Sugar: 0 g	Added Sugar: 1 g (2%)
Sodium: 831 mg (36% DV)	Sodium: 1563 mg (68% DV)

<u>Grilled Cheese Panini</u>	<u>Cheesy Tomato Panini</u>
Total Calories: 381 kcal	Total Calories: 501 kcal
Carbohydrates: 44 g (16% DV)	Carbohydrates: 48 g (17% DV)
Protein: 19 g (38% DV)	Protein: 15 g (30% DV)
Total Fat: 14 g (18% DV)	Total Fat: 25 g (32% DV)
Added Sugar: 0 g	Added Sugar: 0 g
Sodium: 733 mg (32% DV)	Sodium: 917 mg (40% DV)

<u>Cuban Panini</u>	<u>Mac N' Cheese (Full)</u>
Total Calories: 446 kcal	Total Calories: 760 kcal
Carbohydrates: 48 g (17% DV)	Carbohydrates: 82 g (30% DV)
Protein: 28 g (56% DV)	Protein: 26 g (52% DV)
Total Fat: 14 g (19% DV)	Total Fat: 34 g (44% DV)
Added Sugar: 3 g (6% DV)	Added Sugar: 0 g
Sodium: 2053 mg (89% DV)	Sodium: 1420 mg (62% DV)

Nutrition Facts:

*Daily Value (DV) calculated for a 2,000 calorie diet

*Not FDA approved

<u>Veggie Wrap</u>	<u>Buffalo Chicken Wrap</u>
Total Calories: 596 kcal	Total Calories: 676 kcal
Carbohydrates: 67 g (24% DV)	Carbohydrates: 56 g (20% DV)
Protein: 11 g (22% DV)	Protein: 47 g (94% DV)
Total Fat: 31 g (40% DV)	Total Fat: 28 g (37% DV)
Added Sugar: 4 g (8%)	Added Sugar: 2 g (4% DV)
Sodium: 1307 mg (57% DV)	Sodium: 1785 mg (78% DV)

<u>Caesar Salad</u>	<u>Cobb Salad</u>
Total Calories: 528 kcal	Total Calories: 571 kcal
Carbohydrates: 27 g (10% DV)	Carbohydrates: 12 g (4% DV)
Protein: 25 g (50% DV)	Protein: 49 g (98% DV)
Total Fat: 33 g (42% DV)	Total Fat: 32 g (41% DV)
Added Sugar: 0.8 g (2% DV)	Added Sugar: 2 g (4% DV)
Sodium: 1149 mg (50% DV)	Sodium: 1042 mg (45% DV)

<u>Citrus Salad</u>
Total Calories: 419 kcal
Carbohydrates: 35 g (13% DV)
Protein: 13 g (26% DV)
Total Fat: 27 g (35% DV)
Added Sugar: 0 g
Sodium: 380 mg (17% DV)

