



Nutritional Facts

June 2006

12" Subs

SUBS	number of servings	serving weight(g)	calories	total fat (g)	saturated fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)
Pizza Sub (12")	2	157	310	1.5	0	0	750	75	2	2	11
bacon	+	45	230	19	8	50	940	0	-	-	13
banana peppers	+	28	5	0	0	-	-	1	0	0	0
beef	+	45	140	11	5	25	330	2	1	0	7
black olives	+	28	45	4.5	-	0	190	2	-	-	0
cheese blend	+	45	120	10	5	20	280	3	0	0	8
deli pepperoni	+	23	110	9	3.5	20	430	0	0	1	5
extra cheese	+	23	60	5	2.5	10	140	1	0	0	4
green olives	+	14	25	2	-	0	170	1	-	-	0
green peppers	+	14	5	0	0	0	0	1	0	0	0
jalapenos	+	14	5	0	0	-	140	0	0	0	0
mushrooms	+	23	5	0	0	0	90	0	<1	0	1
onions	+	14	5	0	0	0	0	1	0	1	0
pineapple	+	23	10	0	0	0	0	3	0	2	0
pizza pepperoni	+	17	80	7	2	15	790	0	0	0	3
qtr ham	+	22	25	1.5	0	10	280	0	0	0	3
sausage	+	23	70	6	2	10	220	2	0	1	3
sliced ham	+	36	45	1.5	0.5	20	530	2	0	1	6
tomatoes	+	28	5	0	0	0	0	1	0	-	0
Chicken Breast (6")	1	296	550	24	4.5	70	1230	59	3	8	24
American (12")	2	321	630	26	10	70	1840	85	2	8	29
BLT (12")	2	266	680	34	12	75	1850	77	2	4	27
Deluxe (12")	2	262	520	19	7	35	1660	81	3	3	22
Garden Vegetable (12")	2	285	480	15	5	20	1290	892	3	3	19
Ham & Cheese (12")	2	291	560	21	7	55	1480	82	2	5	25
Italian (12")	2	320	630	27	10	65	1960	81	2	4	29
Meatball (12")	2	311	750	35	17	95	1820	84	6	3	37
Spicy Steak	2	295	520	14	3.5	60	1290	81	2	7	27