



Breakfast Items

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Breakfast Sandwiches															
Egg & Cheese Brekwich	1	350	20	9	0.3	165	960	30	1	6	14	10%	2%	30%	15%
Bacon, Egg & Cheese Brekwich	1	410	24	10	0.3	180	1140	30	1	6	17	10%	2%	30%	15%
Sausage, Egg & Cheese Brekwich	1	510	32	13	0.3	185	1390	35	1	7	21	10%	2%	30%	20%
Bagels															
Plain	1	280	1.5	0.2	0	0	730	58	3	2	10	0%	0%	6%	25%
Sesame Seed	1	330	4.5	0.2	0	0	600	61	3	3	11	0%	0%	8%	25%
Poppy Seed	1	320	2	0.2	0	0	630	65	3	3	11	0%	0%	6%	40%
Whole Wheat	1	330	2.5	0.3	0	0	620	66	10	7	11	0%	0%	4%	20%
Blueberry	1	320	2	0.3	0	0	510	66	3	6	11	0%	0%	6%	30%
Cinnamon Raisin	1	300	1.5	0.2	0	0	430	63	3	6	10	0%	0%	6%	25%
Multigrain	1	360	7	1	0	0	640	63	6	4	13	0%	0%	8%	30%
Everything	1	320	2	0.2	0	0	680	63	3	4	10	0%	2%	6%	30%
Cheese	1	290	3.5	1.5	0	5	720	54	3	2	11	2%	0%	10%	20%
Cream Cheese															
Deli Cream Cheese	1.5 oz	120	11	7	0.3	35	180	3	0	2	3	10%	0%	4%	0%
Light Cream Cheese	1.5 oz	80	6	4	0.2	25	210	3	0	3	4	10%	0%	6%	0%
Cream Cheese Light Strawberry	1.5 oz	100	6	4	0.2	25	170	8	0	7	3	8%	2%	4%	0%
Cream Cheese Herb & Garlic	1.5 oz	140	13	8	0.4	45	230	2	0	2	2	15%	0%	6%	0%
Anytime Breakfast															
Buttered Bagel	1	380	13	7	0.3	30	810	58	3	2	10	10%	0%	6%	25%
Peanut Butter & Jam Bagel	1	430	11	1	0	0	800	70	4	10	14	0%	0%	6%	25%
Bagel w/ Processed Cheese Slice	1	390	11	6	0.3	30	920	59	3	2	17	10%	0%	25%	25%
Brekwich Original (Bagel)	1	380	7	2	0.1	215	960	61	4	3	18	10%	30%	8%	35%
Brekwich with Cheese (Bagel)	1	420	11	4	0.2	225	1180	63	4	4	21	15%	30%	15%	35%
Breakwich Supreme (Bagel)	1	480	15	5	0.2	240	1370	63	4	4	24	15%	30%	15%	35%



Muffins

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Muffins (6 oz)															
Carrot	1	650	27	2.5	0	70	430	96	5	56	7	60%	6%	10%	25%
Blueberry	1	680	30	2.5	0	60	490	93	2	45	8	2%	0%	10%	25%
Chocolate Chip	1	720	33	4	0	55	460	96	3	48	9	2%	0%	10%	25%
Morning Glory	1	750	34	3	0	60	390	102	5	59	8	40%	4%	10%	25%
Banana	1	710	33	3	0	75	370	96	3	54	8	2%	2%	20%	25%
Harvest Corn	1	770	37	4	1	70	790	101	3	50	9	4%	0%	10%	25%
Raisin Bran	1	610	18	1.5	0	40	1110	103	9	54	9	0%	0%	8%	20%
Lemon Cranberry	1	670	30	2.5	0	50	510	91	3	44	8	2%	2%	10%	25%
Berry Extreme	1	710	32	3	0.5	70	490	98	4	50	9	2%	4%	10%	25%
Apple & Spice	1	710	34	3.5	0	100	400	91	4	48	9	2%	2%	8%	25%
Zucchini Nut	1	780	42	4	0	95	370	92	5	49	10	2%	10%	10%	25%
Reduced Fat Muffins															
Reduced Fat Fruit & Fiber	1	530	5	0.3	0	0	730	111	13	59	9	0%	2%	8%	30%
Reduced Fat Oatmeal	1	490	6	0.5	0	0	740	101	4	51	9	0%	0%	6%	25%
Reduced Fat Carrot	1	480	6	0.5	0	0	620	98	6	53	9	90%	8%	10%	25%



Baked Goods

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Biscottis															
Almond Hazelnut	1	160	5	0	0	30	70	24	0	8	4	0%	0%	0%	8%
Chocolate Chip	1	230	10	6	0	25	75	30	0	15	3	0%	0%	0%	4%
Lemon Wildberry	1	230	9	4.5	0	25	90	30	0	18	2	0%	0%	6%	6%
Specialty Baked															
Croissant Plain	1	290	16	7	0.2	35	310	31	1	3	7	2%	15%	2%	15%
Croissant Cheese	1	310	17	8	0.2	40	320	31	1	3	8	4%	25%	6%	10%
Croissant Chocolate	1	400	21	8	0.5	35	320	46	1	16	7	2%	15%	4%	15%
Croissant Bagel Roll	1	230	3.5	1	0	35	370	41	2	2	9	2%	15%	4%	20%
Turnover Apples, Sugared	1	310	19	7	0.2	35	230	31	1	10	4	2%	0%	0%	8%
Turnover Cherry, Sugared	1	390	23	9	0.2	35	290	40	1	13	5	2%	0%	0%	10%
Apple Fruit Sticks, Sugared	1	290	16	6	0.2	35	270	33	1	8	5	2%	0%	0%	10%
Raspberry Fruit Sticks, Sugared	1	290	16	6	0.2	35	270	34	1	8	5	2%	0%	0%	10%
Strawberry Cream Cheese Danish	1	270	13	5	0.1	35	360	34	1	12	5	2%	15%	2%	10%
Cheese Danish	1	310	16	7	0.1	40	400	37	1	12	6	4%	10%	2%	10%
Maple French Stick	1	430	18	8	0.3	5	330	64	2	32	6	2%	2%	2%	15%
Other Treats															
Rice Krispy Square	1	270	8	3.5	0.1	0	290	47	0	24	2	0%	0%	0%	20%
Fruit & Almond Nature Square	1	320	13	2	0.1	0	160	44	3	21	7	8%	0%	2%	20%



Sandwiches

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Sandwiches															
Garden Vegetable Sandwich	1	310	1.5	0.4	0	0	660	63	4	4	11	30%	35%	4%	30%
Deli Style Egg Salad Sandwich	1	480	19	3.5	0	345	1070	59	3	2	20	40%	10%	8%	35%
Chunky Chicken Salad Sandwich	1	750	46	4.5	0.1	70	1110	59	3	2	26	25%	10%	4%	30%
Gourmet Tuna Salad Sandwich	1	620	32	2.5	0	60	1320	59	3	2	25	30%	10%	4%	30%
Classic BLT Sandwich	1	310	11	3	0	25	740	38	5	4	16	25%	20%	8%	20%
Black Forest Ham & Cheese Sandwich	1	410	7	4	0.1	35	1080	60	3	2	27	25%	8%	15%	35%
Roast Beef Deluxe Sandwich	1	370	4	1	0	45	1360	61	2	3	24	20%	8%	2%	40%
Smoked Turkey Sandwich	1	360	2.5	1	0	35	1410	61	2	2	25	20%	8%	2%	35%
Classic Turkey & Bacon Club Sandwich	1	400	6	2	0	35	1350	62	3	3	24	25%	20%	4%	35%
Chicken Breast Deluxe Sandwich	1	400	4	1	0	55	1070	60	3	3	31	25%	20%	6%	30%
Breaded Chicken Breast Deluxe Sandwich new on White Panini	1	570	16	3.5	0.4	35	1480	79	4	8	27	25%	25%	10%	45%



Chili & Soups

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Soup															
Cream of Potato	10 oz	170	5	1.5	0	10	910	27	2	2	6	2%	2%	8%	2%
Minestrone	10 oz	100	0.5	0	0	0	1120	22	6	2	3	15%	2%	6%	6%
Country Vegetable	10 oz	90	0	0	0	0	1010	18	3	1	3	15%	2%	4%	6%
North Atlantic Clam Chowder	10 oz	140	2.5	0.5	0	5	1040	23	1	1	5	0%	0%	4%	8%
Cream of Mushroom	10 oz	160	6	2	0	10	1160	23	3	3	5	0%	0%	10%	2%
Creamy Garden Broccoli	10 oz	140	5	2	0	10	920	17	5	5	6	2%	20%	15%	2%
Creamy Garden Cauliflower	10 oz	140	7	3	0	10	790	15	2	6	5	2%	15%	10%	2%
Split Pea with Ham	10 oz	200	3.5	0.5	0	5	1200	30	7	2	11	2%	4%	2%	10%
Tomato Tortellini	10 oz	130	1	0.5	0	0	1200	24	2	8	5	6%	4%	6%	6%
Italian Wedding	10 oz	160	6	3	0.1	15	1090	17	1	1	9	0%	2%	2%	10%
Creole Chicken Gumbo	10 oz	80	0.5	0.2	0	5	1330	13	1	3	5	2%	4%	4%	4%
Classic Chicken Noodle	10 oz	100	3	1	0	15	1090	13	1	1	8	0%	4%	2%	4%
Chicken with Wild Rice	10 oz	90	1	0.3	0	10	1000	15	1	1	6	6%	25%	2%	2%
Hearty Beef Vegetable with Barley	10 oz	90	1	0.3	0	5	890	16	3	1	6	15%	2%	2%	6%
Creamy Tomato Bisque	10 oz	110	3.5	1	0	5	890	18	3	8	3	2%	2%	8%	6%
Chili															
Klondike Chili	10 oz	280	4	2.5	0	0	1290	36	11	7	22	8%	6%	10%	30%



Beverages

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Hot															
Coffee	10 oz	2	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Decaf Coffee	10 oz	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	2%
Organic Coffee	10 oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Coffee Time Tea	1	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Hot Chocolate	10 oz	120	3.5	1	1.5	0	160	22	1	21	1	0%	0%	2%	8%
Vanilla Cappuccino	10 oz	180	7	7	0	0	230	28	0	23	1	0%	0%	0%	2%
English Toffee Steameez	10 oz	280	8	8	0.1	0	170	47	0	40	3	0%	0%	10%	2%
Hazelnut Steameez	10 oz	280	8	8	0.1	0	170	47	0	40	3	0%	0%	10%	2%
Raspberry Steameez	10 oz	280	8	8	0.1	0	200	47	0	40	3	0%	0%	10%	2%
Cold															
Arctic Espresso	10 oz	400	21	13	5	0	85	53	0	34	2	0%	0%	0%	0%
Iced Cappuccino	10 oz	190	8	2	3.5	0	10	31	0	23	1	0%	0%	4%	0%
Lemon Coolios	10 oz	45	0	0	0	0	0	10	0	9	0	0%	0%	0%	0%
Straw/Banana Coolios	10 oz	80	0	0	0	0	5	19	0	18	0	0%	15%	0%	0%
Wildberry Coolios	10 oz	60	0	0	0	0	20	14	0	13	0	0%	20%	0%	0%
Grape Crystal Drink	10 oz	120	0	0	0	0	4	31	0	31	0	0%	130%	0%	0%
Peach Crystal Drink	10 oz	120	0	0	0	0	2	31	0	31	0	0%	130%	0%	0%
Watermelon Crystal Drink	10 oz	120	0	0	0	0	0	31	0	31	0	0%	130%	0%	0%
Iced Tea Crystal Drink	10 oz	90	0	0	0	0	1	26	0	25	0	0%	0%	0%	0%
V8 Juice	1	70	0	0	0	0	780	14	3	10	3	20%	8%	4%	6%
Cream, Milk & Sugar															
18% Cream Single Portion	10 ml	20	2	1	0	5	10	0	0	0	0.2	2%	0%	0%	0%
10% Cream Single Portion	10 ml	15	1	0.5	0	5	10	0	0	0	0.3	2%	0%	0%	0%
2% Milk Single Portion	10 ml	5	0.3	0.2	0	0	5	0	0	0	0.3	0%	0%	0%	0%
Sugar Single Portion	4 g	15	0	0	0	0	0	4	0	4	0	0%	0%	0%	0%