



Effective: July 1, 2012

## **TURKEY HAM & CHEESE SANDWICH** **ON A FRENCH ROLL (SST10WC and SST10W)**

Ingredient Statement: White Whole Wheat French Roll (water, white whole wheat flour, enriched wheat flour [{niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}, malted barley, ascorbic acid], yeast, high fructose corn syrup, contains 2% or less of: soybean oil, salt, calcium propionate, DATEM, mono-glyceride, enzymes, ascorbic acid, ADA); Smoked Turkey Ham (turkey thigh meat, water, contains 2% or less sugar, salt, sodium phosphate, lite salt [potassium chloride, sodium chloride], carrageenan, sodium erythorbate, natural smoke flavoring, sodium nitrite); Pasteurized Process American Cheese (American cheese [milk, cheese cultures, salt, enzymes, annatto], water, cream, sodium citrate, color added, salt, sorbic acid, soy lecithin).

Contains: Milk, Wheat and Soy

<b>Nutrition Facts</b>		
Serving Size 4.50 ounces (128g)		
Servings Per Container One		
Amount Per Serving		
<b>Calories 290</b> <b>Calories from Fat 110</b>		
% Daily Value*		
<b>Total Fat</b> 12g		<b>19%</b>
Saturated Fat 6g		<b>31%</b>
<b>Cholesterol</b> 50mg		<b>17%</b>
<b>Sodium</b> 880mg		<b>36%</b>
<b>Total Carbohydrate</b> 27g		<b>9%</b>
Dietary Fiber 3g		<b>10%</b>
Sugars 4g		
<b>Protein</b> 20g		
Vitamin A 6%	•	Vitamin C 0%
Calcium 35%	•	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000    2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

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	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	226.20	288.57
Calories from Fat	87.49	111.61
Calories from Saturated Fat	43.39	55.35
Protein	15.95 g	20.35 g
Carbohydrates	20.78 g	26.51 g
Dietary Fiber	2.00 g	2.55 g
Soluble Fiber	0.40 g	0.51 g
Insoluble Fiber	0.88 g	1.12 g
Sugar - Total	2.77 g	3.53 g
Other Carbohydrates	19.29 g	24.61 g
Fat - Total	9.72 g	12.40 g
Saturated Fat	4.82 g	6.15 g
Mono Fat	2.39 g	3.04 g
Poly Fat	0.49 g	0.63 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	39.58 mg	50.50 mg
Vitamin A	210.07 IU	268.00 IU
Thiamin - B1	0.11 mg	0.14 mg
Riboflavin - B2	0.16 mg	0.21 mg
Niacin - B3	0.73 mg	0.94 mg
Vitamin - B6	0.05 mg	0.06 mg
Vitamin - B12	0.25 mcg	0.32 mcg
Biotin	0.92 mcg	1.18 mcg
Vitamin C	0.00 mg	0.00 mg
Vitamin E Alpha-Tocopherol	0.17 mg	0.22 mg
Folate	19.14 mcg	24.42 mcg
Vitamin K	0.72 mcg	0.92 mcg
Calcium	268.42 mg	342.44 mg
Chloride	244.44 mg	311.85 mg
Copper	0.06 mg	0.08 mg
Iron	1.70 mg	2.17 mg
Magnesium	18.82 mg	24.01 mg
Phosphorus	201.16 mg	256.62 mg
Potassium	155.89 mg	198.87 mg
Sodium	686.37 mg	875.64 mg
Zinc	1.02 mg	1.31 mg