



Grilled Chicken Breast Filet, #38350-928

Ingredients

Boneless, skinless chicken breast filets with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt.

Contains: Soy



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NUTRITION FACTS

Serving Size: 1 PIECE (84g)

Amount Per Serving

Calories 120

Calories from Fat 25

*% Daily Value**

Total Fat 2.5g *4%*

Saturated Fat 0.5g *3%*

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1g

Cholesterol 60mg *20%*

Sodium 320 mg *13%*

Total Carbohydrate 1g *0%*

Dietary Fiber 0g *0%*

Sugars 0g

Protein 22g *44%*

Vitamin C 0%

Vitamin A 0%

Iron 4%

Calcium 2%

** Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

Newington Foods and Nutrition Services
Updated August 2013

**Pasteurized Processed White
American Cheese Slices, #19094
– Restaurant's Pride**

Ingredients:

Cultured Milk and Skim Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (preservative), Citric Acid, Acetic Acid, Enzymes, Soy Lecithin.

Contains: Milk, Soy

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Updated August 2013**

Pasteurized Processed White American Cheese Slices

Nutrition Facts	
Serving Size: 1 Slice (14g) =1/2 oz.	
Amount Per Serving	
Calories 50	Calories from Fat 40
	% Daily Value *
Total Fat 4.5 g	7 %
Saturated Fat 2.5 g	13 %
Trans Fat 0 g	
Cholesterol 5.5 mg	4 %
Sodium 126 mg	6 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	
Sugars 0 g	
Protein 1.5 g	
Vitamin A	3 %
Vitamin C	0 %
Calcium	5 %
Iron	0 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

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Sugo Ragozzino Spaghetti Sauce

Please note: Serving size is ¼ cup for this sandwich.

INGREDIENTS

Water, Tomato Paste (Tomatoes), Corn Syrup Solids, Onions, Corn Oil, Salt, Modified Food starch, Spices

Contains: No Allergens

Nutrition Facts

Serving Size 1/2 cup (4.25 oz)
Servings Per Container 24

Amount Per Serving

Calories 60 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 500mg **21%**

Total Carbohydrate 8g **3%**

Dietary Fiber 0g **1%**

Sugars 3g

Protein 1g

Vitamin A 8% • Vitamin C 15%

Calcium 2% • Iron 2%

*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

Ciabatta Roll, Wheat – Chabaso

Ingredients:

WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, YEAST, DEGERMINATED YELLOW CORN MEAL, WHEAT FLOUR.

****This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.****

**Contains: Wheat
Processed in a facility that also uses pecans,
walnuts, soy and corn.**

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NUTRITION FACTS

Serving Size: 1 ROLL (2 OZ)

Amount Per Serving

Calories 160 Calories from Fat 5

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410 mg	17%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	10%
Sugars 0g	
Protein 6g	
Vitamin C 0%	Vitamin A 0%
Iron 10%	Calcium 0%

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.