

2019 Menu	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cold Subs (sandwiches made with founder's white bread and standard dress)											
Bologna											
Bologna, 4"	380	220	24	8	0.5	35	970	31	3	3	12
Bologna, 6"	470	250	28	8	0.5	35	1130	43	4	3	14
Bologna, 8"	670	360	41	12	1	55	1590	60	5	4	21
Bologna, 12"	940	500	57	17	1	70	2170	85	7	6	29
Bologna, 16"	1350	720	81	25	1.5	105	3290	119	10	8	41
Centsable Sub®											
Centsable Sub®, 4"	330	160	18	5	0	30	990	33	3	4	13
Centsable Sub®, 6"	420	190	22	5	0	30	1150	45	4	5	15
Centsable Sub®, 8"	600	270	31	8	0	45	1620	62	5	7	22
Centsable Sub®, 12"	840	380	43	11	0.5	60	2210	89	7	10	30
Centsable Sub®, 16"	1200	540	62	16	1	90	3340	125	10	13	43
Cheese Mix											
Cheese Mix, 4"											
Cheese Mix, 4" (w/o cheese)	210	70	8	1	0	0	380	30	3	3	6
Choice of Cheese											
American Cheese	100	80	9	5	0	25	510	2	0	0	5
Cheddar Cheese	110	80	9	6	0	30	180	0	0	0	7
Mozzarella Cheese	80	50	6	3	0	20	260	1	0	0	6
Pepper Jack Cheese	90	70	8	4.5	0	25	160	0	0	0	7
Provolone Cheese	100	60	7	4	0	20	190	1	0	0	7
Swiss Cheese	100	70	8	5	0	25	60	1	0	0	8
Cheese Mix, 6"											
Cheese Mix, 6" (w/o cheese)	300	110	12	1.5	0	0	540	42	4	3	8
Choice of Cheese											
American Cheese	100	80	9	5	0	25	510	2	0	0	5
Cheddar Cheese	110	80	9	6	0	30	180	0	0	0	7
Mozzarella Cheese	80	50	6	3	0	20	260	1	0	0	6
Pepper Jack Cheese	90	70	8	4.5	0	25	160	0	0	0	7
Provolone Cheese	100	60	7	4	0	20	190	1	0	0	7
Swiss Cheese	100	70	8	5	0	25	60	1	0	0	8
Cheese Mix, 8"											
Cheese Mix, 8" (w/o cheese)	420	140	17	2	0	0	710	58	5	4	12
Choice of Cheese											
American Cheese	150	120	14	8	0	40	760	3	0	0	8
Cheddar Cheese	170	120	14	9	0	45	270	0	0	0	11
Mozzarella Cheese	120	80	9	4.5	0	30	390	2	0	0	9
Pepper Jack Cheese	140	110	12	7	0	40	240	0	0	0	10
Provolone Cheese	150	90	11	6	0	30	290	2	0	0	11
Swiss Cheese	150	110	12	8	0	40	90	2	0	0	12
Cheese Mix, 12"											
Cheese Mix, 12" (w/o cheese)	600	210	25	2.5	0	0	990	83	7	6	17
Choice of Cheese											
American Cheese	200	160	18	10	0	50	1010	4	0	0	10
Cheddar Cheese	220	160	18	12	0	60	360	0	0	0	14
Mozzarella Cheese	160	110	12	6	0	40	530	2	0	0	12
Pepper Jack Cheese	190	150	16	9	0	55	320	0	0	0	13
Provolone Cheese	200	130	14	8	0	40	380	2	0	0	14
Swiss Cheese	200	140	16	10	0	50	120	2	0	0	16
Cheese Mix, 16"											
Cheese Mix, 16" (w/o cheese)	840	290	33	3.5	0	0	1520	116	10	8	23
Choice of Cheese											
American Cheese	300	250	27	15	0	75	1520	6	0	0	15
Cheddar Cheese	330	240	27	18	0	90	540	0	0	0	21
Mozzarella Cheese	240	160	18	9	0	60	790	3	0	0	18
Pepper Jack Cheese	280	220	24	14	0	80	490	0	0	0	20
Provolone Cheese	300	190	21	12	0	60	570	3	0	0	21
Swiss Cheese	300	220	24	15	0	75	180	3	0	0	24
Garden Veggie											
Garden Veggie, 4"	250	110	12	2	0	0	1090	33	4	4	6
Garden Veggie, 6"	370	160	18	3	0	0	1650	48	6	5	9
Garden Veggie, 8"	510	210	24	4.5	0	0	2140	66	9	7	12
Garden Veggie, 12"	740	310	36	6	0	0	3130	96	12	11	18
Garden Veggie, 16"	1020	420	48	9	0	0	4370	133	17	14	25
Goodcents® Original											
Goodcents® Original, 4"	400	220	25	8	0	45	1170	31	3	3	14
Goodcents® Original, 6"	490	250	29	8	0	45	1330	43	4	4	17
Goodcents® Original, 8"	670	330	38	11	0	60	1800	61	5	6	23
Goodcents® Original, 12"	960	490	56	16	0	85	2470	86	7	8	32
Goodcents® Original, 16"	1340	670	76	22	0.5	120	3700	122	10	12	47
Ham											
Ham, 4"	290	100	11	2	0	25	1010	35	3	6	13
Ham, 6"	380	130	15	2.5	0	25	1170	47	4	7	16
Ham, 8"	530	180	21	3.5	0	35	1650	65	5	9	23
Ham, 12"	750	260	30	4.5	0	45	2240	92	7	13	32
Ham, 16"	1060	360	42	7	0	70	3400	131	10	18	46

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Italian											
Italian, 4"	440	260	29	10	0	60	1350	30	3	3	16
Italian, 6"	530	290	33	10	0	60	1510	43	4	4	19
Italian, 8"	790	450	50	17	0	95	2170	59	5	5	27
Italian, 12"	1080	600	68	21	0	120	2930	84	7	7	37
Italian, 16"	1580	890	100	33	0	185	4450	117	10	10	54
Oven-Roasted Chicken											
Oven-Roasted Chicken, 4"	260	80	9	1	0	30	830	31	3	4	18
Oven-Roasted Chicken, 6"	350	110	13	1.5	0	30	990	43	4	4	20
Oven-Roasted Chicken, 8"	490	160	18	2	0	45	1380	60	5	6	30
Oven-Roasted Chicken, 12"	700	230	27	2.5	0	60	1890	85	7	8	41
Oven-Roasted Chicken, 16"	990	320	36	3.5	0	90	2870	119	10	11	59
Penny Club®											
Penny Club®, 4"	270	80	10	1.5	0	25	970	32	3	3	15
Penny Club®, 6"	360	120	14	2	0	25	1140	44	4	4	18
Penny Club®, 8"	510	170	19	3	0	35	1630	61	5	6	26
Penny Club®, 12"	720	240	28	4	0	50	2200	87	7	9	35
Penny Club®, 16"	1010	330	38	6	0	75	3350	122	10	12	51
Pepperoni											
Pepperoni, 4"	500	310	35	13	0	70	1370	30	3	3	16
Pepperoni, 6"	580	340	38	13	0	70	1530	42	4	3	19
Pepperoni, 8"	840	500	56	20	0	105	2190	58	5	4	27
Pepperoni, 12"	1170	690	77	27	0	140	2970	83	7	6	37
Pepperoni, 16"	1680	1000	112	40	0	210	4490	116	10	8	54
Roasted Turkey											
Roasted Turkey, 4"	260	80	9	1	0	25	930	31	3	3	16
Roasted Turkey, 6"	350	110	13	1.5	0	25	1090	43	4	3	19
Roasted Turkey, 8"	490	150	17	2	0	40	1530	60	5	4	27
Roasted Turkey, 12"	700	220	26	2.5	0	50	2080	85	7	6	37
Roasted Turkey, 16"	990	300	35	3.5	0	75	3160	119	10	8	54
Slow-Roasted Roast Beef											
Slow-Roasted Roast Beef, 4"	260	90	10	2	0	25	1040	30	3	3	16
Slow-Roasted Roast Beef, 6"	350	120	14	2.5	0	25	1200	42	4	3	19
Slow-Roasted Roast Beef, 8"	490	160	19	3.5	0	40	1700	58	5	4	27
Slow-Roasted Roast Beef, 12"	700	240	28	4.5	0	50	2300	83	7	6	37
Slow-Roasted Roast Beef, 16"	990	330	38	7	0	75	3490	116	10	8	54
Tuna Salad											
Tuna Salad, 4"	350	160	19	2.5	0	15	710	34	3	5	12
Tuna Salad, 6"	440	200	22	3	0	15	870	46	4	5	15
Tuna Salad, 8"	620	280	32	4.5	0	25	1210	64	5	7	21
Tuna Salad, 12"	870	400	45	6	0	35	1650	91	7	10	29
Tuna Salad, 16"	1240	560	64	9	0	50	2510	128	10	14	42
Ultimate Club											
Ultimate Club, 4"	350	150	17	4	0	40	1090	32	3	3	18
Ultimate Club, 6"	440	180	21	4.5	0	40	1250	44	4	4	21
Ultimate Club, 8"	610	260	30	7	0	60	1720	61	5	6	29
Ultimate Club, 12"	870	380	43	9	0	80	2430	87	7	9	41
Ultimate Club, 16"	1230	530	60	13	0	115	3530	122	10	12	58
Toasted Sub											
Buffalo Chicken											
Buffalo Chicken, 8"	480	110	12	2.5	0	80	1670	61	3	8	32
Buffalo Chicken, 12"	700	150	17	4	0	120	2450	88	4	11	48
Buffalo Chicken, 16"	970	210	23	5	0	160	3340	122	6	15	65
Chicken Bacon Ranch											
Chicken Bacon Ranch, 8"	730	300	33	13	0	160	2030	55	3	3	53
Chicken Bacon Ranch, 12"	1050	430	47	19	0	235	2920	79	4	5	77
Chicken Bacon Ranch, 16"	1460	600	66	26	0	325	4060	110	6	6	106
Chipotle Cheesesteak											
Chipotle Cheesesteak, 8"											
Chipotle Cheesesteak, 8" (w/o meat)	440	150	17	6	0	30	830	57	3	4	18
Add Choice of Meat											
Chicken	160	40	4.5	1.5	0	95	750	1	0	0	27
Steak	180	90	10	4	0	40	600	6	1	1	18
Chipotle Cheesesteak, 12"											
Chipotle Cheesesteak, 12" (w/o meat)	640	230	25	10	0	45	1190	82	4	7	26
Add Choice of Meat											
Chicken	240	60	7	2	0	140	1120	2	0	0	40
Steak	270	130	15	6	0.5	60	900	9	2	2	27
Chipotle Cheesesteak, 16"											
Chipotle Cheesesteak, 16" (w/o meat)	890	310	34	13	0	60	1650	114	6	9	35
Add Choice of Meat											
Chicken	320	80	9	2.5	0	185	1490	3	0	0	53
Steak	360	180	20	8	0.5	80	1190	12	2	3	37
Meatball											
Meatball, 8"	720	260	29	12	2	140	1950	69	7	2	45
Meatball, 12"	1050	380	42	18	3	215	2880	100	9	3	67
Meatball, 16"	1430	510	57	24	4	285	3900	138	13	4	90

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Hot Pastas (pastas served with garlic bread)											
Chicken Alfredo	990	400	44	15	0	135	1890	103	15	7	48
Chicken Parmesan	840	220	25	6	0	105	1840	108	17	12	49
Pasta with Meatballs	910	290	33	9	1.5	90	1850	119	20	12	40
Pasta with Sauce											
Pasta with Sauce (w/o Sauce)	560	120	14	3	0	0	560	96	15	3	17
Choice of Sauce											
Alfredo Sauce	280	230	26	11	0	40	590	7	0	4	4
Marinara Sauce	80	35	3.5	0	0	0	430	11	2	9	2
Side:											
Add Garlic Bread	290	110	12	2.5	0	0	340	44	12	2	8
Soups (soup served with (add) saltine crackers)											
Broccoli Cheese Soup											
Broccoli Cheese Soup, 8oz Cup	180	130	14	6	0	20	850	8	2	3	5
Broccoli Cheese Soup, 16oz Bowl	360	250	28	12	0	40	1710	16	4	6	10
Chicken Homestyle Noodle Soup											
Chicken Homestyle Noodle Soup, 8oz Cup	70	20	2	0	0	15	790	10	0	1	4
Chicken Homestyle Noodle Soup, 16oz Bowl	140	35	4	1	0	30	1590	20	0	2	8
Saltine Crackers											
Saltine Crackers, for 8oz Cup	50	10	1	0	0	0	180	9	1	0	1
Saltine Crackers, for 16oz Bowl	110	20	2	0	0	0	360	17	1	0	3
Soup with 4" Sub (see above cup of soup and 4" sub sandwiches)											
Kids (includes choice of chips or cookie and kids beverage, see below for choice of side and beverage)											
Ham & Cheese	260	80	8	4	0	35	1160	32	1	4	15
Peanut Butter & Jelly	380	140	15	3.5	0	0	420	50	4	22	12
Turkey & Cheese	240	60	6	3	0	40	1080	28	1	1	18
Kids Chicken Alfredo	760	310	35	12	0	80	1300	84	14	5	30
Kids Chicken Parmesan	610	170	19	4.5	0	50	1130	85	15	7	30
Kids Pasta with Meatballs	620	190	21	5	0.5	30	1100	90	17	9	23
Kids Pasta Marinara	530	140	16	3	0	0	810	86	15	9	15
Sandwich Dress Options											
Banana Peppers											
Banana Peppers, 4"	0	0	0	0	0	0	115	0	0	0	0
Banana Peppers, 6"	0	0	0	0	0	0	150	0	0	0	0
Banana Peppers, 8"	0	0	0	0	0	0	190	0	0	0	0
Banana Peppers, 12"	0	0	0	0	0	0	310	1	0	0	0
Banana Peppers, 16"	0	0	0	0	0	0	380	1	0	0	0
Black Olives											
Black Olives, 4"	25	20	2.5	1	0	0	130	1	1	0	0
Black Olives, 6"	30	25	3	1	0	0	160	1	1	0	0
Black Olives, 8"	35	30	3.5	1	0	0	190	1	1	0	0
Black Olives, 12"	60	50	6	2	0	0	320	2	2	0	0
Black Olives, 16"	70	60	7	2.5	0	0	380	2	2	0	0
Black Pepper											
Black Pepper, 4"	0	0	0	0	0	0	0	0	0	0	0
Black Pepper, 6"	0	0	0	0	0	0	0	0	0	0	0
Black Pepper, 8"	0	0	0	0	0	0	0	0	0	0	0
Black Pepper, 12"	0	0	0	0	0	0	0	0	0	0	0
Black Pepper, 16"	5	0	0	0	0	0	0	1	0	0	0
Cucumbers											
Cucumbers, 4"	0	0	0	0	0	0	0	1	0	0	0
Cucumbers, 6"	5	0	0	0	0	0	0	1	0	0	0
Cucumbers, 8"	5	0	0	0	0	0	0	1	0	0	0
Cucumbers, 12"	5	0	0	0	0	0	0	2	0	1	0
Cucumbers, 16"	10	0	0	0	0	0	0	2	0	1	0
Green Peppers											
Green Peppers, 4"	0	0	0	0	0	0	0	0	0	0	0
Green Peppers, 6"	0	0	0	0	0	0	0	0	0	0	0
Green Peppers, 8"	0	0	0	0	0	0	0	1	0	0	0
Green Peppers, 12"	5	0	0	0	0	0	0	1	0	0	0
Green Peppers, 16"	5	0	0	0	0	0	0	1	0	1	0
Honey Mustard											
Honey Mustard, 4"	35	25	3	0	0	5	50	2	0	2	0
Honey Mustard, 6"	50	40	4.5	0.5	0	5	70	2	0	2	0
Honey Mustard, 8"	70	50	6	1	0	10	95	3	0	3	0
Honey Mustard, 12"	100	80	9	1	0	10	140	5	0	5	0
Honey Mustard, 16"	140	110	12	1.5	0	15	190	6	0	6	0
Jalapenos											
Jalapenos, 4"	0	0	0	0	0	0	100	0	0	0	0
Jalapenos, 6"	0	0	0	0	0	0	130	0	0	0	0
Jalapenos, 8"	0	0	0	0	0	0	160	0	0	0	0
Jalapenos, 12"	0	0	0	0	0	0	260	1	0	1	0
Jalapenos, 16"	0	0	0	0	0	0	330	1	0	1	0
Mayonnaise											
Mayonnaise, 4"	60	60	6	1	0	5	45	0	0	0	0
Mayonnaise, 6"	80	80	9	1.5	0	5	65	0	0	0	0
Mayonnaise, 8"	110	110	12	2	0	5	85	0	0	0	0
Mayonnaise, 12"	170	170	18	3	0	10	130	0	0	0	0
Mayonnaise, 16"	220	220	25	3.5	0	10	170	0	0	0	0

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Mustard											
Mustard, 4"	0	0	0	0	0	0	90	0	0	0	0
Mustard, 6"	0	0	0	0	0	0	130	0	0	0	0
Mustard, 8"	0	0	0	0	0	0	180	0	0	0	0
Mustard, 12"	0	0	0	0	0	0	260	0	0	0	0
Mustard, 16"	0	0	0	0	0	0	350	0	0	0	0
Oil											
Oil, 4"	60	60	7	0.5	0	0	0	0	0	0	0
Oil, 6"	90	90	10	0.5	0	0	0	0	0	0	0
Oil, 8"	120	120	14	1	0	0	0	0	0	0	0
Oil, 12"	180	180	21	1.5	0	0	0	0	0	0	0
Oil, 16"	240	240	28	2	0	0	0	0	0	0	0
Onions											
Onions, 4"	5	0	0	0	0	0	0	1	0	0	0
Onions, 6"	5	0	0	0	0	0	0	1	0	0	0
Onions, 8"	5	0	0	0	0	0	0	1	0	0	0
Onions, 12"	5	0	0	0	0	0	0	1	0	0	0
Onions, 16"	5	0	0	0	0	0	0	1	0	1	0
Oregano											
Oregano, 4"	5	0	0	0	0	0	0	1	1	0	0
Oregano, 6"	5	0	0	0	0	0	0	2	1	0	0
Oregano, 8"	10	0	0	0	0	0	0	2	2	0	0
Oregano, 12"	15	0	0	0	0	0	0	4	2	0	0
Oregano, 16"	20	5	0	0	0	0	0	5	3	0	1
Pickles											
Pickles, 4"	0	0	0	0	0	0	85	0	0	0	0
Pickles, 6"	0	0	0	0	0	0	125	0	0	0	0
Pickles, 8"	0	0	0	0	0	0	170	0	0	0	0
Pickles, 12"	0	0	0	0	0	0	250	0	0	0	0
Pickles, 16"	0	0	0	0	0	0	330	0	0	0	0
Ranch Dressing											
Ranch Dressing, 4"	30	30	3	0	0	0	70	1	0	0	0
Ranch Dressing, 6"	45	40	4.5	0.5	0	5	105	1	0	1	0
Ranch Dressing, 8"	60	60	6	1	0	5	140	1	0	1	0
Ranch Dressing, 12"	90	80	9	1.5	0	5	210	2	0	1	0
Ranch Dressing, 16"	120	110	12	2	0	10	280	2	0	1	0
Salt											
Salt, 4"	0	0	0	0	0	0	95	0	0	0	0
Salt, 6"	0	0	0	0	0	0	150	0	0	0	0
Salt, 8"	0	0	0	0	0	0	150	0	0	0	0
Salt, 12"	0	0	0	0	0	0	190	0	0	0	0
Salt, 16"	0	0	0	0	0	0	390	0	0	0	0
Shredded Lettuce											
Shredded Lettuce, 4"	5	0	0	0	0	0	0	1	0	0	0
Shredded Lettuce, 6"	5	0	0	0	0	0	0	1	0	1	0
Shredded Lettuce, 8"	5	0	0	0	0	0	0	1	1	1	0
Shredded Lettuce, 12"	10	0	0	0	0	0	5	2	1	1	1
Shredded Lettuce, 16"	15	0	0	0	0	0	10	3	1	2	1
Standard Dress											
Standard Dress, 4"	80	60	7	0.5	0	0	100	4	2	2	1
Standard Dress, 6"	110	90	11	1	0	0	150	5	2	2	1
Standard Dress, 8"	150	120	14	1	0	0	150	6	3	2	1
Standard Dress, 12"	220	190	22	1.5	0	0	210	9	4	3	2
Standard Dress, 16"	300	250	29	2	0	0	410	12	5	4	2
Spicy Mustard											
Spicy Mustard, 4"	10	0	0	0	0	0	80	0	0	0	0
Spicy Mustard, 6"	10	0	0	0	0	0	120	0	0	0	0
Spicy Mustard, 8"	15	0	0	0	0	0	160	0	0	0	0
Spicy Mustard, 12"	25	0	0	0	0	0	240	0	0	0	0
Spicy Mustard, 16"	30	0	0	0	0	0	320	0	0	0	0
Spicy Ranch Dressing											
Spicy Ranch Dressing, 4"	35	35	3.5	0.5	0	0	60	1	0	1	0
Spicy Ranch Dressing, 6"	60	50	6	1	0	0	90	2	0	1	0
Spicy Ranch Dressing, 8"	70	70	7	1	0	5	125	2	0	1	0
Spicy Ranch Dressing, 12"	110	100	11	1.5	0	5	180	3	0	2	0
Spicy Ranch Dressing, 16"	150	130	15	2	0	5	250	4	0	2	0
Tomatoes											
Tomatoes, 4"	5	0	0	0	0	0	0	1	0	1	0
Tomatoes, 6"	5	0	0	0	0	0	0	1	0	1	0
Tomatoes, 8"	5	0	0	0	0	0	0	1	0	1	0
Tomatoes, 12"	10	0	0	0	0	0	0	2	1	1	0
Tomatoes, 16"	10	0	0	0	0	0	0	2	1	2	1

2019 Menu	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Vinegar											
Vinegar, 4"	0	0	0	0	0	0	0	0	0	0	0
Vinegar, 6"	0	0	0	0	0	0	0	0	0	0	0
Vinegar, 8"	0	0	0	0	0	0	0	0	0	0	0
Vinegar, 12"	0	0	0	0	0	0	0	0	0	0	0
Vinegar, 16"	0	0	0	0	0	0	0	0	0	0	0
Bread Selections											
Wheat Bread											
Wheat Bread Sub, 4"	130	15	1.5	0	0	0	230	24	1	3	6
Wheat Bread Sub, 6"	190	20	2.5	0.5	0	0	330	35	1	4	9
Wheat Bread Sub, 8"	260	30	3.5	0.5	0	0	470	49	1	5	11
Wheat Bread Sub, 12"	370	40	4.5	1	0	0	660	69	2	7	17
Wheat Bread Sub, 16"	530	60	7	1.5	0	0	940	98	3	11	23
White Bread											
White Bread Sub, 4"	130	10	1	0	0	0	280	26	1	1	5
White Bread Sub, 6"	190	15	1.5	0.5	0	0	390	37	2	2	8
White Bread Sub, 8"	270	20	2	0.5	0	0	550	52	2	2	10
White Bread Sub, 12"	380	25	3	1	0	0	780	74	3	3	15
White Bread Sub, 16"	540	40	4.5	1.5	0	0	1110	104	5	4	21
Add Bacon											
Bacon											
Bacon (2 slices), 4"	90	70	8	3	0	20	280	0	0	0	6
Bacon (2 slices), 6"	90	70	8	3	0	20	280	0	0	0	6
Bacon (3 slices), 8"	130	110	12	4	0	35	420	0	0	0	8
Bacon (4 slices), 12"	180	140	16	6	0	45	560	0	0	0	11
Bacon (6 slices), 16"	270	210	24	8	0	65	840	0	0	0	17
Add Cheese											
Add American Cheese											
American Cheese, 4"	25	20	2.5	1.5	0	5	125	1	0	0	1
American Cheese, 6"	50	40	4.5	2.5	0	15	250	1	0	0	3
American Cheese, 8"	50	40	4.5	2.5	0	15	250	1	0	0	3
American Cheese, 12"	80	60	7	4	0	20	380	2	0	0	4
American Cheese, 16"	100	80	9	5	0	25	510	2	0	0	5
Add Cheddar Cheese											
27											
Cheddar Cheese, 4"	30	20	2.5	1.5	0	10	45	0	0	0	2
Cheddar Cheese, 6"	60	40	4.5	3	0	15	90	0	0	0	4
Cheddar Cheese, 8"	60	40	4.5	3	0	15	90	0	0	0	4
Cheddar Cheese, 12"	80	60	7	4.5	0	25	135	0	0	0	5
Cheddar Cheese, 16"	110	80	9	6	0	30	180	0	0	0	7
Add Mozzarella Cheese											
Mozzarella Cheese, 4"	20	15	1.5	1	0	5	65	0	0	0	2
Mozzarella Cheese, 6"	40	25	3	1.5	0	10	130	1	0	0	3
Mozzarella Cheese, 8"	40	25	3	1.5	0	10	130	1	0	0	3
Mozzarella Cheese, 12"	60	40	4.5	2.5	0	15	200	1	0	0	5
Mozzarella Cheese, 16"	80	50	6	3	0	20	260	1	0	0	6
Add Pepper Jack Cheese											
Pepper Jack Cheese, 4"	25	20	2	1	0	5	40	0	0	0	2
Pepper Jack Cheese, 6"	45	35	4	2.5	0	15	80	0	0	0	3
Pepper Jack Cheese, 8"	45	35	4	2.5	0	15	80	0	0	0	3
Pepper Jack Cheese, 12"	70	50	6	3.5	0	20	120	0	0	0	5
Pepper Jack Cheese, 16"	90	70	8	4.5	0	25	160	0	0	0	7
Add Provolone Cheese											
Provolone Cheese, 4"	25	15	2	1	0	5	50	0	0	0	2
Provolone Cheese, 6"	50	30	3.5	2	0	10	95	1	0	0	4
Provolone Cheese, 8"	50	30	3.5	2	0	10	95	1	0	0	4
Provolone Cheese, 12"	80	45	5	3	0	15	140	1	0	0	5
Provolone Cheese, 16"	100	60	7	4	0	20	190	1	0	0	7
Add Swiss Cheese											
15											
Swiss Cheese, 4"	25	20	2	1.5	0	5	15	0	0	0	2
Swiss Cheese, 6"	50	35	4	2.5	0	15	30	1	0	0	4
Swiss Cheese, 8"	50	35	4	2.5	0	15	30	1	0	0	4
Swiss Cheese, 12"	80	50	6	4	0	20	45	1	0	0	6
Swiss Cheese, 16"	100	70	8	5	0	25	60	1	0	0	8
Choice of Sides											
Chips											
CHEETOS® Crunchy	310	190	21	3.5	0	0	500	26	1	2	3
DORITOS® Nacho Cheese	240	130	14	2	0	0	360	28	2	1	3
FRITOS® Corn Chips	320	180	20	3	0	0	320	32	3	1	3
LAYS® Oven Baked Barbecue	140	30	3.5	0.5	0	0	180	24	2	3	2
LAYS® Oven Baked Original	140	35	4	0.5	0	0	180	24	2	3	2
LAYS® Barbecue	230	130	15	2	0	0	230	23	2	3	3
LAYS® Classic	240	140	16	2	0	0	250	23	2	1	3
LAYS® Sour Cream & Onion	240	140	15	2	0	0	240	23	2	1	3
MISS VICKIE'S® Jalapeno	210	110	12	1.5	0	0	180	22	2	2	3
SUNCHIPS® HARVEST CHEDDAR®	210	80	9	1.5	0	0	320	27	4	3	4
Cookie											
Chocolate Chip Cookie	330	153	17	9	0	5	90	45	0	29	3
Double Chocolate Chunk Cookie	310	144	16	9	0	25	250	41	0	26	3
Peanut Butter Cookie	310	144	16	6	0	20	270	37	0	21	5
Other Beverages											
Chocolate Milk	140	20	2.5	1.5	0	10	150	23	1	21	8

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Fruit Shoot, Apple	20	0	0	0	0	0	50	3	0	3	0
Fruit Shoot, Berry Burst	70	0	0	0	0	0	10	18	0	17	0