

MHealthy Approved Items C&W Subway Oct 2019

Menu Item	Serving	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat* (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Pre-Packaged Snacks											
Baked Lays® BBQ Potato Chips	1.125 oz	140	3.5	0.5	0	0	180	24	2	3	2
Baked Lays® Original Potato Crisps	1.125 oz	130	4	0.5	0	0	180	24	2	3	2
Baked Lays® Sour Cream & Onion	1.125 oz	140	3.5	0.5	0	0	190	24	2	3	2
Baked Ruffles® Cheddar and Sour Cream	0.875 oz	110	3	0	0	0	240	18	2	2	2
Tostitos Oven Baked Scoops	.88 oz.	110	2.5	0	0	0	125	19	2	0	2
Healthy Fats											
Olive oil	1 Tsp.	45	5	0.5	n/a	0	0	0	0	0	0
Vinegar	1 Tsp.	8	0	0	0	0	0	0	0	0	0
Red wine vinegar	4g	0	0	0	0	0	0	0	0	0	0
Sandwiches											
Black Forest Ham	8.4 oz.	260	4	1	0	25	780	41	5	6	19
Oven Roasted Chicken	8.2 oz.	270	3.5	0.5	0	45	560	40	5	6	23
Roast Beef	8.2 oz.	290	4.5	1.5	0	45	660	40	5	6	25
Subway Club	8.4 oz.	290	4	1	0	40	780	41	5	6	24
Turkey Breast	7.7 oz.	250	3	0.5	0	25	650	40	5	6	18
Rotisserie-Style Chicken	8.7 oz.	310	6	2.5	0	55	560	40	5	6	29
Veggie Delite	5.7 oz	200	2	0	0	0	280	39	5	5	9
Veggie Patty	8.7 oz.	390	7	1	0	10	800	56	8	8	23
Sweet Onion Chicken Teriyaki (includes sweet onion dressing)	9.3	330	4	1	0	50	750	52	5	14	25

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Egg ONLY (no cheese) & served with a vegetable	228g	350	12	2.5	0	160	740	46	5	4	18
Salads											
Black Forest ham (w/out cheese)	344g	120	3	1	0	25	580	12	4	7	13
Oven Roasted Chicken	233g	270	3.5	0.5	0	45	560	40	5	6	23
Roast beef	233g	290	4.5	1.5	0	45	660	40	5	6	25
Rotisserie-style chicken	248g	310	6	2.5	0	55	560	40	5	6	29
Subway Club	240g	290	4	1	0	40	780	41	5	6	24
Sweet Onion Chicken Teriyaki	266g	330	4	1	0	50	750	52	5	14	25
Turkey breast	219g	250	3	0.5	0	25	650	40	5	6	18
Veggie Delight	163g	200	2	0	0	0	280	39	5	5	9