Great Harvest Bread Co.

Bread. The way it ought to be.™

Lunch Nutrition

Nutrition information will vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Cold Sandwiches													
Baja Chipotle Turkey on Anadama Bread (372g)	630	180	21	9	0	95	1840	75	7	21	12	38	Anadama Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Fresh Ground 100% Whole Wheat Flour, Cornmeal (Degerminated Yellow Corn Meal, Niacin*, Reduced Iron, Thiamin Mononitrate*, Riboflavin, Folicacid* (*One Of The B Vitamins), Honey, Molasses, Yeast, Butter, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Green Cabbage, Pickled Red Onion (Onion, Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite (Preservative)), Honey, Kosher Salt, Black Pepper, Oregano, Cumin), Avocado, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Honey, Canned Chipotle Peppers In Adobo Sauce (Smoked Red Jalepeño, Water, Vinegar, Sugar Salt, Natural Smoke Essence, Xanthan Gum and Garlic), Kosher Salt, Lime Juice, Olive Oil, Garlic, Cilantro, Black Pepper, Cumin, Coriander CONTAINS: WHEAT, MILK, EGG
Big Sky Chicken Salad Sandwich On Honey Whole Wheat Bread (281g)	650	260	29	4	0	50	1160	69	10	21	12	27	Chicken Salad (Chicken (Boneless Skinless Chicken Breast, Water, Sea Salt), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Artichoke Hearts (Artichoke Hearts, Water, Salt, Citric Acid), Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Golden Raisins (Golden Raisins, Sulfer Dioxide (as a preservative), Walnuts, Lemon Peel, Lemon Juice, Kosher Salt, Black Pepper, Tarragon, Celery Seeds), Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Tomatoes, Romaine Lettuce, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGGS, SOY, WALNUT

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Big Sky Chicken Salad Sandwich on White Bread (281g)	650	260	28	4	0	50	1370	76	4	19	10	23	Chicken Salad (Chicken (Boneless Skinless Chicken Breast, Water, Sea Salt), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Artichoke Hearts (Artichoke Hearts, Water, Salt, Citric Acid), Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Golden Raisins (Golden Raisins, Sulfer Dioxide (as a preservative)), Walnuts, Lemon Peel, Lemon Juice, Kosher Salt, Black Pepper, Tarragon, Celery Seeds), White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Tomatoes, Romaine Lettuce, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGGS, SOY, WALNUT
Big Sky Chicken Salad Sandwich on Dakota Bread (281g)	700	340	38	5	0	50	1080	63	10	20	10	29	Chicken Salad (Chicken (Boneless Skinless Chicken Breast, Water, Sea Salt), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Artichoke Hearts (Artichoke Hearts, Water, Salt, Citric Acid), Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Golden Raisins (Golden Raisins, Sulfer Dioxide (as a preservative)), Walnuts, Lemon Peel, Lemon Juice, Kosher Salt, Black Pepper, Tarragon, Celery Seeds), Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs),Tomatoes, Romaine Lettuce, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGGS, SOY, WALNUT
California Cobb Sandwich on Honey Whole Wheat (337g)	540	120	13	4	0	55	1820	67	11	20	12	38	Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Fresh Ground 100% Whole Wheat Flour, Tomatoes, Water, Red Onion, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Avocado, Romaine Lettuce, Honey, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Blue Cheese (Blue Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose to Prevent Caking, Natamycin to Protect Flavor), Yeast, Salt, Eggs, Kosher Salt, Extra Virgin Olive Oil, Black Pepper, Garlic, Dried Onion, Parsley CONTAINS: EGG, MILK, WHEAT

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Chimichurri Roast Beef Sandwich on Honey Whole Wheat Bread (336g)	640	220	25	10	0	80	1920	60	10	14	12	40	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, and Natural Flavorings), Tomatoes, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Chimichurri Sauce (Parsley, Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite (Preservative)), Olive Oil, Canola Oil, Cilantro, Jalapenos, Oregano, Garlic, Kosher Salt, Black Pepper, Cumin, Coriander), Romaine Lettuce, Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK
Chimichurri Roast Beef Sandwich on White Bread (336g)	650	220	24	10	0	80	2120	67	3	12	10	37	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, and Natural Flavorings), Tomatoes, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Chimichurri Sauce (Parsley, Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite (Preservative)), Olive Oil, Canola Oil, Cilantro, Jalapenos, Oregano, Garlic, Kosher Salt, Black Pepper, Cumin, Coriander), Romaine Lettuce, Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK
Chimichurri Roast Beef Sandwich on Dakota Bread (336g)	700	300	34	11	0	80	1830	55	10	13	10	42	Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, and Natural Flavorings), Tomatoes, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Chimichurri Sauce (Parsley, Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite (Preservative)), Olive Oil, Canola Oil, Cilantro, Jalapenos, Oregano, Garlic, Kosher Salt, Black Pepper, Cumin, Coriander), Romaine Lettuce, Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK
Classic Ham and Swiss Cheese Sandwich on Honey Whole Wheat Bread (329g)	630	220	24	10	0	90	1960	61	9	17	12	37	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Classic Ham and Swiss Cheese Sandwich on White Bread (329g)	630	220	24	10	0	90	2160	68	3	15	10	33	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, EGG, SOY
Classic Ham and Swiss Cheese Sandwich on Dakota Bread (329g)	680	300	33	11	0	90	1870	55	9	16	10	39	Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, WHEAT, SOY
Classic Ham and Cheddar Cheese Sandwich on Honey Whole Wheat Bread (329g)	630	230	25	11	0	95	2160	62	9	17	12	35	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Ham and Cheddar Cheese Sandwich on White Bread (329g)	640	220	25	11	0	95	2360	69	3	15	10	32	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG

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Classic Ham and Cheddar Cheese Sandwich on Dakota Bread (329g)	690	310	34	12	0	95	2070	56	9	16	10	38	Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Ham and Pepper Jack Cheese Sandwich on Honey Whole Wheat Bread (329g)	620	220	25	10	0	100	2130	62	9	17	12	36	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Ham and Pepper Jack Cheese Sandwich on White Bread (329g)	630	220	24	10	0	100	2340	69	3	15	10	33	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Ham and Pepper Jack Cheese Sandwich on Dakota Bread (329g)	680	300	33	11	0	100	2050	56	9	16	10	38	Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Classic Ham and Provolone Cheese Sandwich on Honey Whole Wheat Bread (329g)	610	200	23	10	0	80	2250	61	9	17	12	36	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Ham and Provolone Cheese Sandwich on White Bread (329g)	610	200	22	10	0	80	2450	69	3	15	10	33	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Ham and Provolone Cheese Sandwich on Dakota Bread (329g)	660	280	31	11	0	80	2170	56	9	16	10	39	Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Roast Beef and Swiss Cheese Sandwich on Honey Whole Wheat Bread (329g)	620	200	22	9	0	60	1610	58	9	14	12	40	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, And Natural Flavorings), Tomatoes, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG

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Classic Roast Beef and Swiss Cheese Sandwich on White Bread (329g)	630	200	22	9	0	60	1810	65	3	12	10	37	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, And Natural Flavorings), Tomatoes, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Roast Beef and Swiss Cheese Sandwich on Dakota Bread (329g)	680	280	31	10	0	60	1520	52	9	13	10	42	Roast Beef (Roats Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, And Natural Flavorings), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Roast Beef and Cheddar Cheese Sandwich on Honey Whole Wheat Bread (329g)	630	210	23	9	0	65	1810	59	10	14	12	38	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, And Natural Flavorings), Tomatoes, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Roast Beef and Cheddar Cheese Sandwich on White Bread (329g)	630	200	23	9	0	65	2010	65	3	12	10	35	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, And Natural Flavorings), Tomatoes, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY AND EGG

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Classic Roast Beef and Cheddar Cheese Sandwich on Dakota Bread (329g)	680	290	32	10	0	65	1720	53	9	13	10	41	Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, Natural Flavorings), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Roast Beef and Pepper Jack Cheese Sandwich on Honey Whole Wheat Bread (329g)	620	200	23	9	0	35	1820	57	9	14	12	39	Honey Whole Wheat Bread (Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, And Natural Flavorings), Tomatoes, Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors.), Red Onion, Kosher Salt, Black Pepper. CONTAINS: WHEAT, MILK, SOY, EGG
Classic Roast Beef and Pepper Jack Cheese Sandwich on White Bread (329g)	630	200	22	9	0	90	2290	67	3	12	10	36	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, And Natural Flavorings), Tomatoes, Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Roast Beef and Pepper Jack Cheese Sandwich on Dakota Bread (329g)	680	280	31	10	0	35	1730	52	9	13	9	10	Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, And Natural Flavorings), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Classic Roast Beef and Provolone Cheese Sandwich on Honey Whole Wheat Bread (329g)	600	180	20	8	0	50	1900	58	9	14	12	40	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, And Natural Flavorings), Tomatoes, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Roast Beef and Provolone Cheese Sandwich on White Bread (329g)	610	180	20	8	0	50	2110	65	3	12	10	36	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, And Natural Flavorings), Tomatoes, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Roast Beef and Provolone Cheese Sandwich on Dakota Bread (329g)	660	260	29	9	0	50	1820	53	9	13	10	42	Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, And Natural Flavorings), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Turkey and Swiss Cheese Sandwich on Honey Whole Wheat Bread (329g)	620	190	21	9	0	85	1700	64	9	19	12	39	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Classic Turkey and Swiss Cheese Sandwich on White Bread (329g)	620	190	21	9	0	85	1900	71	3	17	10	36	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, SOY, MILK, EGG
Classic Turkey and Swiss Cheese Sandwich on Dakota Bread (329g)	670	270	30	10	0	85	1610	58	9	17	10	42	Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Turkey and Cheddar Cheese Sandwich on Honey Whole Wheat Bread (329g)	620	200	22	9	0	85	1900	65	9	19	12	38	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Turkey and Cheddar Cheese Sandwich on White Bread (329g)	630	200	22	9	0	85	2100	72	3	17	10	34	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Classic Turkey and Cheddar Cheese Sandwich on Dakota Bread (329g)	680	280	31	10	0	85	1810	59	9	17	10	40	Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Classic Turkey and Pepper Jack Cheese Sandwich on Honey Whole Wheat Bread (329g)	620	200	22	9	0	55	1910	64	9	19	12	39	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Turkey and Pepper Jack Cheese Sandwich on White Bread (329g)	620	190	21	9	0	55	2110	71	3	17	10	35	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Turkey and Pepper Jack Cheese Sandwich on Dakota Bread (329g)	670	270	31	10	0	55	1820	58	9	17	10	41	Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Classic Turkey and Provolone Cheese Sandwich on Honey Whole Wheat Bread (329g)	600	180	20	8	0	75	1990	64	9	19	12	39	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Turkey and Provolone Cheese Sandwich on White Bread (329g)	610	170	19	8	0	75	2200	72	3	17	10	35	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Romaine Lettuce, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, SOY, EGG
Classic Turkey and Provolone Cheese Sandwich on Dakota Bread (329g)	660	250	28	9	0	75	1910	59	9	18	10	41	Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Fresh Ground 100% Whole Wheat Flour, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Water, Romaine Lettuce, Honey, Sunflower Seeds, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Ham and Brie Sandwich on Honey Whole Wheat Bread (261g)	540	120	14	7	0	80	2090	71	9	25	13	31	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Apricot Spread (Jam (Apricots, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid), Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Honey, Black Pepper, Kosher Salt, Thyme), Brie Cheese (Pastureized Cow's Milk, Cheese Cultures, Salt, Enzymes), Granny Smith Apples, Black Pepper CONTAINS: WHEAT, MILK, EGG

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Ham and Brie Sandwich on White Bread (261g)	550	120	13	7	0	80	2290	78	2	23	11	27	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Apricot Spread (Jam (Apricots, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid), Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Honey, Black Pepper, Kosher Salt, Thyme), Brie Cheese (Pastureized Cow's Milk, Cheese Cultures, Salt, Enzymes), Granny Smith Apples, Black Pepper CONTAINS: WHEAT, MILK, EGG
Ham and Brie Sandwich on Dakota Bread (261g)	600	200	22	8	0	80	2000	65	9	24	11	33	Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Apricot Spread (Jam (Apricots, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid), Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Honey, Black Pepper, Kosher Salt, Thyme), Brie Cheese (Pastureized Cow's Milk, Cheese Cultures, Salt, Enzymes), Granny Smith Apples, Black Pepper CONTAINS: WHEAT, MILK, EGG
Harvest Veggie Sandwich on Honey Whole Wheat (340g)	600	250	28	13	0	60	1160	63	10	16	11	24	Tomatoes, Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Sundried Tomato Pesto Spread (Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Cream Cheese (Pasteurized Milk, Pasturized Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Sundried Tomato Pesto (Sun Dried Tomatoes (Water, Sun Dried Tomatoes), Tomato Paste, Parmesan Cheese (Cultured Milk, Salt, Enzymes), Canola Oil, Garlic, Spices, Salt, Cornstarch, Tomato Powder, Romano Cheese ((Made from Cow's Milk) Cultured Milk, Salt, Enzymes), Soybean Oil, Corn Oil, Potassium Sorbate (a Preservative), Citric Acid, Natural Flavors, Sulfites), Butter, Kosher Salt, Garlic, Dried Garlic, Dried Onion, Parsley, Black Pepper), Cucumber, Romaine Lettuce, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Red Peppers (Red Peppers, Water, Salt, Citric Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color) CONTAINS: EGG, MILK, SOY, WHEAT

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Italian Sandwich on White Bread (299g)	650	280	31	9	0	65	2260	70	4	14	11	24	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Tomatoes, Tapenade (Fire Roasted Red Peppers (Red Peppers, Water, Salt, Citric Acid), Kalamata Olives (Kalamata Olives Pitted, Water, Salt, Vinegar, Olive Oil), Olives (Ripe Olives, Water, Salt & Ferrous Gluconate (Added to Stabilize Color)), Capers (Capers, Water, Salt, and Vinegar), Olive Oil, Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite (Preservative)), Garlic, Oregano, Basil, Black Pepper, Parsley), Genoa Salami (Pork, Beef, Salt, Dextrose Spices, Wine, Lactic Acid, Starter Culture, Sodium Ascorbate, Flavoring, Sodium Nitrite BHA, BHT, Citric Acid), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Red Onion, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Red Wine Vinaigrette (Olive Oil, Canola Oil, Red Wine Vinegar, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Honey, Garlic, Kosher Salt, Oregano, Black Pepper), Lettuce, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK
Louisville Chicken Salad Sandwich on Honey Whole Wheat Bread (286g)	710	330	36	6	0	70	1360	61	10	17	14	33	Chicken (Boneless Skinless Chicken Breast, Water, Sea Salt), Fresh Ground 100% Whole Wheat Flour, Tomatoes, Water, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Honey, Pecans, Onion, Lettuce, Yeast, Brown Sugar, Butter, Salt, Lemon Juice, Eggs, Kosher Salt, Creole Seasioning (Garlic, Spices (Paprika, Oregano, Red Pepper), Salt, Onion), Celery Salt, Black Pepper, Parsley, Chives CONTAINS: EGG, MILK, PECAN, SOY, WHEAT
Louisville Chicken Salad Sandwich on White Bread (286g)	720	320	36	6	0	70	1560	68	4	15	13	29	Chicken (Boneless Skinless Chicken Breast, Water, Sea Salt), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tomatoes, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Water, Honey, Pecans, Onion, Lettuce, Yeast, Brown Sugar, Salt, Butter, Lemon Juice, Eggs, Kosher Salt, Creole Seasoning (Garlic, Spices (Paprika, Oregano, Red Pepper), Salt, Onion), Celery Salt, Black Pepper, Parsley, Chives CONTAINS: EGG, MILK, PECAN, SOY, WHEAT
Louisville Chicken Salad Sandwich on Dakota Bread (286g)	770	410	45	7	0	70	1270	55	10	15	13	35	Chicken (Boneless Skinless Chicken Breast, Water, Sea Salt), Fresh Ground 100% Whole Wheat Flour, Tomatoes, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Water, Honey, Pecans, Sunflower Seeds, Onion, Pumpkin Seeds, Lettuce, Millet, Brown Sugar, Yeast, Sesame Seeds, Butter, Salt, Lemon Juice, Eggs, Kosher Salt, Creole Seasoning (Garlic, Spices (Paprika, Oregano, Red Pepper), Salt, Onion), Celery Salt, Black Pepper, Parsley, Chives CONTAINS: EGG, MILK, PECAN, SOY, WHEAT

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Peanut Butter and Jelly Sandwich on Honey Whole Wheat Bread (197g)	650	210	23	4.5	0	5	840	93	11	37	14	21	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Jam (Red Raspberries, Sugar, Pectin Powder, Citric Acid, Calcium Citrate), Peanut Butter (Peanuts, Can Sugar, Palm Fruit Oil, Salt) CONTAINS: WHEAT, EGG, PEANUT
Peanut Butter and Jelly Sandwich on White Bread (197g)	660	200	23	4.5	0	5	1040	100	5	35	12	17	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Jam (Red Raspberries, Sugar, Pectin Powder, Citric Acid, Calcium Citrate), Peanut Butter (Peanuts, Can Sugar, Palm Fruit Oil, Salt) CONTAINS: WHEAT, EGG, PEANUT
Peanut Butter and Jelly Sandwich on Dakota Bread (197g)	710	290	32	6	0	5	750	87	11	36	13	23	Dakota Bread (Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Jam (Red Raspberries, Sugar, Pectin Powder, Citric Acid, Calcium Citrate), Peanut Butter (Peanuts, Can Sugar, Palm Fruit Oil, Salt) CONTAINS: WHEAT, EGG, PEANUT
Pepper Bleu Roast Beef Sandwich on Caraway Rye Bread (302g)	540	170	19	6	0	65	2170	61	10	12	10	28	Caraway Rye (Fresh Ground 100% Whole Wheat Flour, Water, Whole Grain Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, Natural Flavorings), Tomatoes, Blue Cheese Spread (Cream Cheese (Pasteurized Milk, Pasturized Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Blue Cheese (Blue Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose to Prevent Caking, Natamycin to Protect Flavor), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Butter, Kosher Salt, Garlic, Dried Garlic, Dried Onion, Parsley, Black Pepper), Romaine Lettuce, Red Onion, Kosher Salt, Black Pepper CONTAINS: EGG, MILK, SOY, WHEAT
Portobello "Banh Mi" Sandwich on Honey Whole Wheat Bread (295g)	580	250	28	3.5	0	15	1340	67	12	18	14	15	Honey Whole Wheat (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Roasted Portobello Mushroom (Portobello Mushroom, Canola Oil, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate (as a Preservative)), Sesame Oil, Dried Garlic, Ginger Root), Sriracha Mayonnaise (Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Chili Sauce (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfate (as a preservative), Xanthan Gum), Lime Juice, Cilantro, Sesame Oil, Ginger Root), Carrots, Chinese Chard, Pickled Red Onion (Onion, Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite (Preservative)), Honey, Kosher Salt, Black Pepper, Oregano, Cumin), Cilantro, Kosher Salt, Black Pepper CONTAINS: EGG, SOY, WHEAT

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Portobello "Banh Mi" Sandwich on White Bread (295g)	580	240	27	3.5	0	15	1550	74	5	16	12	11	Portobello Mushrooms, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Carrots, Chinese Chard, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Honey, Canola Oil, Onion, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate (as a Preservative)), Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite (Preservative)), Cilantro, Chili Sauce (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfate (as a preservative), Xanthan Gum), Yeast, Salt, Lime Juice, Eggs, Sesame Oil, Kosher Salt, Dried Garlic, Ginger Root, Black Pepper, Oregano, Cumin CONTAINS: EGG, SOY, WHEAT
Portobello "Banh Mi" Sandwich on Dakota Bread (295g)	630	330	36	4.5	0	15	1260	61	11	17	12	17	Portobello Mushroom, Fresh Ground 100% Whole Wheat Flour, Water, Carrots, Chinese Chard, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Honey, Sunflower Seeds, Canola Oil, Onion, Pumpkin Seeds, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate (as a Preservative)), Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite (Preservative)), Cilantro, Chili Sauce (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfate (as a preservative), Xanthan Gum), Millet, Yeast, Sesame Seeds, Lime Juice, Salt, Eggs, Sesame Oil, Kosher Salt, Dried Garlic, Ginger Root, Black Pepper, Oregano, Cumin CONTAINS: EGG, SOY, WHEAT
Smoked Turkey Goddess Sandwich on Honey Whole Wheat Bread (343g)	630	220	25	10	0	80	1860	65	10	19	12	37	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Havarti Cheese (Pasteurizrd Cultured Milk and Cream, Salt, Enzymes, Annatto (color)), Avocado Goddess Dressing (Avocado, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Sour Cream (Grade A Cultured Cream), Onion, Parsley, Lemon Juice, Garlic, Basil, Anchovy Paste (Anchovies, Olive Oil, Salt, Vinegar), Kosher Salt, Black Pepper, Tarragon), Lettuce, Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, FISH, SOY

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Smoked Turkey Goddess Sandwich on White Bread (343g)	640	220	24	9	0	80	2060	72	4	17	10	33	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Havarti Cheese (Pasteurizrd Cultured Milk and Cream, Salt, Enzymes, Annatto (color)), Avocado Goddess Dressing (Avocado, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Sour Cream (Grade A Cultured Cream), Onion, Parsley, Lemon Juice, Garlic, Basil, Anchovy Paste (Anchovies, Olive Oil, Salt, Vinegar), Kosher Salt, Black Pepper, Tarragon), Lettuce, Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, FISH, SOY
Smoked Turkey Goddess Sandwich on Dakota Bread (343g)	690	300	34	11	0	80	1780	59	10	18	10	39	Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Havarti Cheese (Pasteurizrd Cultured Milk and Cream, Salt, Enzymes, Annatto (color)), Avocado Goddess Dressing (Avocado, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Sour Cream (Grade A Cultured Cream), Onion, Parsley, Lemon Juice, Garlic, Basil, Anchovy Paste (Anchovies, Olive Oil, Salt, Vinegar), Kosher Salt, Black Pepper, Tarragon), Lettuce, Red Onion, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, FISH, SOY
Tuna Salad Sandwich on Honey Whole Wheat Bread (308g)	610	250	28	4.5	0	50	1330	61	9	14	12	28	Tuna Salad (Tuna (White Albacore Tuna, Water, Vegetable Broth (Pea and Carrot), Salt, Sodium Acid Pyrophosphate), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Dehydrated Potatoes, Lemon Juice, Celery Salt, Kosher Salt, Parsley, Chives, Black Pepper), Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Tomatoes, Romaine Lettuce, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: FISH, WHEAT, EGG, SOY

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Tuna Salad Sandwich on White Bread (308g)	620	250	28	4.5	0	50	1540	68	3	12	10	25	Tuna Salad (Tuna (White Albacore Tuna, Water, Vegetable Broth (Pea and Carrot), Salt, Sodium Acid Pyrophosphate), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Dehydrated Potatoes, Lemon Juice, Celery Salt, Kosher Salt, Parsley, Chives, Black Pepper), White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Tomatoes, Romaine Lettuce, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: FISH, WHEAT, EGG, SOY
Tuna Salad Sandwich on Dakota Bread (308g)	670	330	37	6	0	45	1250	55	9	13	10	30	Tuna Salad (Tuna (White Albacore Tuna, Water, Vegetable Broth (Pea and Carrot), Salt, Sodium Acid Pyrophosphate), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Dehydrated Potatoes, Lemon Juice, Celery Salt, Kosher Salt, Parsley, Chives, Black Pepper), Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Tomatoes, Romaine Lettuce, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Red Onion, Kosher Salt, Black Pepper CONTAINS: FISH, WHEAT, EGG, SOY
Veggie Three Seed Hummus on Dakota Bread (307g)	540	210	23	3	0	5	1000	65	14	16	10	20	Dakota Bread (Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Roasted Three Seed and Red Pepper Hummus (Garbanzo Beans (Prepared Garbanzo Beans, Water, Salt, Calcium Chloride (Firming Agent), Disodium EDTA Added to Help Promote Color Retention), Sunflower Seeds, Pumpkin Seeds, Water, Olive Oil, Roasted Red Peppers (Red Peppers, Water, Salt, Citric Acid), Sesame Seeds, Lemon Juice, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate (as a Preservative)), Kosher Salt, Garlic, Sesame Oil, Tabasco Sauce (Distilled Vinegar, Red Pepper, Salt), Black Pepper, Cumin), Tomatoes, Carrots, Cucumber, Radish Sprouts, Red Onion, Lettuce, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, EGGS, AND SOY

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Hot Sandwiches													
BBQ Chicken Cheddar Melt on Focaccia Blend Bread (309g)	660	240	27	11	0.5	85	1570	68	5	14	3	36	Focaccia Bread (Water, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Olive Oil, Dehydrated Potatoes, Honey, Yeast, Salt), Chicken Breast (Chicken Breast Fillets with Rib Meat, Water Seasoning (Sea Salt, Native Food Starch, Spices, Chicken Stock, Torula Yeast, Evaporated Cane Syrup, Dried Garlic, Onion), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Tomatoes, Barbecue Sauce (High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Food Startch, Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate as a Preservative, Molasses, Corn Syrup, Dried Garlic, Sugar, Tamarind, Natural Flavor), Red Onion, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Lettuce, Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK
Best Ever BLT on Honey Whole Wheat Bread (240g)	460	150	17	3.5	0	25	1100	58	10	15	12	18	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Tomatoes, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Romaine Lettuce, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, SOY
Best Ever BLT on White Bread (240g)	470	150	16	3.5	0	25	1300	65	3	13	10	14	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Tomatoes, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Romaine Lettuce, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, SOY

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Best Ever BLT on Dakota Bread (240g)	520	230	26	4.5	0	25	1010	53	10	13	10	20	Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Tomatoes, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Romaine Lettuce, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, SOY
Country Smoked Turkey Panini on Focaccia Bread (429g)	530	100	11	1.5	0	50	2480	82	3	18	10	31	Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Focaccia (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Olive Oil, Yeast, Salt, Oregano, Basil), Red Onion, Tomatoes, Peppers, Red Peppers, Yellow Pepper, Romaine Lettuce, Olive Oil, Honey, Kosher Salt, Balsamic Vinegar, Paprika, Black Pepper, Dried Garlic CONTAINS: WHEAT
Cubano on White Bread (296g)	590	150	17	9	0	85	2440	70	2	17	12	34	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Pickles (Fresh Cucumbers, Water, Salt, Vinegar, Lactic Acid, Sodium Bezoate (Preservative), Natural Flavors, Polysorbate 80, Tumeric (color)), Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Pickled Red Onion (Onion, Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite (Preservative)), Honey, Kosher Salt, Black Pepper, Oregano, Cumin) CONTAINS: WHEAT, EGG, MILK
Grilled Cheese Sandwich on Honey Whole Wheat Bread (225g)	740	370	41	21	0.5	100	1430	57	9	13	12	33	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Grilled Cheese Sandwich on White Bread (225g)	740	370	41	21	0.5	100	1630	64	2	11	10	29	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Garlic Herb Spread (Butter, Fat Free Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors.), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY
Grilled Cheese Sandwich on Dakota Bread (225g)	790	450	50	22	0.5	100	1350	51	9	12	10	35	Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY
Grilled Cheese Sandwich with Ham on Honey Whole Wheat Bread (268g)	790	390	44	22	0.5	120	1930	58	9	14	12	40	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY
Grilled Cheese Sandwich with Ham on White Bread (268g)	800	390	43	22	0.5	120	2130	66	2	12	10	36	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Grilled Cheese Sandwich with Ham on Dakota Bread (268g)	850	470	52	23	0.5	120	1840	53	9	13	10	42	Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY
Grilled Cheese Sandwich with Bacon on Honey Whole Wheat Bread (232g)	770	390	44	22	0.5	105	1560	57	9	13	12	36	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
Grilled Cheese Sandwich with Bacon on White Bread (232g)	780	390	43	22	0.5	105	1760	64	2	11	10	32	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Grilled Cheese Sandwich with Bacon on Dakota Bread (232g)	830	470	52	23	0.5	105	1470	51	9	12	10	38	Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
Grilled Cheese Sandwich with Tomatoes on Honey Whole Wheat Bread (282g)	750	370	41	21	0.5	100	1430	59	9	14	12	33	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Tomatoes, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY
Grilled Cheese Sandwich with Tomatoes on White Bread (282g)	750	370	41	21	0.5	100	1640	66	3	12	10	30	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Tomatoes, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY
Grilled Cheese Sandwich with Tomatoes on Dakota Bread (282g)	800	450	50	22	0.5	100	1350	53	9	13	10	36	Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Tomatoes, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Mile High Rye Panini on Caraway Rye Bread (415g)	1000	540	60	27	1	165	1980	65	10	14	10	51	Caraway Rye (Fresh Ground 100% Whole Wheat Flour, Water, Whole Grain Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, Natural Flavorings), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Tomatoes, Red Onion, Romaine Lettuce, Butter, Plain Non-Fat Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Garlic, Kosher Salt, Olive Oil, Parsley, Dill, Black Pepper, Dried Onion CONTAINS: EGG, MILK, SOY, WHEAT
Portobello Pesto Melt on Honey Whole Wheat Bread (333g)	640	250	28	12	0	50	2000	66	11	17	12	30	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Balsamic Roasted Portobello Mushrooms (Portobello Mushrooms, Olive Oil, Balsamic Vinegar, Kosher Salt, Paprika, Dried Garlic, Black Pepper), Artichoke Pesto Spread (Artichoke Hearts (Artichoke Hearts, Water, Salt, Citric Acid), Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Pesto Sauce (Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Granulated Garlic, Salt), Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Garlic, Kosher Salt, Black Pepper), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Tomatoes, Spinach, Basil, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK
Portobello Pesto Melt on White Bread (333g)	650	250	28	12	0	50	2210	73	4	15	10	26	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Balsamic Roasted Portobello Mushrooms (Portobello Mushrooms, Olive Oil, Balsamic Vinegar, Kosher Salt, Paprika, Dried Garlic, Black Pepper), Artichoke Pesto Spread (Artichoke Hearts (Artichoke Hearts, Water, Salt, Citric Acid), Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Pesto Sauce (Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Granulated Garlic, Salt), Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Garlic, Kosher Salt, Black Pepper), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Tomatoes, Spinach, Basil, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, SOY

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Portobello Pesto Melt on Dakota Bread (333g)	700	330	37	13	0	50	1920	61	11	15	10	32	Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Balsamic Roasted Portobello Mushrooms (Portobello Mushrooms, Olive Oil, Balsamic Vinegar, Kosher Salt, Paprika, Dried Garlic, Black Pepper), Artichoke Pesto Spread (Artichoke Hearts (Artichoke Hearts, Water, Salt, Citric Acid), Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Pesto Sauce (Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Granulated Garlic, Salt), Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Garlic, Kosher Salt, Black Pepper), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Tomatoes, Spinach, Basil, Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK
Roasted Pepper Chipotle Cheesesteak Sandwich on Honey Whole Wheat Bread (311g)	710	290	32	10	0	55	2200	64	10	17	14	38	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, And Natural Flavorings), Roasted Peppers and Onions (Red Onion, Green Peppers, Red Peppers, Yellow Peppers, Olive Oil, Honey, Balsamic Vinegar, Kosher Salt, Paprika, Dried Garlic, Black Pepper), Havarti Cheese (Pasteurized Cultured Milk and Cream, Salt, Enzymes, Annatto (color)), Chipotle Mayonnaise (Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Chipotle Peppers In Adobo Sauce (Smoked Red Jalepeño, Water, Vinegar, Sugar Salt, Natural Smoke Essence, Xanthan Gum and Garlic), Lime Juice, Cilantro, Kosher Salt), Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, SOY
Roasted Pepper Chipotle Cheesesteak Sandwich on White Bread (311g)	720	280	31	10	0	55	2400	71	4	15	12	34	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, Natural Flavorings), Roasted Peppers and Onions (Red Onion, Green Peppers, Red Peppers, Yellow Peppers, Olive Oil, Honey, Balsamic Vinegar, Kosher Salt, Paprika, Dried Garlic, Black Pepper), Havarti Cheese (Pasteurized Cultured Milk and Cream, Salt, Enzymes, Annatto (color)), Chipotle Mayonnaise (Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Chipotle Peppers In Adobo Sauce (Smoked Red Jalepeño, Water, Vinegar, Sugar Salt, Natural Smoke Essence, Xanthan Gum and Garlic), Lime Juice, Cilantro, Kosher Salt), Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, SOY

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Roasted Pepper Chipotle Cheesesteak Sandwich on Dakota Bread (311g)	770	360	40	11	0	55	2110	58	10	16	12	40	Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Roast Beef (Roast Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sodium Phosphate, And Natural Flavorings), Roasted Peppers and Onions (Red Onion, Green Peppers, Red Peppers, Yellow Peppers, Olive Oil, Honey, Balsamic Vinegar, Kosher Salt, Paprika, Dried Garlic, Black Pepper), Havarti Cheese (Pasteurized Cultured Milk and Cream, Salt, Enzymes, Annatto (color)), Chipotle Mayonnaise (Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Chipotle Peppers In Adobo Sauce (Smoked Red Jalepeño, Water, Vinegar, Sugar Salt, Natural Smoke Essence, Xanthan Gum and Garlic), Lime Juice, Cilantro, Kosher Salt), Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, SOY
Spicy Apple Bacon Grilled Cheese on Honey Whole Wheat Bread (247g)	680	230	26	14	0	75	1540	76	9	32	12	32	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Orange Pepper Jelly (Mandarin Oranges, Sugar, Peppers, Pectin, Salt, Citric Acid), Apple, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, SOY
Spicy Apple Bacon Grilled Cheese on White Bread (247g)	680	230	26	13	0	75	1750	83	3	30	10	28	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Orange Pepper Jelly (Mandarin Oranges, Sugar, Peppers, Pectin, Salt, Citric Acid), Apple, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, SOY
Spicy Apple Bacon Grilled Cheese on Dakota Bread (247g)	730	310	35	15	0	75	1460	71	9	30	10	34	Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Orange Pepper Jelly (Mandarin Oranges, Sugar, Peppers, Pectin, Salt, Citric Acid), Apple, Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, SOY

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Spicy Smoked Turkey and Pepper Jack Panini on Caraway Rye (528g)	1000	510	57	16	0	130	3050	80	10	19	10	47	Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Caraway Rye (Fresh Ground 100% Whole Wheat Flour, Water, Whole Grain Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs), Red Onion, Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Tomatoes, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Peppers, Red Peppers, Yellow Pepper, Romaine Lettuce, Olive Oil, Chipolte Sauce (Chipotle Pepper, Distilled Vinegar, Water, Salt, Sugar, Onion Powder, Garlic Powder, Spices, TABASCO Brand Pepper Pulp (Distilled Vinegar, Red Pepper, Salt)), Honey, Kosher Salt, Balsamic Vinegar, Paprika, Black Pepper, Dried Garlic CONTAINS: WHEAT, EGG, MILK, SOY
Turkey Chile Cheddar Melt on Honey Whole Wheat Bread (339g)	650	230	25	10	0	90	1980	66	10	19	12	38	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Cheddar Cheese, Green Chili Peppers (Green Chile Peppers, Water, Salt, Citric Acid, Calcium Chloride), Green Chile Mayonnaise (Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Green Chili Peppers (Green Chile Peppers, Water, Salt, Citric Acid, Calcium Chloride), Lime Juice, Cilantro, Kosher Salt, Garlic, Cayenne Pepper, Cumin), Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, SOY
Turkey Chile Cheddar Melt on White Bread (339g)	650	220	25	9	0	90	2180	73	4	17	10	35	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Cheddar Cheese, Green Chili Peppers (Green Chile Peppers, Water, Salt, Citric Acid, Calcium Chloride), Green Chile Mayonnaise (Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Green Chili Peppers (Green Chile Peppers, Water, Salt, Citric Acid, Calcium Chloride), Lime Juice, Cilantro, Kosher Salt, Garlic, Cayenne Pepper, Cumin), Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, SOY

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Turkey Chile Cheddar Melt on Honey Dakota Bread (339g)	700	310	34	11	0	90	1890	60	10	18	10	41	Dakota Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs), Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Tomatoes, Cheddar Cheese, Green Chili Peppers (Green Chile Peppers, Water, Salt, Citric Acid, Calcium Chloride), Green Chile Mayonnaise (Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Green Chili Peppers (Green Chile Peppers, Water, Salt, Citric Acid, Calcium Chloride), Lime Juice, Cilantro, Kosher Salt, Garlic, Cayenne Pepper, Cumin), Kosher Salt, Black Pepper CONTAINS: WHEAT, EGG, MILK, SOY
Tuscan Chicken Panini on Focaccia Bread (415g)	860	380	43	18	0	105	2600	70	3	15	10	46	Chicken (Chicken Breast Fillets with Rib Meat, Water Seasoning (Sea Salt, Native Food Starch, Spices, Chicken Stock, Torula Yeast, Evaporated Cane Syrup, Dried Garlic, Onion), Focaccia (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Olive Oil, Yeast, Salt, Oregano, Basil), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Tomatoes, Sundried Tomato Pesto Spread Yogurt Based (Garlic Herb Spread (Butter, Non-Fat Plain Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Sundried Tomato Pesto (Sun Dried Tomatoes (Water, Sundried Tomatoes), Tomato Paste, Parmesan Cheese (Cultured Milk, Salt, Enzymes), Canola Oil, Garlic, Spices, Modified Corn Starch, Tomato Powder, Romano Cheese ((Made from Cow's Milk) Cultured Milk, Salt, Enzymes), Soybean Oil, Corn Oil, Potassium Sorbate (A Preservative), Citric Acid, Natural Flavors (Contains Sulfiting Agents), Red Onion, Romaine Lettuce, Kosher Salt, Black Pepper CONTAINS: EGG, MIK, SOY, WHEAT

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Salads													
Cobb Salad (291g)	480	280	31	7	0	165	970	21	4	6	3	29	Mixed Greens (Romaine Lettuce, Spring Salad Mix (Baby Leaf Lettuces (Arugula, Green Chard, Green Leaf, Green Oak, Green Romaine, Mizuna, Red Chard, Red Leaf, Red Oak, Red Romaine, Baby Spinach, Tango, Lolla Rosa, Beet Tops, Red Mustard Tat Soi))), Diced Chicken (Boneless Skinless Chicken Breast, Water, Sea Salt), Roasted Garlic Lemon Vinaigrette (Canola Oil, Garlic, Olive Oil, Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite (Preservative)), Lemon Juice, Honey, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Lemon Peel, Kosher Salt, Thyme, Black Pepper), Eggs, Tomatoes, Avocado, Croutons (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Canola Oil, Olive Oil, Yeast, Salt, Dried Garlic, Eggs, Kosher Salt, Black Pepper, Oregano, Thyme), Blue Cheese (Blue Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose to Prevent Caking, Natamycin to Protect Flavor), Pork Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Kosher Salt, Black Pepper CONTAINS: EGG, WHEAT, MILK, SOY
Greek Salad (277g)	380	250	29	6	0	25	1250	22	2	8	3	8	Mixed Greens (Romaine Lettuce, Spring Salad Mix (Baby Leaf Lettuces (Arugula, Green Chard, Green Leaf, Green Oak, Green Romaine, Mizuna, Red Chard, Red Leaf, Red Oak, Red Romaine, Baby Spinach, Tango, Lolla Rosa, Beet Tops, Red Mustard Tat Soi))), Spinach, Red Wine Vinaigrette (Olive Oil, Canola Oil, Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite (Preservative)), Kalamata Olives (Kalamata Olives Pitted, Water, Salt, Vinegar, Olive Oil), Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Honey, Garlic, Kosher Salt, Oregano, Black Pepper), Feta Cheese (Pasteurized Milk, Salt, Cheese Culture, Enzymes, Potato Starch), Artichoke Hearts (Artichoke Hearts, Water, Salt, Citric Acid), Roasted Red Peppers (Red Peppers, Water, Salt, Citric Acid), Tomatoes, Cucumber, Kalamata Olives (Kalamata Olives Pitted, Water, Salt, Vinegar, Olive Oil), Croutons (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Canola Oil, Olive Oil, Yeast, Salt, Dried Garlic, Eggs, Kosher Salt, Black Pepper, Oregano, Thyme), Kosher Salt, Black Pepper CONTAINS: WHEAT, MILK, EGG

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Mexicali Salad (301g)	300	100	11	2	0	25	1090	33	4	10	2	19	Mixed Greens (Romaine Lettuce, Spring Salad Mix (Baby Leaf Lettuces (Arugula, Green Chard, Green Leaf, Green Oak, Green Romaine, Mizuna, Red Chard, Red Leaf, Red Oak, Red Romaine, Baby Spinach, Tango, Lolla Rosa, Beet Tops, Red Mustard Tat Soi))), Honey Cured and Smoked Turkey Breast (Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Vegetable Oil), Green Cabbage, Chipotle Honey Yogurt Sauce (Plain Non-Fat Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Honey, Chipotle Peppers In Adobo Sauce (Smoked Red Jalepeño, Water, Vinegar, Sugar Salt, Natural Smoke Essence, Xanthan Gum and Garlic), Lime Juice, Olive Oil, Garlic, Kosher Salt, Cilantro, Cumin, Coriander), Black Beans (Prepared Black Beans, Water, Salt, and Calcium Chloride (Firming Agent)), Tomatoes, Avocado, Tortilla Chips (Corn Masa Flour, Safflower and/or Sunflower Oil, Salt, Red 40, Blue 1, Blue 2, Trace of Lime), Red Onion, Cilantro, Kosher Salt, Black Pepper CONTAINS: MILK
Yardbird Salad (270g)	660	360	40	7	0	60	1200	47	9	25	3	33	Mixed Greens (Romaine Lettuce, Spring Mix (Baby Leaf Lettuces (Arugula, Green Chard, Green Leaf, Green Oak, Green Romaine, Mizuna, Red Chard, Red Leaf, Red Oak, Red Romaine, Baby Spinach, Tango, Lolla Rosa, Beet Tops, Red Mustard Tat Soi))), Diced Chicken (Boneless Skinless Chicken Breast, Water, Sea Salt), Spiced Nuts and Seeds (Walnuts, Sunflower Seeds, Pumpkin Seeds, Honey, Canola Oil, Kosher Salt, Black Pepper, Allspice, Cayenne Pepper), Spinach, Avocado Goddess Dressing (Avocado, Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Sour Cream (Grade A Cultured Cream), Onion, Parsley, Lemon Juice, Garlic, Basil, Anchovy Paste (Anchovies, Olive Oil, Salt, Vinegar), Kosher Salt, Black Pepper, Tarragon), Roasted Chickpeas (Garbanzo Beans (Prepared Garbanzo Beans, Water, Salt, Calcium Chloride (Firming Agent), Disodium EDTA Added to Help Promote Color Retention), Canola Oil, Olive Oil, Dried Garlic, Kosher Salt, Paprika, Cumin, Black Pepper, Cayenne Pepper), Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Golden Raisins (Golden Raisins, Sulfer Dioxide (as a preservative)), Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Kosher Salt, Black Pepper CONTAINS: SOY, WALNUT, MILK, EGG, FISH

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Grain Bowls (a type of Salad)													
Fresh Seasons Bowl with Apples and Blue Cheese (200g)	390	200	23	6	0	15	750	37	7	5	1	12	Water, Wheat Berries, Granny Smith Apple, Kale, Blue Cheese (Blue Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose to Prevent Caking, Natamycin to Protect Flavor), Romaine Lettuce, Quinoa, Canola Oil, Spring Mix (Baby Leaf Lettuces (Arugula, Green Chard, Green Leaf, Green Oak, Green Romaine, Mizuna, Red Chard, Red Leaf, Red Oak, Red Romaine, Baby Spinach, Tango, Lolla Rosa, Beet Tops, Red Mustard Tat Soi)), Olive Oil, Balsamic Vinegar, Almonds, Sunflower Seeds, Honey, Salt, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Black Pepper CONTAINS: WHEAT, MILK, ALMOND
Fresh Seasons Bowl with Apples and Feta Cheese (200g)	370	190	21	5	0	20	700	37	7	6	1	11	Water, Wheat Berries, Apple, Kale, Feta Cheese (Pasteurized Milk, Salt, Cheese Culture, Enzymes, Potato Starch), Romaine Lettuce, Quinoa, Canola Oil, Spring Mix (Baby Leaf Lettuces (Arugula, Green Chard, Green Leaf, Green Oak, Green Romaine, Mizuna, Red Chard, Red Leaf, Red Oak, Red Romaine, Baby Spinach, Tango, Lolla Rosa, Beet Tops, Red Mustard Tat Soi)), Olive Oil, Balsamic Vinegar, Almonds, Sunflower Seeds, Honey, Salt, Kosher Salt, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Black Pepper CONTAINS: WHEAT, MILK, ALMOND
Fresh Seasons Bowl with Strawberries and Feta Cheese (200g)	370	190	21	5	0	20	700	36	7	5	1	11	Water, Wheat Berries, Strawberries, Kale, Feta Cheese (Pasteurized Milk, Salt, Cheese Culture, Enzymes, Potato Starch), Romaine Lettuce, Quinoa, Canola Oil, Spring Salad Mix (Baby Leaf Lettuces (Arugula, Green Chard, Green Leaf, Green Oak, Green Romaine, Mizuna, Red Chard, Red Leaf, Red Oak, Red Romaine, Baby Spinach, Tango, Lolla Rosa, Beet Tops, Red Mustard Tat Soi)), Olive Oil, Balsamic Vinegar, Almonds, Sunflower Seeds, Honey, Salt, Kosher Salt, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Black Pepper CONTAINS: WHEAT, MILK, ALMOND
Fresh Seasons Bowl with Strawberries and Parmesan Cheese (200g)	400	200	23	5	0	15	870	36	7	4	1	16	Water, Wheat Berries, Strawberries, Kale, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Romaine Lettuce, Quinoa, Canola Oil, Spring Mix (Baby Leaf Lettuces (Arugula, Green Chard, Green Leaf, Green Oak, Green Romaine, Mizuna, Red Chard, Red Leaf, Red Oak, Red Romaine, Baby Spinach, Tango, Lolla Rosa, Beet Tops, Red Mustard Tat Soi)), Olive Oil, Balsamic Vinegar, Almonds, Sunflower Seeds, Honey, Salt, Kosher Salt, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Black Pepper CONTAINS: WHEAT, MILK, ALMOND

Sandwiches and Salads	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Roasted Carrot Tahini Grain Bowl (254g)	410	160	18	2	0	0	770	53	10	13	2	12	Wheat Berries (Wheat Berries, Water, Olive Oil, Salt, Black Pepper), Romaine Lettuce, Quinoa (Water, Quinoa, Olive Oil, Kosher Salt, Black Pepper), Chickpeas (Prepared Garbanzo Beans, Water, Salt, Calcium Chloride (Firming Agent), Disodium EDTA Added to Help Promote Color Retention), Carrots, Lemon Tahini Yogurt (Plain Non-Fat Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Tahini (Ground Sesame Seeds), Lemon Juice, Dried Garlic, Kosher Salt, Black Pepper), Cucumber, Spring Mix Salad (Baby Leaf Lettuces (Arugula, Green Chard, Green Leaf, Green Oak, Green Romaine, Mizuna, Red Chard, Red Leaf, Red Oak, Red Romaine, Baby Spinach, Tango, Lolla Rosa, Beet Tops, Red Mustard Tat Soi)), Red Wine Vinaigrette (Olive Oil, Canola Oil, Red Wine Vinegar (Red Wine Vinegar, Water, Potassium Metabisulfite (Preservative)), Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Honey, Garlic, Kosher Salt, Oregano, Black Pepper), Golden Raisins (Golden Raisins, Sulfer Dioxide (as a preservative)), Almonds, Olive Oil, Honey, Cilantro, Sesame Seeds, Kosher Salt, Dried Garlic, Curry Powder, Paprika, Cumin, Black Pepper CONTAINS: WHEAT, MILK, ALMOND
Sesame Chicken Grain Bowl (237g)	420	180	21	3	0	25	1010	40	7	5	1	21	Wheat Berries (Wheat Berries, Water, Olive Oil, Salt, Black Pepper), Chicken Breast (Boneless Skinless Chicken Breast Fillets with Rib Meat Water Isolated Soy Protein, Lecithin, Modified Food Starch, Salt, Sodium Phosphates, Carrageenan), Quinoa (Water, Quinoa, Olive Oil, Kosher Salt, Black Pepper), Carrots, Romaine Lettuce, Honey Miso Dressing (Canola Oil, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate (as a Preservative), Distilled Vinegar (White Distilled Vinegar (Diluted with Water to 5% Acidity)), Honey, Miso Paste (Filtered Water, Cultured Rice, Organic Whole Soybeans, Sea Salt), Sesame Oil, Dried Garlic, Ginger Root), Cabbage, Cashews (Cashews, Vegetable Oil (Peanut, Cottonseed, Partially Hydrogenated Soybean and/or Sunflower Seed), Sea Salt), Spring Mix Salad (Baby Leaf Lettuces (Arugula, Green Chard, Green Leaf, Green Oak, Green Romaine, Mizuna, Red Chard, Red Leaf, Red Oak, Red Romaine, Baby Spinach, Tango, Lolla Rosa, Beet Tops, Red Mustard Tat Soi)), Peanuts, Cilantro, Sesame Seeds, Kosher Salt, Black Pepper CONTAINS: WHEAT, SOY, PEANUT, CASHEW
Sesame Portobello Grain Bowl (237g)	410	210	23	3	0	0	1030	43	8	6	1	12	Water, Portobello Mushroom, Wheat Berries, Carrots, Romain Lettuce, Cabbage, Cashews (Cashews, Vegetable Oil (Peanut, Cottonseed, Partially Hydrogenated Soybean and/or Sunflower Seed), Sea Salt), Spring Salad Mix (Baby Leaf Lettuces (Arugula, Green Chard, Green Leaf, Green Oak, Green Romaine, Mizuna, Red Chard, Red Leaf, Red Oak, Red Romaine, Baby Spinach, Tango, Lolla Rosa, Beet Tops, Red Mustard Tat Soi)), Canola Oil, Quinoa, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate (as a Preservative)), Peanuts, Distilled Vinegar (White Distilled Vinegar (Diluted with Water to 5% Acidity)), Honey, Olive Oil, Miso Paste (Filtered Water, Cultured Rice, Organic Whole Soybeans, Sea Salt), Cilantro, Sesame Oil, Salt, Sesame Seeds, Kosher Salt, Dried Garlic, Ginger Root, Black Pepper CONTAINS: WHEAT, SOY, PEANUT, CASHEW