



WHOLE GRAIN SUB SANDWICHES

Product Information

Generous cuts of turkey based proteins layered with sliced cheese on a tender whole grain sub. A tasty, no-hassle meal option that's sure to satisfy any appetite!

Product Handling

- Thaw under refrigeration and serve

Features/Benefits

- Individually Wrapped
- 5" sandwiches
- No Prep time required
- Each Sandwich provides 2 M/MA & 2 oz. Grain EQ

Ideal Use

- Sack lunch
- Grab & go lunch service
- A la carte
- Vending



Good Source Product Type



Item No.

Product Description

Pack

Food Based Statement

GS311	Sub Sandwich, Turkey Ham & Cheese, WG	45/4.4 oz.	2 M/MA, 2 Grain EQ
GS314	Sub Sandwich, Turkey & Cheese, WG	45/4.4 oz.	2 M/MA, 2 Grain EQ
GS317	Sub Sandwich, Turkey Bologna & Cheese, WG	45/4 oz.	2 M/MA, 2 Grain EQ

Product Ingredients

Turkey Ham & Cheese: Whole Wheat Homestyle Bun: Water, Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Wheat Gluten, Contains Less Than 2% Of: Mono- And Diglycerides, Datem, Calcium Sulfate, Calcium Propionate And Sodium Propionate (Preservative), Soybean Oil, Acacia Gum, Ascorbic Acid, Enzymes, Calcium Phosphate, Salt. Turkey Ham: Turkey Thigh, Water, Isolated Soy Protein, Salt, Sugar, Less Than 2% Of Potassium Lactate, Sodium Phosphate, Potassium Acetate, Smoke Flavoring, Sodium Nitrite, Sodium Erythorbate. Yellow American Cheese Reduced Fat & Sodium: Cultured Skim Milk And Milk, Water, Sodium Citrate, Salt, Potassium Citrate, Color Added, Cream, Sorbic Acid (Preservative), Enzymes, Soy Lecithin (Non-sticking Agent).

Turkey & Cheese: Whole Wheat Homestyle Bun: Water, Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Wheat Gluten, Contains Less Than 2% Of: Mono- And Diglycerides, Datem, Calcium Sulfate, Calcium Propionate And Sodium Propionate (Preservative), Soybean Oil, Acacia Gum, Ascorbic Acid, Enzymes, Calcium Phosphate, Salt. Turkey: Turkey White Meat, Water, Isolated Soy Protein, Sugar, Salt, Less Than 2% Of Vinegar, Sodium Phosphates, Sunflower Oil, Turkey Powder, Natural Flavorings. Yellow American Cheese Reduced Fat & Sodium: Cultured Skim Milk And Milk, Water, Sodium Citrate, Salt, Potassium Citrate, Color Added, Cream, Sorbic Acid (Preservative), Enzymes, Soy Lecithin (Non-sticking Agent).

Turkey Bologna & Cheese: Whole Wheat Homestyle Bun: Water, Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Wheat Gluten, Contains Less Than 2% Of: Mono- And Diglycerides, Datem, Calcium Sulfate, Calcium Propionate And Sodium Propionate (Preservative), Soybean Oil, Acacia Gum, Ascorbic Acid, Enzymes, Calcium Phosphate, Salt. Turkey Bologna: Mechanically Separated Turkey, Water, Salt, Seasoning (Dextrose, Mustard, Dehydrated Onion And Garlic, Spice Extractives Including Paprika), Less Than 2% Modified Food Starch, Potassium Acetate, Sodium Phosphates, Potassium Lactate, Sodium Nitrite, Sodium Erythorbate. Yellow American Cheese Reduced Fat & Sodium: Cultured Skim Milk And Milk, Water, Sodium Citrate, Salt, Potassium Citrate, Color Added, Cream, Sorbic Acid (Preservative), Enzymes, Soy Lecithin (Non-sticking Agent).

Allergens

Wheat, Soy, Milk.

Food Based Compliant

Each sandwich provides two meat/meat alternate and 2 oz. grain equivalent.

Turkey & Cheese

Nutrition Facts			
Serving Size: 4.4 oz.			
Calories: 291		Calories from Fat: 71	
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Total Fat	8g 13%	Sugars	7g
Saturated Fat	3g 12%	Protein	20g
Trans Fat	0g	Vitamin A	3%
Cholesterol	0mg 0%	Vitamin C	0%
Sodium	869mg 36%	Calcium	25%
Total Carbohydrate	35g 12%	Iron	17%
Dietary Fiber	3g 12%	Zinc	---

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

*The information on this panel is for general purposes only. Nutrition information is based on current data. The possibility exists that manufacturers may change their formulation without Good Source's knowledge.

Turkey Ham & Cheese

Nutrition Facts			
Serving Size: 4.4 oz.			
Calories: 280		Calories from Fat: 59	
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Total Fat	7g 11%	Sugars	6g
Saturated Fat	2g 11%	Protein	20g
Trans Fat	0g	Vitamin A	3%
Cholesterol	35mg 12%	Vitamin C	0%
Sodium	817mg 34%	Calcium	25%
Total Carbohydrate	35g 12%	Iron	18%
Dietary Fiber	3g 12%	Zinc	---

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Turkey Bologna & Cheese

Nutrition Facts			
Serving Size: 4 oz.			
Calories: 283		Calories from Fat: 88	
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Total Fat	10g 16%	Sugars	6g
Saturated Fat	3g 17%	Protein	14g
Trans Fat	0g	Vitamin A	2%
Cholesterol	40mg 14%	Vitamin C	0%
Sodium	716mg 28%	Calcium	30%
Total Carbohydrate	35g 12%	Iron	14%
Dietary Fiber	3g 12%	Zinc	---

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

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