

HAM

Ingredients	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
REGULAR															
Ham	78.75	28.25	3.50	1.25	0.00	28.25	798.75	0.00	0.00	0.00	10.25	0.00	0.00	0.00	2.25
Veggies	22.00	1.50	0.15	0.00	0.00	0.00	10.25	5.25	1.00	3.75	0.50	10.50	15.75	2.25	3.00
Regular French	280.00	50.00	6.00	2.50	0.00	0.00	520.00	47.00	2.00	2.00	9.00	0.00	0.00	8.00	4.00
Ham on White:	380.75	79.75	9.65	3.75	0	28.25	1,329.00	52.25	3	5.75	19.75	10.50	15.75	10.25	9
Ham	78.75	28.25	3.50	1.25	0.00	28.25	798.75	0.00	0.00	0.00	10.25	0.00	0.00	0.00	2.25
Veggies	22.00	1.50	0.15	0.00	0.00	0.00	10.25	5.25	1.00	3.75	0.50	10.50	15.75	2.25	3.00
Regular Wheat	300.00	35.00	4.00	0.50	0.00	0.00	470.00	56.00	5.00	7.00	14.00	0.00	0.00	2.00	25.00
Ham on Wheat:	400.75	64.75	7.65	1.75	0	28.25	1,279.00	61.25	6	10.75	24.75	10.50	15.75	4.25	30

**cheese & condiments are not included in these totals, please add them from the chart below as necessary.*

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KING															
Ham	131.25	47.00	5.75	2.00	0.00	47.00	1,331.25	0.00	0.00	0.00	17.00	0.00	0.00	0.00	3.75
Veggies	35.25	2.25	0.25	0.00	0.00	0.00	16.00	8.25	1.75	6.00	1.00	16.50	24.25	3.75	4.75
King French	550.00	110.00	12.00	5.00	0.00	0.00	1,040.00	95.00	3.00	4.00	18.00	0.00	0.00	15.00	10.00
Ham on White:	716.50	159	18.00	7.00	0	47.00	2,387.25	103.25	4.75	10	36.00	16.50	24.25	18.75	18.50
Ham	131.25	47.00	5.75	2.00	0.00	47.00	1,331.25	0.00	0.00	0.00	17.00	0.00	0.00	0.00	3.75
Veggies	35.25	2.25	0.25	0.00	0.00	0.00	16.00	8.25	1.75	6.00	1.00	16.50	24.25	3.75	4.75
King Wheat	430.00	50.00	6.00	1.00	0.00	0.00	680.00	81.00	7.00	11.00	21.00	0.00	0.00	4.00	35.00
Ham on Wheat:	596.50	99	12.00	3.00	0	47.00	2,027.25	89.25	8.75	17	39.00	16.50	24.25	7.75	43.50

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CHEESE & CONDIMENTS															
REG. Cheese Slice	55	35	4	2.5	0	12.5	200	1	0	0.5	2.5	3	0	7.5	0
REG. Sub Dressing	115	110	12.5	2	0	0	85	1	0	0.5	0	0	0	0	0
REG. Mayo	60	45	5	0.75	0	5	150	3	0	2	0	0	0	0	0
REG. Mustard	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0
KING Cheese Slice	110	70	8	5	0	25	400	2	0	1	5	6	0	15	0
KING Sub Dressing	230	220	25	4	0	0	170	2	0	1	0	0	0	0	0
KING Mayo	120	90	10	1.5	0	10	300	6	0	4	0	0	0	0	0
KING Mustard	0	0	0	0	0	0	80	0	0	0	0	0	0	0	0



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