

TUNA

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															
Tuna	317.00	206.00	23.25	3.50	0.00	44.25	840.00	14.00	0.00	9.00	11.00	0.00	0.00	0.00	3.50
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
Tuna on White:	619	257.50	29.40	6	0	44.25	1,370.25	66.25	3	14.75	20.50	10.50	15.75	10.25	10.50
Tuna	317.00	206.00	23.25	3.50	0.00	44.25	840.00	14.00	0.00	9.00	11.00	0.00	0.00	0.00	3.50
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
Tuna on Wheat:	639	242.50	27.40	4	0	44.25	1,320.25	75.25	6	19.75	25.50	10.50	15.75	4.25	31.50

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

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 (%)
KING															
Tuna	475.75	308.50	35.00	5.25	0.00	66.50	1,260.00	20.50	0.00	13.75	16.75	0.00	0.00	0.00	5.25
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
Tuna on White:	1,061	420.75	47.25	10.25	0	66.50	2,316.00	123.75	4.75	23.75	35.75	16.50	24.25	18.75	20
Tuna	475.75	308.50	35.00	5.25	0.00	66.50	1,260.00	20.50	0.00	13.75	16.75	0.00	0.00	0.00	5.25
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
Tuna on Wheat:	941	360.75	41.25	6.25	0	66.50	1,956.00	109.75	8.75	30.75	38.75	16.50	24.25	7.75	45

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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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