



FRESH FOOD PROGRAM



INDICATES LOW FAT, NO FAT, LOW CARB AND "BETTER FOR YOU" ITEMS

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Bagels



Bagel with Cream Cheese

Item #757, A large bagel and cream cheese packet. Net Weight 5 oz, NUTRITIONAL DATA: Calories: 450 Calories From Fat: 90 Total Fat: 10g Fiber: 2g Weight Watchers Points: 10

Blueberry Bagel with Cream Cheese

Item #709, A large blueberry bagel and cream cheese packet. Net Weight 4.8 oz, NUTRITIONAL DATA: Calories: 460 Calories From Fat: 90 Total Fat: 10g Fiber: 3g Weight Watchers Points: 10



Cinnamon Raisin Bagel with Cream Cheese

Item #707, A large cinnamon and raisin flavored bagel and a cream cheese packet. Net Weight 5 oz, NUTRITIONAL DATA: Calories: 460 Calories From Fat: 90 Total Fat: 10g Fiber: 3g Weight Watchers Points: 10

Onion Bagel with Cream Cheese

Item #756, A large onion bagel and cream cheese packet. Net Weight 5 oz, NUTRITIONAL DATA: Calories: 450 Calories From Fat: 90 Total Fat: 10g Fiber: 2g Weight Watchers Points: 10



Wheat Bagel with Cream Cheese

Item #758, A large whole wheat bagel, served with a packet of cream cheese. Net Weight 4.8 oz, NUTRITIONAL DATA: Calories: 440 Calories From Fat: 90 Total Fat: 10g Fiber: 4g Weight Watchers Points: 10

Branded Sandwiches

Johnsonville Brat

Item #682, Popular Johnsonville, fully cooked Bratwurst on a freshly baked Kitchen Fresh brat bun. Net Weight 5.8 oz, NUTRITIONAL DATA: Calories: 460 Calories From Fat: 260 Total Fat: 29g Fiber: 1g Weight Watchers Points: 12



Breakfast Plates



Biscuit & Saus Country Gravy

Item #671, A Southern Favorite; this large buttermilk biscuit and full sausage patty are covered with "down-home" country gravy. Net Weight 8.9 oz, NUTRITIONAL DATA: Calories: 560 Calories From Fat: 330 Total Fat: 38g Fiber: 1g Weight Watchers Points: 14

Breakfast Plates



Er-french Toast

Item #802 ,French toast, syrup and margarine in a microwavable container. Net Weight 6.4 oz, NUTRIONAL DATA: Calories: 450 Calories From Fat: 130 Total Fat: 15g Fiber: 2g Weight Watchers Points: 10

Farmers Breakfast Scramble

Item #748 ,A plate of your favorite breakfast items, all cooked together. Diced ham, chopped bacon, & cubed potatoes, w/ scrambled eggs, topped w/ shredded cheddar cheese. Net Weight 8 oz, NUTRIONAL DATA: Calories: 380 Calories From Fat: 180 Total Fat: 20g Fiber: 3g Weight Watchers Points: 9



French Bread Scramble

Item #742 ,Our homemade French Loaf, cut to size, is coated with a Sour Cream and Bacon Topping. Then, it is loaded with Scrambled Eggs & Hashbrown Potatoes. Finally, it is topped with Shredded Cheddar & Parsley. Net Weight 5.3 oz, NUTRIONAL DATA: Calories: 500 Calories From Fat: 280 Total Fat: 31g Fiber: 2g Weight Watchers Points: 13

Pancakes with Sausage

Item #807 ,Pancakes, pork sausage links, maple flavored syrup and whipped margarine in a microwavable tray. Net Weight 7.2 oz, NUTRIONAL DATA: Calories: 570 Calories From Fat: 250 Total Fat: 28g Fiber: 2g Weight Watchers Points: 14

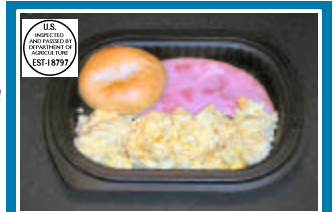


Scrambled Eggs with Bacon

Item #810 ,Scrambled eggs, bacon strips and a mini bagel in a microwavable container. Net Weight 5.2 oz, NUTRIONAL DATA: Calories: 290 Calories From Fat: 100 Total Fat: 15g Fiber: 1g Weight Watchers Points: 7

Scrambled Eggs with Ham

Item #821 ,Scrambled eggs, thick ham slice and mini bagel served in a microwavable container. Net Weight 7 oz, NUTRIONAL DATA: Calories: 290 Calories From Fat: 120 Total Fat: 13g Fiber: 0g Weight Watchers Points: 7



Steak & Eggs (low carb)

Item #753 ,Seasoned Chopped Sirloin & Scrambled Eggs, Smothered with Real Wisconsin Cheddar Cheese. Net Weight 6.5 oz, NUTRIONAL DATA: Calories: 440 Calories From Fat: 300 Total Fat: 34g Fiber: 2g Weight Watchers Points: 12

Breakfast Sandwiches



All American Breakfast

Item #645 ,This Breakfast sandwich is loaded with two(2) egg patties, a pork sausage patty, and a hashbrown patty. It is all stacked into a fresh 6" sead, split top bun. Net Weight 8.8 oz, NUTRIONAL DATA: Calories: 610 Calories From Fat: 290 Total Fat: 32g Fiber: 3g Weight Watchers Points: 15

Bacon Egg Cheese Croissant

Item #681 ,Fluffy egg patty, a slice of round bacon and processed American cheese, served on our "all butter" croissant. Net Weight 3.7 oz, NUTRIONAL DATA: Calories: 320 Calories From Fat: 150 Total Fat: 16g Fiber: 1g Weight Watchers Points: 8



Bacon, Egg, & Cheese on Toasted Texas White

Item #754 ,Bacon, Egg, & Cheese fill this Toasted Texas Breakfast Sandwich. Net Weight 4.7 oz, NUTRIONAL DATA: Calories: 270 Calories From Fat: 90 Total Fat: 9g Fiber: 2g Weight Watchers Points: 6

Canadian Ham Egg & Cheese Croissant

Item #676 ,Egg patty, topped with round Canadian ham and sliced processed American cheese, on a flaky "all butter" croissant. Net Weight 5.0 oz, NUTRIONAL DATA: Calories: 340 Calories From Fat: 140 Total Fat: 16g Fiber: 1g Weight Watchers Points: 8



Canadian Ham Egg Cheese Muffin

Item #781 ,2 slices of Canadian ham, egg patty and a slice of American cheese on an English muffin. Net Weight 5.0 oz, NUTRIONAL DATA: Calories: 260 Calories From Fat: 90 Total Fat: 9g Fiber: 1g Weight Watchers Points: 6

Er-double Egg-n-muffin

Item #993 ,2 egg patties on an English muffin. Net Weight 4 oz, NUTRIONAL DATA: Calories: 210 Calories From Fat: 60 Total Fat: 6g Fiber: 1g Weight Watchers Points: 5



Er-ham, Egg & Cheese

Item #752 ,Ham, Egg, & Cheese fill this Toasted Texas Breakfast Sandwich. Net Weight 6.4 oz, NUTRIONAL DATA: Calories: 300 Calories From Fat: 80 Total Fat: 9g Fiber: 2g Weight Watchers Points: 7

Er-ham, Egg, Cheese Bagle

Item #784 ,Thinly sliced ham, fluffy egg patty and American cheese, served on a bagel. Net Weight 6.4 oz, NUTRIONAL DATA: Calories: 470 Calories From Fat: 80 Total Fat: 8g Fiber: 2g Weight Watchers Points: 10



Breakfast Sandwiches



Er-ham, Egg, Cheese Muffin

Item #929 ,Egg patty, ham and American cheese on an English muffin. Net Weight 4.4 oz, NUTRITIONAL DATA: Calories: 250 Calories From Fat: 80 Total Fat: 8g Fiber: 1g Weight Watchers Points: 6

Ham & Cheese Patty w/Egg Muffin

Item #674 ,This unique Ham Patty is infused with American Cheese. It is topped with an egg patty and served on an English Muffin. Net Weight 5 oz, NUTRITIONAL DATA: Calories: 340 Calories From Fat: 160 Total Fat: 18g Fiber: 1g Weight Watchers Points: 8



Pepper-Bacon, Egg & Cheese Muffin

Item #820 ,This Breakfast Sandwich has a bite. The smokey pepper-bacon adds a little bite to this fresh muffin favorite. Net Weight 3.7 oz, NUTRITIONAL DATA: Calories: 260 Calories From Fat: 110 Total Fat: 12g Fiber: 1g Weight Watchers Points: 6

Sausage Biscuit

Item #747 ,A freshly baked "Southern Style" biscuit, served w/ sausage. Net Weight 5.1 oz, NUTRITIONAL DATA: Calories: 570 Calories From Fat: 350 Total Fat: 41g Fiber: 1g Weight Watchers Points: 15



Sausage Egg & Cheese Croissant

Item #675 ,An egg patty, savory sausage patty and a slice of processed American cheese, served on an "all butter" croissant. Net Weight 5.4 oz, NUTRITIONAL DATA: Calories: 480 Calories From Fat: 280 Total Fat: 31g Fiber: 1g Weight Watchers Points: 12

Sausage Egg and Cheese Muffin

Item #937 ,A savory pork sausage patty, topped with a scrambled egg patty and a slice of American cheese on an English muffin. Net Weight 5.4 oz, NUTRITIONAL DATA: Calories: 410 Calories From Fat: 220 Total Fat: 25g Fiber: 1g Weight Watchers Points: 10



Sausage, Egg and Cheese Bagel

Item #786 ,A savory sausage patty, scrambled egg patty, and slice of American cheese served on a large plain bagel.

Net Weight 7.4 oz, NUTRITIONAL DATA: Calories: 630 Calories From Fat: 220 Total Fat: 25g Fiber: 2g Weight Watchers Points: 15

Sausage, Egg, & Cheese Biscuit

Item #710 ,A freshly baked "Southern Style" biscuit, served with sausage, egg, & cheese. Net Weight 6.0 oz, NUTRITIONAL DATA: Calories: 570 Calories From Fat: 340 Total Fat: 39g Fiber: 1g Weight Watchers Points: 15



Breakfast Sandwiches



Sausage, Egg, & Cheese On Texas Toast

Item #751 ,Sausage, Egg, & Cheese fill this large Toasted Texas Breakfast Sandwich. Net Weight 6.4 oz, NUTRITIONAL DATA: Calories: 430 Calories From Fat: 220 Total Fat: 24g Fiber: 2g Weight Watchers Points: 11

Tijuana Sunrise Bagel

Item #860 ,A Hot & Spicy Sausage Patty, topped with Pepperjack Cheese and our homemade Salsa, served on a plain 4" bagel. Net Weight 8.5 oz, NUTRITIONAL DATA: Calories: 640 Calories From Fat: 230 Total Fat: 25g Fiber: 2g Weight Watchers Points: 15



Western Breakfast Bagel

Item #1012 ,Fresh eggs, diced ham, chopped green peppers & onions, and shredded cheddar cheese, baked together to make the perfect western egg bake. We then served in a plain bagel. Net Weight 9.1 oz, NUTRITIONAL DATA: Calories: 560 Calories From Fat: 130 Total Fat: 14g Fiber: 2g Weight Watchers Points: 12

Burgers

1/4# Bbq Burger

Item #899 ,Our charbroiled 100% beefburger, topped with special BBQ sauce on an onion roll. Net Weight 5.9 oz, NUTRITIONAL DATA: Calories: 440 Calories From Fat: 170 Total Fat: 19g Fiber: 2g Weight Watchers Points: 10



1/4# Cheeseburger

Item #971,1/4# Charbroiled, 100% all beef hamburger patty with a slice of processed american cheese on a 5" seeded hamburger bun. Net Weight 6.3 oz, NUTRITIONAL DATA: Calories: 420 Calories From Fat: 210 Total Fat: 23g Fiber: 1g Weight Watchers Points: 10

1/4# Chili Cheeseburger

Item #712 ,Charbroiled burger patty, topped with zesty chili con carni and a slice of processed american cheese. Net Weight 7.3 oz, NUTRITIONAL DATA: Calories: 440 Calories From Fat: 220 Total Fat: 24g Fiber: 2g Weight Watchers Points: 11



1/4# Islander

Item #824 ,A 100%, all beef, burger, topped with 1000 Island dressing on an onion kaiser roll. Net Weight 5.9 oz, NUTRITIONAL DATA: Calories: 500 Calories From Fat: 240 Total Fat: 27g Fiber: 2g Weight Watchers Points: 12

Burgers



1/4# Pepperoni Pizzaburger

Item #816, The big brother to one of our best sellers, this 1/4lb, 100% All Beef, Pizza Burger is topped with Pepperoni, Pizza Sauce, and shredded Mozzarella Cheese. We serve this in a freshly baked Sesame seed bun. Net Weight 7.2 oz, NUTRITIONAL DATA: Calories: 520 Calories From Fat: 260 Total Fat: 28g Fiber: 2g Weight Watchers Points: 13

Bacon Cheeseburger

Item #975, Charbroiled, 100% all beef patty, smokey bacon and a slice of processed american cheese on a hamburger bun. Net Weight 4.3 oz, NUTRITIONAL DATA: Calories: 440 Calories From Fat: 170 Total Fat: 21g Fiber: 3g Weight Watchers Points: 11



Brat Burger

Item #737, Bratwurst flavored patty on a traditional hamburger bun. Net Weight 4 oz, NUTRITIONAL DATA: Calories: 300 Calories From Fat: 170 Total Fat: 19g Fiber: 1g Weight Watchers Points: 8

Brat Burger with Onion and Swiss Cheese

Item #738, Charbroiled Brat patty with thinly sliced raw onion and a slice of processed swiss cheese on a hamburger bun. Net Weight 4.8 oz, NUTRITIONAL DATA: Calories: 390 Calories From Fat: 230 Total Fat: 26g Fiber: 1g Weight Watchers Points: 10



Brat and Burger Combo

Item #739, 1-100% all meat charbroiled brat patty, 1-100% all beef charbroiled beef patty, 2 slices of processed american cheese on a hamburger bun. Net Weight 6.4 oz, NUTRITIONAL DATA: Calories: 510 Calories From Fat: 310 Total Fat: 35g Fiber: 1g Weight Watchers Points: 13

Brunch Burger

Item #625, Our Charbroiled, 100% all beef hamburger patty, is stacked with a scrambled egg patty, and topped with a slice of American Cheese. It is all served on a fresh hamburger bun. Net Weight 5.4 oz, NUTRITIONAL DATA: Calories: 350 Calories From Fat: 190 Total Fat: 21g Fiber: 1g Weight Watchers Points: 9



Cheeseburger

Item #925, 100% all beef charbroiled hamburger patty and a slice of processed american cheese on a hamburger bun. Net Weight 4.4 oz, NUTRITIONAL DATA: Calories: 310 Calories From Fat: 160 Total Fat: 19g Fiber: 1g Weight Watchers Points: 8

Burgers



Double Cheeseburger

Item #966 ,2-100 % all beef, charbroiled patties and 2 slices of processed american cheese on a freshly baked hamburger bun. Net Weight 5.9 oz, NUTRITIONAL DATA: Calories: 430 Calories From Fat: 240 Total Fat: 27g Fiber: 1g Weight Watchers Points: 11

French Onion Burger

Item #715 ,Our Charbroiler, 100% all beef hamburger patty is topped with a French Onion & Cream Cheese mixture. Net Weight 4.2 oz, NUTRIONAL DATA: Calories: 430 Calories From Fat: 180 Total Fat: 20g Fiber: 3g Weight Watchers Points: 10



Hamburger

Item #908, Charbroiled, 100% all beef patty, served on a traditional hamburger bun. Net Weight 4 oz, NUTRITIONAL DATA: Calories: 270 Calories From Fat: 130 Total Fat: 15g Fiber: 1g Weight Watchers Points: 7

Mushroom and Swissburger

Item #964 ,100% all beef, charbroiled hamburger patty, topped with our savory mushroom gravy and swiss cheese on a sesame seeded hamburger bun. Net Weight 8.3 oz, NUTRITIONAL DATA: Calories: 480 Calories From Fat: 240 Total Fat: 27g Fiber: 1g Weight Watchers Points: 12



Nacho Burger

Item #949 ,Charbroiled, 100% ALL BEEF burger patty, covered in Nacho Cheese & diced Green Chili, served on a traditional hamburger bun. Net Weight 4.5 oz, NUTRITIONAL DATA: Calories: 290 Calories From Fat: 140 Total Fat: 16g Fiber: 1g Weight Watchers Points: 7

Swissburger

Item #992 ,Charbroiled 100% all beef hamburger patty and a slice of processed swiss cheese on a hamburger bun. Net Weight 4.5 oz, NUTRITIONAL DATA: Calories: 360 Calories From Fat: 190 Total Fat: 22g Fiber: 1g Weight Watchers Points: 9



The Works Cheeseburger

Item #953 ,Our Charbroiled, 100% ALL BEEF patty, american cheese, topped with "THE WORKS", a combination of Ketchup, Mustard, diced Onions, and Pickle Relish, served on a Traditional hamburger bun. Net Weight 5.2 oz, NUTRITIONAL DATA: Calories: 350 Calories From Fat: 170 Total Fat: 20g Fiber: 1g Weight Watchers Points: 9

Burgers



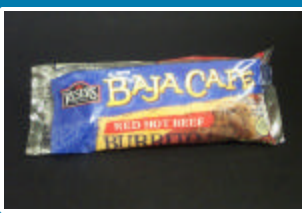
Twin Cheeseburgers

Item #761, A pair of cheeseburgers each made with a charbroiled, 100% all beef patty, a slice of processed American cheese on a hamburger bun. Net Weight 7.4 oz, NUTRITIONAL DATA: Calories: 640 Calories From Fat: 270 Total Fat: 30g Fiber: 3g Weight Watchers Points: 15

Burritos

Bean & Cheese Burrito

Item #502, Flavorful, mildly spicy, Burrito with Beans & Cheese Net Weight 5 oz, NUTRITIONAL DATA: Calories: 420 Calories From Fat: 200 Total Fat: 22g Fiber: 4g Weight Watchers Points: 10



Beef Red Hot Burrito

Item #503, Flavorful, spicy Burrito with red chilis. Net Weight 5 oz, NUTRITIONAL DATA: Calories: 0 Calories From Fat: 0 Total Fat: 0g Fiber: 0g Weight Watchers Points: 0

Beef and Bean Burrito

Item #501, Authentic Mexican Beef and Bean burrito. Net Weight 5 oz, NUTRITIONAL DATA: Calories: 390 Calories From Fat: 160 Total Fat: 17g Fiber: 3g Weight Watchers Points: 9



Casseroles



Augratin Potatoes With Ham

Item #774, A Homestyle Country favorite. This dish is packed with sliced potatoes and Cubed Ham. We added in whipped margarine and our own spices for a down home, flavor appeal. Net Weight 10.0 oz, NUTRITIONAL DATA: Calories: 240 Calories From Fat: 80 Total Fat: 8g Fiber: 3g Weight Watchers Points: 5

Baked Lasagna (Homemade)

Item #895, A traditional homemade Italian dish, with creamy white sauce, Ricotta & Mozzarella Cheeses, and our own, in-house, fresh meat sauce. Net Weight 9.8 oz, NUTRITIONAL DATA: Calories: 370 Calories From Fat: 150 Total Fat: 17g Fiber: 1g Weight Watchers Points: 9



Casseroles



Beef Burrito & Spanish Rice

Item #609 ,Beef Burrito, smothered with Enchilada Sauce, served over a bed of Spanish Rice. Net Weight 8.1 oz, NUTRITIONAL DATA: Calories: 430 Calories From Fat: 150 Total Fat: 17g Fiber: 4g Weight Watchers Points: 10

Beef Ravioli

Item #840 ,Beef ravioli and tomato sauce in a microwaveable dish. Net Weight 9.7 oz, NUTRITIONAL DATA: Calories: 330 Calories From Fat: 90 Total Fat: 10g Fiber: 4g Weight Watchers Points: 7



Cheeseburger Casserole

Item #875 ,Mom's classic casserole is made from scratch with Cheese Sauce, Macaron Noodles, Ground Beef, Celery, and Onions. We top it with Shredded Mozzarella & Cheddar Cheese for the perfect dish. Net Weight 8.4 oz, NUTRITIONAL DATA: Calories: 690 Calories From Fat: 200 Total Fat: 23g Fiber: 4g Weight Watchers Points: 16

Er-macaroni & Cheese

Item #826 ,Macaroni & cheese casserole served in a microwavable container. Net Weight 8.1 oz, NUTRITIONAL DATA: Calories: 660 Calories From Fat: 130 Total Fat: 14g Fiber: 5g Weight Watchers Points: 13



Polish and Kraut

Item #833 ,Polish sausage pieces on a bed of sauerkraut (without caraway), in a microwavable dish. Net Weight 6.1 oz, NUTRITIONAL DATA: Calories: 240 Calories From Fat: 180 Total Fat: 20g Fiber: 4g Weight Watchers Points: 6

Rotini With Gravy & Turkey

Item #805 ,This Homemade Turkey ALA King casserole is a blend of pulled Turkey, Diced Carrots, Green Peas, Sliced Celery, Chopped Onions, and Rotini Noodles. We toss it all in Turkey Gravy and serve it in a deep,square, bowl. Net Weight 11.4 oz, NUTRITIONAL DATA: Calories: 550 Calories From Fat: 80 Total Fat: 8g Fiber: 5g Weight Watchers Points: 11



Spaghetti with Meatballs

Item #849 ,Spaghetti and meatballs with sauce in a microwavable casserole dish. Net Weight 9.0 oz, NUTRITIONAL DATA: Calories: 800 Calories From Fat: 270 Total Fat: 30g Fiber: 7g Weight Watchers Points: 18

Casseroles



Swedish Meatballs

Item #822 ,Swedish meatballs with egg noodles in a 6 1/8"x1/2" deep bowl. Net Weight 10.9 oz, NUTRITIONAL DATA: Calories: 800 Calories From Fat: 140 Total Fat: 18g Fiber: 2g Weight Watchers Points: 18

Croissants

Chicken Salad Croissant

Item #898 ,Our very own chicken salad recipe served on a flaky all butter curved croissant. Net Weight 5.0 oz, NUTRITIONAL DATA: Calories: 390 Calories From Fat: 150 Total Fat: 17g Fiber: 2g Weight Watchers Points: 9



Egg Salad Croissant

Item #678 ,Our made from scratch, home made egg salad, served on a flaky, tender croissant. Net Weight 4.8 oz, NUTRITIONAL DATA: Calories: 380 Calories From Fat: 160 Total Fat: 17g Fiber: 1g Weight Watchers Points: 9

Er-tuna Salad Croissant

Item #897 ,Our own recipe Tuna salad, made from "Dolphin safe" Tuna and served on a flaky, all butter croissant. Net Weight 5.0 oz, NUTRITIONAL DATA: Calories: 380 Calories From Fat: 140 Total Fat: 15g Fiber: 2g Weight Watchers Points: 9



Grilled Chicken & Swiss Croiss

Item #677 ,A grilled chicken breast sandwich, topped with Swiss cheese and served on a flaky croissant. Net Weight 5.5 oz, NUTRITIONAL DATA: Calories: 460 Calories From Fat: 220 Total Fat: 24g Fiber: 3g Weight Watchers Points: 11

Ham and Cheese Croissant

Item #814 ,A flaky all butter croissant, creamy processed american cheese and flavorful thin sliced ham. Net Weight 5.7oz, NUTRITIONAL DATA: Calories: 420 Calories From Fat: 170 Total Fat: 19g Fiber: 1g Weight Watchers Points: 10



Ham and Turkey Croissant

Item #891 ,Thin sliced ham and turkey on a flaky all butter croissant. Net Weight 5.5 oz, NUTRITIONAL DATA: Calories: 350 Calories From Fat: 100 Total Fat: 11g Fiber: 1g Weight Watchers Points: 8

Croissants



Homemade Ham Salad

Item #679, 100% all meat sandwich spread, on a buttery croissant. Net Weight 5.0 oz, NUTRITIONAL DATA: Calories: 410 Calories From Fat: 170 Total Fat: 19g Fiber: 1g Weight Watchers Points: 10

Smoked Turkey Salad Croissant

Item #980, Our very own Smoked Turkey Salad recipe, served on a flaky butter croissant. Net Weight 5 oz, NUTRITIONAL DATA: Calories: 420 Calories From Fat: 200 Total Fat: 23g Fiber: 1g Weight Watchers Points: 10



Turkey & Cheese Croissant

Item #806, Thinly sliced ham and a slice of processed american cheese on a flaky all butter croissant. Net Weight 5.8 oz, NUTRITIONAL DATA: Calories: 420 Calories From Fat: 160 Total Fat: 18g Fiber: 1g Weight Watchers Points: 10

Deli Wraps

Breakfast Burrito

Item #836, This large flour tortilla is stuffed with scrambled eggs, cubed potatoes, shredded cheddar cheese, shredded pepperjack cheese, and a homemade salsa. Net Weight 7.5 oz, NUTRITIONAL DATA: Calories: 340 Calories From Fat: 80 Total Fat: 9g Fiber: 7g Weight Watchers Points: 7



Chicken Peppercorn Wrap

Item #657, New & Improved: This fresh wrap is made with a soft flour tortilla. It has a light layer of creamy Peppercorn Ranch Dressing, chopped grilled Chicken, is filled with a mixture of crisp cabbage and carrots. Net Weight 6.7 oz, NUTRITIONAL DATA: Calories: 410 Calories From Fat: 180 Total Fat: 20g Fiber: 7g Weight Watchers Points: 9

Gyro Wrap Plate

Item #660, Thinly sliced, Greek style Gyro meat is wrapped with Greek Cucumber sauce in a flour tortilla shell. It is served with two slices of tomatoes and a shredded lettuce/sliced onion mix on the side. Net Weight 5.3 oz, NUTRITIONAL DATA: Calories: 270 Calories From Fat: 140 Total Fat: 16g Fiber: 3g Weight Watchers Points: 7



HOT - Chicken Enchilada

Item #887, Fresh, hand wrapped, Chicken Enchilada, made with diced "All White Meat" Chicken, Spanish Rice, and Pepper Jack Cheese, on a soft flour tortilla. Net Weight 7.1 oz, NUTRITIONAL DATA: Calories: 400 Calories From Fat: 100 Total Fat: 11g Fiber: 6g Weight Watchers Points: 8

Deli Wraps



HOT-Chicken & Bacon Wrap

Item #888 ,This Fresh, hand wrapped, flour tortilla is stuffed with diced "All White Meat" Chicken, Natural Shredded Cheddar Cheese, and chopped Bacon. Net Weight 6.2 oz, NUTRIONAL DATA: Calories: 500 Calories From Fat: 220 Total Fat: 25g Fiber: 5g Weight Watchers Points: 11

Ham Deli Wrap

Item #692 ,New & Improved: This soft flour tortilla is spread with Dijonaisse sauce, then hand wrapped around thinly shaved ham and an ounce of fresh green leaf lettuce. Net Weight 5.9 oz, NUTRIONAL DATA: Calories: 320 Calories From Fat: 80 Total Fat: 9g Fiber: 5g Weight Watchers Points: 6



Loaded Burrito

Item #844 ,Spicy Ground Beef, Spanish Rice, Cheddar Cheese Sauce, Pepper Jack Cheese, & Black Bean Salsa, all wrapped in a Flour Tortilla. Net Weight 10.0 oz, NUTRIONAL DATA: Calories: 450 Calories From Fat: 120 Total Fat: 14g Fiber: 8g Weight Watchers Points: 9

Roast Beef Deli Wrap

Item #693 ,New & Improved: This shaved Roast Beef has our special garlic mayo spread, and an ounce of green leaf lettuce, hand wrapped in a soft flour tortilla. Net Weight 5.9 oz, NUTRIONAL DATA: Calories: 310 Calories From Fat: 90 Total Fat: 9g Fiber: 6g Weight Watchers Points: 6



Turkey Deli Wrap

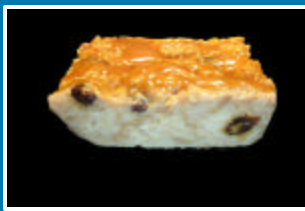
Item #688 ,New & Improved: This soft flour tortilla is spread with our special recipe Cajun mayo sauce, hand wrapped around thinly sliced turkey and an ounce of fresh, green leaf lettuce. Net Weight 5.9 oz, NUTRIONAL DATA: Calories: 320 Calories From Fat: 80 Total Fat: 9g Fiber: 5g Weight Watchers Points: 6

Veggie Wrap

Item #809 ,A Tomato Basil tortilla wraps around a bed of leaf lettuce, stuffed with a wonderful blend of Cream Cheese and Chopped Veggies (Carrots, Celery, Cauliflower, Broccoli, Green Peppers, and Yellow Onions). Net Weight 9.2 oz, NUTRIONAL DATA: Calories: 470 Calories From Fat: 160 Total Fat: 18g Fiber: 6g Weight Watchers Points: 10



Desserts



BREAD PUDDING w/CARMEL

Item #793, This unique dessert is made in our bakery from our own exclusive recipe. It is topped with carmel for added goodness. Net Weight 7.4 oz, NUTRIONAL DATA: Calories: 340 Calories From Fat: 110 Total Fat: 12g Fiber: 1g Weight Watchers Points: 8

Banana Parfait

Item #794, A creamy blend of Banana Pudding & non-dairy whipped cream, topped with a dollop of heavy non-dairy whipped topping, sprinkled with toasted coconut. Net Weight 6.0 oz, NUTRIONAL DATA: Calories: 410 Calories From Fat: 150 Total Fat: 17g Fiber: 1g Weight Watchers Points: 10



Brownie

Item #706, A moist, rich, chocolate Brownie. Net Weight 3.8 oz, NUTRIONAL DATA: Calories: 460 Calories From Fat: 190 Total Fat: 22g Fiber: 3g Weight Watchers Points: 11

Carrot Cake

Item #962, A real favorite. Moist, spicy, Carrot cake. Net Weight 3.4 oz, NUTRIONAL DATA: Calories: 340 Calories From Fat: 160 Total Fat: 18g Fiber: 2g Weight Watchers Points: 8



Chocolate Peanut Butter Parfait

Item #812, A blend of Chocolate Pudding & Creamy Peanut Butter on a bed of Oreo Cookie crumbles, topped with a dollop of heavy, non-dairy, whipped topping. Net Weight 5.9 oz, NUTRIONAL DATA: Calories: 440 Calories From Fat: 190 Total Fat: 22g Fiber: 2g Weight Watchers Points: 11

Chocolate S'mores Cup

Item #808, A campfire favorite in a cup. This combination of chocolate pudding, marshmallow cream, & crushed graham crackers will bring out the child in you. Net Weight 5.9 oz, NUTRIONAL DATA: Calories: 320 Calories From Fat: 50 Total Fat: 5g Fiber: 1g Weight Watchers Points: 7



Er-blueberry Yogurt Parfai

Item #722, A creamy blend of Vanilla Yogurt and Plump Blueberries, crowned with a crunchy Granolla topping. Net Weight 8.1 oz, NUTRIONAL DATA: Calories: 220 Calories From Fat: 15 Total Fat: 1.5g Fiber: 2g Weight Watchers Points: 5

Desserts



German Chocolate Cake

Item #703 ,A rich, moist portion of German chocolate cake. Net Weight 3.8 oz, NUTRITIONAL DATA: Calories: 320 Calories From Fat: 120 Total Fat: 13g Fiber: 0g Weight Watchers Points: 7

Jell-O Fluff

Item #863 ,Red Jell-O Flavors, blended with non-dairy whipping cream to create a light, fluffy texture, topped with a dollop of heavy, non-dairy topping. Net Weight 4.7 oz, NUTRITIONAL DATA: Calories: 150 Calories From Fat: 80 Total Fat: 11g Fiber: 0g Weight Watchers Points: 4



Jello Cake

Item #866 ,This simple dessert has a lot of flavor. It is a square piece of Yellow Cake, drenched with red Jell-O liquid. It is then chilled and topped with a dollop of thick whipping cream. Net Weight 6.0 oz, NUTRITIONAL DATA: Calories: 290 Calories From Fat: 100 Total Fat: 11g Fiber: 1g Weight Watchers Points: 7

Jumbo Cinnamon Roll

Item #886 ,This huge cinnamon roll, smothered in Lemon Cream Icing, is baked in our very own Bakery and is sure to satisfy the sweetest of cravings. Net Weight 6.7 oz, NUTRITIONAL DATA: Calories: 700 Calories From Fat: 290 Total Fat: 32g Fiber: 3g Weight Watchers Points: 17



Lemon Poppyseed Torte

Item #770 ,This lemon torte is sprinkled with poppyseeds thru out. It sits on a bed of graham crackers crumbs and is topped with a dollup of heavy whipping cream. Net Weight 5.7 oz, NUTRITIONAL DATA: Calories: 350 Calories From Fat: 100 Total Fat: 12g Fiber: 1g Weight Watchers Points: 8

New York Mixed Berry Cheesecake Cup

Item #789 ,Strawberries & Blueberries sit atop a cup filled with a "New York" Style Cheesecake. This sweet treat is sure to please. Net Weight 5.2 oz, NUTRITIONAL DATA: Calories: 450 Calories From Fat: 260 Total Fat: 29g Fiber: 1g Weight Watchers Points: 11



Oreo Pudding Parfait

Item #607 ,Crushed Oreo Cookie Crust, Creamy Vanilla and Oreo Filling, topped with a dollop of heavy, non-dairy, whipped topping. Net Weight 5.9 oz, NUTRITIONAL DATA: Calories: 450 Calories From Fat: 180 Total Fat: 20g Fiber: 2g Weight Watchers Points: 11

Desserts



Strawberry Shortcake

Item #813, Fresh Baked Yellow Cake, cut into cubes, and covered in a sweet, chunky, strawberry puree, topped with a heavy, non-dairy, whipped topping. Net Weight 5.7 oz, NUTRITIONAL DATA: Calories: 320 Calories From Fat: 100 Total Fat: 11g Fiber: 2g Weight Watchers Points: 7

Entree's

Buffalo Fingers

Item #615, Breaded Chicken Fingers served with a side of Frank's Famous Buffalo wing sauce for dipping. Net Weight 5.3 oz, NUTRITIONAL DATA: Calories: 390 Calories From Fat: 240 Total Fat: 27g Fiber: 3g Weight Watchers Points: 10



Chicken Enchilada Dish

Item #1016, Grilled Chicken Breast served on a bed of Spanish Rice covered in Enchilada Sauce & shredded Pepper Jack Cheese. Garnished with sliced Jalapeños. Net Weight 9.7 oz, NUTRITIONAL DATA: Calories: 430 Calories From Fat: 210 Total Fat: 23g Fiber: 3g Weight Watchers Points: 11

Chicken Fingers w/BBQ

Item #719, Breaded chicken fingers with tangy Sweet Baby Ray's BBQ sauce for dipping. Net Weight 6.3 oz, NUTRITIONAL DATA: Calories: 500 Calories From Fat: 240 Total Fat: 27g Fiber: 3g Weight Watchers Points: 12



Chicken Fingers w/Honey Mustard

Item #720, Breaded chicken fingers with honey mustard sauce for dipping. Net Weight 6.3 oz, NUTRITIONAL DATA: Calories: 620 Calories From Fat: 390 Total Fat: 44g Fiber: 3g Weight Watchers Points: 16

Chicken Parmesan Casserole

Item #881, This Italian tradition is made by taking a Grilled Italian Chicken Breast, topping it with Italian red sauce and shredded Mozzarella, then serving it on a bed of Fettucini Noodles. Net Weight 10.8 oz, NUTRITIONAL DATA: Calories: 760 Calories From Fat: 160 Total Fat: 20g Fiber: 1g Weight Watchers Points: 17



Firey Chicken Fingers w/Ranch

Item #718, Spicy hot chicken fingers, served with a side of Ranch Dressing. Net Weight 6.3 oz, NUTRITIONAL DATA: Calories: 650 Calories From Fat: 500 Total Fat: 55g Fiber: 1g Weight Watchers Points: 18

Entree's



Smothered Burger Burrito

Item #1019 ,Our 100% ALL BEEF patty, is wrapped in a flour tortilla and stuffed with pepper jack & shredded cheddar cheese. It is served on a bed of refried beans and topped with homemade green chili salsa. Net Weight 11.4 oz, NUTRITIONAL DATA: Calories: 600 Calories From Fat: 280 Total Fat: 31g Fiber: 10g Weight Watchers Points: 14

Smothered Roast Beef w/Potato Oles

Item #1018 ,This shaved Top Round Roast Beef is smothered in Mushroom Gravy and is served with our own version of Patato Oles on the side. Net Weight 6.9 oz, NUTRITIONAL DATA: Calories: 250 Calories From Fat: 140 Total Fat: 16g Fiber: 2g Weight Watchers Points: 6



Southern Fried Chicken w/ Biscuit & Gravy

Item #1017 ,A Southern Fried Chicken Patty served with a freshly baked Biscuit, covered with Sawmill Gravy. Net Weight 7.5 oz, NUTRITIONAL DATA: Calories: 590 Calories From Fat: 310 Total Fat: 36g Fiber: 4g Weight Watchers Points: 15

Fresh from the Deli

Deli-Combo

Item #740 ,Bologna, cotto salami, spiced luncheon loaf, processed american and swiss cheeses, with salad dressing on a hand cut portion of fresh baked french bread. Net Weight 8.0 oz, NUTRITIONAL DATA: Calories: 690 Calories From Fat: 300 Total Fat: 34g Fiber: 2g Weight Watchers Points: 17



Deli-Favorite

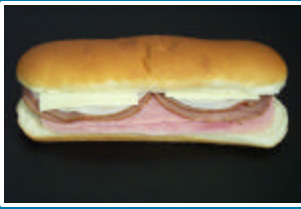
Item #729 ,A combination of sliced ham, hard salami, pepperoni and processed swiss cheese on a soft hoagie bun. Net Weight 7.4 oz, NUTRITIONAL DATA: Calories: 550 Calories From Fat: 270 Total Fat: 31g Fiber: 2g Weight Watchers Points: 14

Deli-Select

Item #741 ,Sliced lean ham, luncheon loaf, hard salami, processed swiss cheese and tangy salad dressing on freshly baked French bread. Net Weight 8.1 oz, NUTRITIONAL DATA: Calories: 700 Calories From Fat: 290 Total Fat: 32g Fiber: 2g Weight Watchers Points: 17



Fresh from the Deli



Deluxe Combo Sub

Item #735, A nice combination of thinly sliced ham, roast beef and turkey with swiss cheese on a soft hoagie style roll. Net Weight 8.6 oz, NUTRITIONAL DATA: Calories: 470 Calories From Fat: 170 Total Fat: 19g Fiber: 2g Weight Watchers Points: 11

Er-country Club Ham & Turk

Item #768, Classic Club Sandwich combination of thin sliced ham, and turkey, topped with crisp shredded lettuce, smokey bacon and tangy salad dressing on freshly baked french bread. Net Weight 8.1 oz, NUTRITIONAL DATA: Calories: 490 Calories From Fat: 80 Total Fat: 12g Fiber: 2g Weight Watchers Points: 11



Er-tuna Salad On French

Item #762, Our exclusive Tuna salad recipe, made with "Dolphin Safe", water packed, chunk light Tuna, on freshly baked french bread. Net Weight 5.5 oz, NUTRITIONAL DATA: Calories: 340 Calories From Fat: 70 Total Fat: 7g Fiber: 2g Weight Watchers Points: 7

Er-turkey Bacon Melt

Item #763, Thin sliced turkey, smokey bacon strips and swiss cheese on freshly baked french bread. Net Weight 7.3 oz, NUTRITIONAL DATA: Calories: 580 Calories From Fat: 150 Total Fat: 20g Fiber: 2g Weight Watchers Points: 13

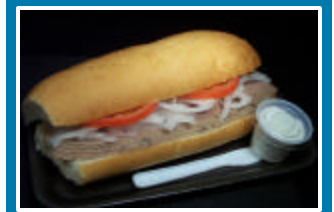


Er-ultimate Ham Swiss Sub

Item #769, Thin sliced ham, processed swiss cheese and honey mustard on freshly baked french bread. Net Weight 8.2 oz, NUTRITIONAL DATA: Calories: 630 Calories From Fat: 200 Total Fat: 23g Fiber: 2g Weight Watchers Points: 15

Gyro Sub

Item #730, Thinly sliced, Greek style Gyro meat, thinly sliced white onion, sliced tomatoes, served on a freshly baked sub bun, with a side of Greek cucumber sauce. Net Weight 7.5 oz, NUTRITIONAL DATA: Calories: 480 Calories From Fat: 190 Total Fat: 22g Fiber: 2g Weight Watchers Points: 11



Ham and Hard Salami Sub

Item #728, Sliced ham, hard salami, dill pickle slices and honey mustard on a french style bun. Net Weight 7.3 oz, NUTRITIONAL DATA: Calories: 620 Calories From Fat: 280 Total Fat: 30g Fiber: 1g Weight Watchers Points: 15

Fresh from the Deli



Mini Guy

Item #764 ,Sliced ham, bologna and spiced luncheon loaf with a slice of american cheese on freshly baked Kitchen Fresh french bread. Net Weight 4.4 oz, NUTRIONAL DATA: Calories: 320 Calories From Fat: 90 Total Fat: 10g Fiber: 1g Weight Watchers Points: 7

Super Sub

Item #773 ,It's all on this one! Ham, bologna, cotto salami, processed american and swiss cheeses, shredded lettuce, sliced dill pickle and salad dressing piled on a freshly baked sub bun. Net Weight 9.6 oz, NUTRIONAL DATA: Calories: 790 Calories From Fat: 380 Total Fat: 43g Fiber: 2g Weight Watchers Points: 19



Taco Grinder

Item #727, Thin sliced ham, natural cheddar cheese, and our special recipe taco meat on a sub bun. Net Weight 8.3 oz, NUTRIONAL DATA: Calories: 420 Calories From Fat: 160 Total Fat: 18g Fiber: 2g Weight Watchers Points: 10

Fruits & Veggies

Apples

Item #776 ,We wash & shrink wrap our fresh apples so they are ready to eat. Net Weight 6.7 oz, NUTRIONAL DATA: Calories: 80 Calories From Fat: 0 Total Fat: 0g Fiber: 5g Weight Watchers Points: 1



Er-melon Cup

Item #652 ,A Fresh Cup of Assorted Melon Cubes. May include Cantaloupe, Honeydew, Watermelon, Grapes, or more, depending on the season. Net Weight 5.7 oz, NUTRIONAL DATA: Calories: 80 Calories From Fat: 0 Total Fat: 0g Fiber: 1g Weight Watchers Points: 2

Er-veggies W/ Ranch

Item #880 ,Carrot Sticks, Celery stalks, Radish cubes, and Broccoli Florets are all combined in this healthy snack pack. It is accompanied by packet of fat free Ranch dressing for dipping. Net Weight 8.3 oz, NUTRIONAL DATA: Calories: 100 Calories From Fat: 0 Total Fat: 0g Fiber: 5g Weight Watchers Points: 1



Fruits & Veggies



Fresh Melon Cup

Item #716 ,An assortment of Fresh Melons, cut & cubed. Watermelon, Honeydew Melon, and Cantaloupe. Net Weight 5.7 oz, NUTRIONAL DATA: Calories: 60 Calories From Fat: 0 Total Fat: 0g Fiber: 1g Weight Watchers Points: 1

Grapes and Cheese

Item #743 ,Red or green grapes, cheddar cheese cubes and breadsticks. Net Weight 6.3 oz, NUTRIONAL DATA: Calories: 290 Calories From Fat: 130 Total Fat: 15g Fiber: 1g Weight Watchers Points: 7



Oranges

Item #778 ,We wash and shrink wrap our fresh oranges so they are ready to eat. Net Weight 6.7 oz, NUTRIONAL DATA: Calories: 70 Calories From Fat: 0 Total Fat: 0g Fiber: 7g Weight Watchers Points: 0

Vegetable Tray w/Dill Dip

Item #893 ,Fresh carrot and celery sticks, broccoli florets and radish with our popular dill dipping sauce. Net Weight 6 oz, NUTRIONAL DATA: Calories: 290 Calories From Fat: 230 Total Fat: 25g Fiber: 3g Weight Watchers Points: 8



Grilled Sandwiches



Er-texas Blt Sandwich

Item #921 ,This Toasted Texas "BLT" starts with 1 inch thick, white, Texas toast, we then add (3) Three slices of bacon, (2) two slices of Tomato, Leaf lettuce, and a tangy mayo for a bigger than usual American favorite. Net Weight 4.9 oz, NUTRIONAL DATA: Calories: 290 Calories From Fat: 100 Total Fat: 11g Fiber: 3g Weight Watchers Points: 7

Grilled Cheese

Item #831 ,4 slices of creamy processed American cheese on grilled Texas toast. Net Weight 4.4 oz, NUTRIONAL DATA: Calories: 380 Calories From Fat: 200 Total Fat: 22g Fiber: 2g Weight Watchers Points: 9



Grilled Ham & Cheese

Item #829 ,Thinsliced ham and creamy processed American cheese on grilled Texas toast. Net Weight 6.0 oz, NUTRIONAL DATA: Calories: 370 Calories From Fat: 150 Total Fat: 16g Fiber: 2g Weight Watchers Points: 9

Grilled Sandwiches



Grilled Texas Tuna Melt

Item #654 ,This Tuna Melt Sandwich has our Homemade Tuna Salad recipe and one slice of processed American Cheese, served on Texas Wheat Toast, Grilled to perfection. Net Weight 5.4 oz, NUTRITIONAL DATA: Calories: 530 Calories From Fat: 180 Total Fat: 20g Fiber: 7g Weight Watchers Points: 11

Grilled Turkey & Cheese

Item #830 ,Thin sliced turkey and creamy American cheese on grilled Texas toast. Net Weight 6.0 oz, NUTRITIONAL DATA: Calories: 370 Calories From Fat: 140 Total Fat: 16g Fiber: 2g Weight Watchers Points: 9



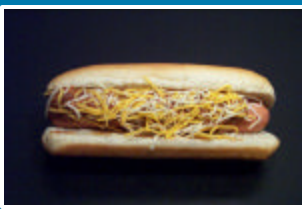
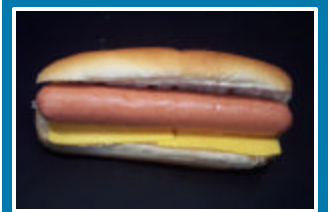
Western Breakfast Grill

Item #852 ,This unique item is made in our own kitchen from fresh whole eggs, diced ham, chopped green peppers and shredded cheddar cheese served on grilled Texas toast. Net Weight 7.8 oz, NUTRITIONAL DATA: Calories: 410 Calories From Fat: 180 Total Fat: 20g Fiber: 2g Weight Watchers Points: 10

Hot Dogs

Cheesedog

Item #911 ,8/1, all meat hot dog and processed American cheese on a hot dog bun. Net Weight 4.3 oz, NUTRITIONAL DATA: Calories: 350 Calories From Fat: 190 Total Fat: 22g Fiber: 1g Weight Watchers Points: 9

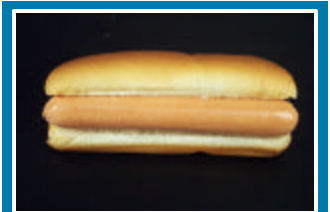


Chili Dog

Item #932 ,An all meat, 10/1 hot dog, topped with chili con carne and shredded cheese on a fresh hot dog bun. Net Weight 5 oz, NUTRITIONAL DATA: Calories: 320 Calories From Fat: 170 Total Fat: 19g Fiber: 2g Weight Watchers Points: 8

Hot Dog

Item #933 ,All meat hot dog (8/1) on a hot dog bun. Net Weight 3.9 oz, NUTRITIONAL DATA: Calories: 310 Calories From Fat: 160 Total Fat: 18g Fiber: 1g Weight Watchers Points: 8



Jumbo ALL Beef Hotdog w/Onions

Item #976 ,This 1/4LB, ALL BEEF, Hotdog is served on a fresh poppyseed bun and is topped with diced onions. Net Weight 7.3 oz, NUTRITIONAL DATA: Calories: 450 Calories From Fat: 260 Total Fat: 29g Fiber: 1g Weight Watchers Points: 11

Hot Dogs



Jumbo Chili Dog

Item #801, This 1/4lb, ALL BEEF, Hotdog is served in a fresh poppyseed bun and is topped with a generous amount of chili sauce. Net Weight 7.5 oz, NUTRITIONAL DATA: Calories: 470 Calories From Fat: 270 Total Fat: 31g Fiber: 2g Weight Watchers Points: 12

Jumbo Corn Dog w/Mustard Cup

Item #731, This 1/4lb corn dog is served up on a platter with a side cup of yellow mustard for dipping. Net Weight 5.7 oz, NUTRITIONAL DATA: Calories: 310 Calories From Fat: 170 Total Fat: 19g Fiber: 1g Weight Watchers Points: 8



Klements Twin Hot Dogs

Item #721, Two all meat, skinless weiners on ballpark quality hot dog buns. Net Weight 7 oz, NUTRIONAL DATA: Calories: 560 Calories From Fat: 260 Total Fat: 28g Fiber: 2g Weight Watchers Points: 14

Nacho Dog

Item #620, An all meat, (10/1) hot dog, smothered in Cheese Sauce & topped with Jalapeno rings. Net Weight 4.4 oz, NUTRITIONAL DATA: Calories: 310 Calories From Fat: 150 Total Fat: 16g Fiber: 1g Weight Watchers Points: 8



Relishdog

Item #987, 8/1, all meat hot dog, on a hot dog bun, with a pickle relish packet. Net Weight 4.2 oz, NUTRITIONAL DATA: Calories: 310 Calories From Fat: 160 Total Fat: 18g Fiber: 1g Weight Watchers Points: 8

Swissdog

Item #991, All meat hot dog (8/1) and Swiss cheese on a hot dog bun. Net Weight 4.4 oz, NUTRITIONAL DATA: Calories: 400 Calories From Fat: 220 Total Fat: 25g Fiber: 1g Weight Watchers Points: 10



Twin Chili Dogs

Item #931, Two all meat hot dogs, chili with beans and shredded cheese on hot dog buns. Net Weight 10 oz, NUTRITIONAL DATA: Calories: 630 Calories From Fat: 340 Total Fat: 38g Fiber: 4g Weight Watchers Points: 16

Jr's Value Line



Jr Tuna Salad

Item #1001 Net Weight 2.5 oz, NUTRITIONAL DATA: Calories: 150
Calories From Fat: 40 Total Fat: 4g Fiber: 1g Weight Watchers
Points: 3

LSL - Burgers

Brat & Hamburger Sandwich

Item #1739, 1-100% all meat Charbroiled brat patty, 1-100% all beef charbroiled beef patty, 2 slices of processed american cheese on a fresh hamburger bun. Net Weight 6.1 oz, NUTRITIONAL DATA: Calories: 510 Calories From Fat: 310 Total Fat: 35g Fiber: 1g Weight Watchers Points: 13



Cheese Burger

Item #1925, 100% All Beef Charbroil Hamburger patty and a slice of American Cheese on a fresh baked hamburger bun. Net Weight 4.2 oz, NUTRITIONAL DATA: Calories: 310 Calories From Fat: 160 Total Fat: 19g Fiber: 1g Weight Watchers Points: 8

Double Cheeseburger

Item #1966, Two(2) - 100% ALL BEEF charbroiled hamburger patties, and two(2) slices of processed American Cheese are served on a freshly baked hamburger bun. Net Weight 5.6 oz, NUTRITIONAL DATA: Calories: 430 Calories From Fat: 240 Total Fat: 27g Fiber: 1g Weight Watchers Points: 11



Lsl Quarter Pound Cheeseburger

Item #1971, 1/4lb Charbroiled, 100% all beef hamburger patty with a slice of processed american cheese on a 5" seeded hamburger bun. Net Weight 6.6 oz, NUTRITIONAL DATA: Calories: 590 Calories From Fat: 330 Total Fat: 37g Fiber: 1g Weight Watchers Points: 15

LSL - Hot

Chuckwagon Poppyseed

Item #1740, Sliced cotto salami, bologna, & spiced luncheon loaf with processed american and swiss cheeses on a soft poppyseed kaiser bun. Net Weight 4.7 oz, NUTRITIONAL DATA: Calories: 500 Calories From Fat: 210 Total Fat: 24g Fiber: 2g Weight Watchers Points: 12



LSL - Hot



Er-lsl Chicken & Cheddar

Item #1664 ,Breaded chicken patty, accented with the flavor of cheddar cheese in the patty. Served on a fresh Cornmeal Kaiser. Net Weight 4.6 oz, NUTRIONAL DATA: Calories: 460 Calories From Fat: 160 Total Fat: 17g Fiber: 3g Weight Watchers Points: 11

Lsl Sausage Egg & Cheese Muffin

Item #1937, A savory pork sausage patty, topped with a scrambled egg patty, and a slice of American Cheese, served on an English Muffin. Net Weight 5.2 oz, NUTRIONAL DATA: Calories: 410 Calories From Fat: 220 Total Fat: 25g Fiber: 1g Weight Watchers Points: 10



LSL - Sandwiches



Premium Cold Cut Sub

Item #1820 ,Shaved Ham, Turkey, & Roast Beef, American & Swiss Cheese, piled into a freshly baked 8" French Loaf. Packaged for 15 days. Net Weight 10.2 oz, NUTRIONAL DATA: Calories: 620 Calories From Fat: 120 Total Fat: 14g Fiber: 3g Weight Watchers Points: 14

LSL - Wedges

Bologna & Cheese on White

Item #1685 ,Sliced Bologna & American Cheese on fresh white sandwich bread, lightly spread with margarine. Net Weight 4.3 oz, NUTRIONAL DATA: Calories: 380 Calories From Fat: 220 Total Fat: 25g Fiber: 2g Weight Watchers Points: 10



Chicken Salad Wheat Wedge

Item #1920 ,Our homemade recipe, this "ALL WHITE MEAT" Chicken Salad is served on fresh wheat bread, lightly spread with whipped margarine for freshness. Net Weight 4.9 oz, NUTRIONAL DATA: Calories: 330 Calories From Fat: 120 Total Fat: 14g Fiber: 3g Weight Watchers Points: 8

Egg Salad White Wedge

Item #1903 ,Our homemade egg salad recipe is made with freshly cooked and hand peeled eggs. We serve it on freshly baked white sandwich bread, lightly coated with whipped margarine for freshness. Net Weight 4.8 oz, NUTRIONAL DATA: Calories: 320 Calories From Fat: 140 Total Fat: 15g Fiber: 2g Weight Watchers Points: 8



LSL - Wedges



Egg Salad on Wheat

Item #1783 ,Our homemade egg salad, made with recipe using freshly cooked and hand peeled eggs, served on wheat sandwich bread, lightly coated with margarine. Net Weight 4.8 oz, NUTRITIONAL DATA: Calories: 320 Calories From Fat: 130 Total Fat: 15g Fiber: 2g Weight Watchers Points: 8

Er-lsl Trky & Ch On White

Item #1723 ,Shaved Turkey & American Cheese on fresh white sandwich bread, lightly coated with margarine. Net Weight 4.3 oz, NUTRITIONAL DATA: Calories: 270 Calories From Fat: 80 Total Fat: 10g Fiber: 2g Weight Watchers Points: 6



Er-lsl Trky On Wheat Wedge

Item #1779 ,Shaved Turkey on fresh wheat sandwich bread, lightly coated with margarine. Net Weight 4.4 oz, NUTRITIONAL DATA: Calories: 240 Calories From Fat: 40 Total Fat: 6g Fiber: 2g Weight Watchers Points: 5

Ham and Cheese White Wedge

Item #1905 ,Shaved Ham & processed American Cheese, served on freshly baked white sandwich bread, lightly spread with whipped margarine for freshness. Net Weight 4.3 oz, NUTRITIONAL DATA: Calories: 270 Calories From Fat: 90 Total Fat: 10g Fiber: 2g Weight Watchers Points: 6



Ham and Swiss on Rye Wedge

Item #1904 ,Shaved Ham and processed Swiss Cheese, served on freshly baked sandwich Rye, lightly spread with whipped margarine for freshness. Net Weight 4.3 oz, NUTRITIONAL DATA: Calories: 320 Calories From Fat: 120 Total Fat: 13g Fiber: 2g Weight Watchers Points: 7

Jumbo Ham Salad

Item #1901 ,Our Homemade recipe Ham Salad, served on freshly baked white sandwich bread, lightly spread with whipped margarine for freshness. Net Weight 4.8 oz, NUTRITIONAL DATA: Calories: 350 Calories From Fat: 150 Total Fat: 17g Fiber: 2g Weight Watchers Points: 8



LSL - Wedges, Jumbo



Jumbo Ham & Cheese

Item #1501, This Jumbo Ham & Cheese is made with a large portion of shaved Ham & processed American Cheese. It is served on thick Texas loaf bread. Net Weight 6.6 oz, NUTRITIONAL DATA: Calories: 440 Calories From Fat: 140 Total Fat: 15g Fiber: 2g Weight Watchers Points: 10

Jumbo Turkey & Cheese Wedge

Item #1503, Made with a large portion of shaved Turkey & processed American Cheese, this Jumbo wedge is served on thick Texas loaf bread. Net Weight 6.6 oz, NUTRITIONAL DATA: Calories: 440 Calories From Fat: 120 Total Fat: 14g Fiber: 2g Weight Watchers Points: 10



Lettuce Salads



Chef Salad Bowl w/Buttermilk Ranch Dressing

Item #697, A Hearty Spring greens Salad Bowl, packaged with separated ingredients for freshness. Includes: Lean Ham & Turkey, Croutons, Cheddar Cheese, 1/2 a Boiled Egg, & a packet of Buttermilk Ranch Dressing. Net Weight 9.1 oz, NUTRITIONAL DATA: Calories: 270 Calories From Fat: 130 Total Fat: 14g Fiber: 2g Weight Watchers Points: 7

Chef Salad Bowl w/Fat Free French Dressing

Item #696, A Hearty Spring Greens Salad Bowl, packaged with separated ingredients for freshness. Includes: Lean Ham & Turkey, Croutons, Cheddar Cheese, 1/2 of a Boiled Egg & a packet of Fat Free French Dressing. Net Weight 9.1 oz, NUTRITIONAL DATA: Calories: 270 Calories From Fat: 130 Total Fat: 14g Fiber: 2g Weight Watchers Points: 7



Chicken Caesar Salad Bowl

Item #699, A Hearty Romaine & Iceburg Lettuce Salad Bowl, packaged with ingredients separated for freshness. Includes: Grilled Chicken, Black Olives, Croutons, Shredded Parmesan Cheese, 1/2 of a Hard Boiled Egg, and a packet of Creamy Caesar Dressing. Net Weight 8.1 oz, NUTRITIONAL DATA: Calories: 230 Calories From Fat: 130 Total Fat: 14g Fiber: 2g Weight Watchers Points: 6

Chicken Vinaigrette Salad Bowl

Item #700, A Chicken & Spinach Salad Bowl, packaged with separated ingredients for freshness. Includes: Grilled Chicken, Bacon, Red Onions, Chopped Egg, Croutons, and a packet of Fat Free Raspberry Vinaigrette dressing. Net Weight 5.1 oz, NUTRITIONAL DATA: Calories: 290 Calories From Fat: 170 Total Fat: 18g Fiber: 4g Weight Watchers Points: 7



Lettuce Salads



Cobb Salad w/Blue Cheese Dressing

Item #1015 ,A Hearty Spring Greens Salad Bowl, packaged with separate ingredients for freshness. Includes diced Chicken (all white meat), Cherry Tomato, Chopped Boiled Eggs, Chopped Smokey Bacon Bits, Seasoned Croutons, and a packet of Blues Cheese Dressing. Net Weight 9.7 oz, NUTRITIONAL DATA: Calories: 410 Calories From Fat: 270 Total Fat: 29g Fiber: 2g Weight Watchers Points: 11

Er-tossed Salad W/french

Item#941,Choppedlettuce,shreddedcarrot,shreddedredcabbage, cherry tomato and a Fat Free French dressing packet. Net Weight 4.6 oz, NUTRITIONAL DATA: Calories: 25 Calories From Fat: 0 Total Fat: 0g Fiber: 1g Weight Watchers Points: 1



Er-tossed Salad W/ranch

Item#956,Choppedlettuce,shreddedcarrot,shreddedredcabbage, andcherrytomato, servedwithaButtermilkRanchdressingpacket. Net Weight 4.6 oz, NUTRITIONAL DATA: Calories: 25 Calories From Fat: 0 Total Fat: 0g Fiber: 1g Weight Watchers Points: 1

Medium Chef Bowl w/Buttermilk Ranch Dressin

Item #959 ,Crisp, chopped lettuce, jullianne ham, cherry tomato, flavored croutons, 1/2 of a hard boiled egg, and a fat free Ranch dressing packet. Net Weight 6.2 oz, NUTRITIONAL DATA: Calories: 130 Calories From Fat: 45 Total Fat: 5g Fiber: 1g Weight Watchers Points: 3



Medium Chef Bowl w/Fat Free French Dressing

Item #969 ,Crisp chopped lettuce, jullianne ham, cherry tomato,flavored croutons, hard boiled egg half, and a fat free French dressing packet. Net Weight 6.2 oz, NUTRITIONAL DATA: Calories: 130 Calories From Fat: 45 Total Fat: 5g Fiber: 1g Weight Watchers Points: 3

Medium Chef Bowl w/Fat Free Italian Dressing

Item #882 ,Crisp chopped lettuce, jullianne ham, cherry tomato, flavored croutons, 1/2 of a hard boiled egg and a Fat Free Italian dressing packet. Net Weight 6.2 oz, NUTRITIONAL DATA: Calories: 130 Calories From Fat: 45 Total Fat: 5g Fiber: 1g Weight Watchers Points: 3



Taco Salad Bowl W/ Salsa

Item #922 ,This large bowl salad is a spicy treat. Freshly Chopped Lettuce and a container of Spicy Taco Meat are topped by a seperated layer of Shredded Cheddar, sliced Black Olives, a scoop of Sour Cream, Frito Brand Corn Chips, and our very own Homemade Salsa. Net Weight 10 oz, NUTRITIONAL DATA: Calories: 300 Calories From Fat: 180 Total Fat: 20g Fiber: 2g Weight Watchers Points: 8

Lunchables



Lunchable Ham & Cheddar

Item #522, Nationally recognized Oscar Mayer brand, Lean Ham & Cheddar lunchable. Net Weight 4.3 oz, NUTRITIONAL DATA: Calories: 0 Calories From Fat: 0 Total Fat: 0g Fiber: 0g Weight Watchers Points: 0

Lunchable Ham & Swiss

Item #520, Nationally recognized Oscar Mayer brand, Lean ham & Swiss Lunchable Net Weight 4.3 oz, NUTRITIONAL DATA: Calories: 0 Calories From Fat: 0 Total Fat: 0g Fiber: 0g Weight Watchers Points: 0



Lunchable Turkey And Cheddar

Item #521, Nationally recognized Oscar Mayer brand, Turkey Breast & Cheddar lunchable. Net Weight 4.3 oz, NUTRITIONAL DATA: Calories: 0 Calories From Fat: 0 Total Fat: 0g Fiber: 0g Weight Watchers Points: 0

Meat & Cheese Snacks

Beef & Cheddar Sticks

Item #1512, This Low Carb Snax Pack has two Fresh Wisconsin Cheddar Cheese Sticks & two Smokey Beef Sticks. Net Weight 3.8 oz, NUTRITIONAL DATA: Calories: 230 Calories From Fat: 230 Total Fat: 26g Fiber: 0g Weight Watchers Points: 7



Beef & Pepper Jack Sticks

Item #1515, This Low carb Snax Pack has two Fresh Wisconsin Pepper Jack Cheese Sticks & two Smokey Beef sticks. Net Weight 3.8 oz, NUTRITIONAL DATA: Calories: 230 Calories From Fat: 230 Total Fat: 26g Fiber: 0g Weight Watchers Points: 7

Beef & String Cheese Sticks

Item #1519, This low carb Snax Pack has two Fresh Wisconsin String Cheese Sticks & two Smokey Beef Sticks. Net Weight 3.8 oz, NUTRITIONAL DATA: Calories: 170 Calories From Fat: 160 Total Fat: 18g Fiber: 0g Weight Watchers Points: 5



String Cheese Sticks

Item #1513, This low carb Snax Pack has four Fresh Wisconsin String Cheese Sticks. Net Weight 3.8 oz, NUTRITIONAL DATA: Calories: 320 Calories From Fat: 180 Total Fat: 20g Fiber: 0g Weight Watchers Points: 8

Pasta Salads



Asian Noodle Salad

Item #1014 ,This oriental themed pasta salad has diced white chicken, broccoliflorets, andchopped carrots, onions, & redpepers. These are allfolded togetherwithnoodles andsesame seeddressing. Net Weight 8.1 oz, NUTRIONAL DATA: Calories: 600 Calories From Fat: 80 Total Fat: 9g Fiber: 6g Weight Watchers Points: 12

Broccoli-Cauliflower Pasta Salad

Item #714 ,This pasta favorite has all the right stuff; Broccoli, Cauliflower, Rotini Noodles, Chopped Bacon, Shredded Cheddar Cheese, and Chopped Onions. It is all tossed in a lite, homemade dressing, and served in a clear side dish container. Net Weight 5.7 oz, NUTRIONAL DATA: Calories: 450 Calories From Fat: 120 Total Fat: 13g Fiber: 3g Weight Watchers Points: 10



Chicken Bowtie Pasta Salad

Item #825 ,Bowtie Pasta blended with "All White" diced Chicken, Ranch dressing, Celery, Peas, Pamento pieces, Bacon crisps, Cheddar Cheese Cubes, and Seasonings. Net Weight 7 oz, NUTRIONAL DATA: Calories: 560 Calories From Fat: 190 Total Fat: 22g Fiber: 2g Weight Watchers Points: 13

Er-garden Pasta Salad

Item #862 ,This Pasta Favorite is also a "Better for You" Choice. It's fresh ingredients include Broccoli Florets, Cauliflower, Celery, Carrots, Green Peppers, Black Olives, Shredded Mozzarella Cheese, and diced Onions. It is all tossed in a Fat Free Italian Dressing and served in a clear side dish container. Net Weight 6 oz, NUTRIONAL DATA: Calories: 350 Calories From Fat: 60 Total Fat: 6g Fiber: 4g Weight Watchers Points: 8

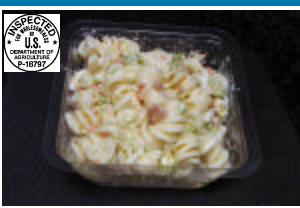


Er-tuna Mac Salad

Item #957,Elbow macaroni noodles, tuna, celery, onions, peas and salad dressing. Net Weight 7 oz, NUTRIONAL DATA: Calories: 560 Calories From Fat: 150 Total Fat: 16g Fiber: 5g Weight Watchers Points: 12

Ham and Cheddar Macaroni

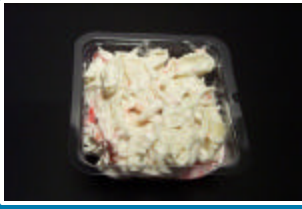
Item #958,Elbow macaroni, ham, natural Cheddar cheese, celery, onions and salad dressing. Net Weight 7 oz, NUTRIONAL DATA: Calories: 640 Calories From Fat: 200 Total Fat: 22g Fiber: 4g Weight Watchers Points: 15



Pepperoni Pasta

Item #746 ,Rotini noodles, diced pepperoni and onion, shredded mozzarella cheese, tossed in an Italian flavored dressing. Net Weight 5.7 oz, NUTRIONAL DATA: Calories: 560 Calories From Fat: 230 Total Fat: 25g Fiber: 3g Weight Watchers Points: 13

Pasta Salads



Seafood Pasta Salad

Item #695 ,Pasta shells, imitation crab, carrot, celery, onion and spices, tossed in a creamy dressing, made from our own recipe. Net Weight 7 oz, NUTRIONAL DATA: Calories: 500 Calories From Fat: 160 Total Fat: 19g Fiber: 0g Weight Watchers Points: 12

Pizza

Pepperoni French Bread Pizza

Item #601 ,Freshly Baked French Bread, topped with a Zesty Pizza Sauce, Jumbo Pepperoni, and Mozzarella Cheese. Net Weight 9.8 oz, NUTRIONAL DATA: Calories: 800 Calories From Fat: 280 Total Fat: 30g Fiber: 3g Weight Watchers Points: 19



Pepperoni Pizza

Item #1011 ,A sheet pan pizza from our school days, this childhood favorite has Pepperoni & Mozzarella on a thin crust. Net Weight 4.6 oz, NUTRIONAL DATA: Calories: 270 Calories From Fat: 80 Total Fat: 9g Fiber: 4g Weight Watchers Points: 6

Sausage French Bread Pizza

Item #606 ,Freshly Baked French Bread, topped with a Zesty Pizza Sauce, Crumbled Sausage, and Mozzarella Cheese. Net Weight 9.3 oz, NUTRIONAL DATA: Calories: 790 Calories From Fat: 260 Total Fat: 21g Fiber: 3g Weight Watchers Points: 18



Sausage Pizza

Item #1013 ,A sheet pan pizza from our school days, this childhood favorite has Sausage & Mozzarella on a thin crust. Net Weight 5.8 oz, NUTRIONAL DATA: Calories: 390 Calories From Fat: 140 Total Fat: 15g Fiber: 2g Weight Watchers Points: 9

Premium

Belly Bender

Item #614 ,A combination of thinly sliced roast beef, ham and turkey with processed American cheese, topped off with honey mustard, served on freshly baked french bread. Net Weight 14.4 oz, NUTRIONAL DATA: Calories: 820 Calories From Fat: 240 Total Fat: 27g Fiber: 3g Weight Watchers Points: 19



Premium



Chicago Style Beef Combo

Item #873, Authentic Italian Beef and Italian sausage link combined on an Italian style roll with pepperoncini and Italian Ajus. Net Weight 9.9 oz, NUTRITIONAL DATA: Calories: 540 Calories From Fat: 260 Total Fat: 29g Fiber: 1g Weight Watchers Points: 13

Double Cheese Ciabatta Burger

Item #653, Two(2) exclusive recipe, 100% All Beef, Burger patties, topped with Lettuce & Tomato, and served in a Ciabatta Bun baked in our very own ovens. Net Weight 8.9 oz, NUTRITIONAL DATA: Calories: 550 Calories From Fat: 200 Total Fat: 24g Fiber: 3g Weight Watchers Points: 13



Eliminator

Item #613, All meat bologna, Cotto salami, spiced luncheon loaf, shredded lettuce, onion, natural Swiss cheese, and Chipotle flavored salad dressing, on freshly baked Kitchen Fresh French bread, garnished with dill pickle spears. Net Weight 14.2 oz, NUTRITIONAL DATA: Calories: 940 Calories From Fat: 460 Total Fat: 51g Fiber: 3g Weight Watchers Points: 23

Er-cajun Turkey Sub

Item #690, Freshly baked french bread, a generous portion of thinly sliced Turkey breast, shredded lettuce, thinly sliced onion and Cajun salad dressing. Net Weight 11.6 oz, NUTRITIONAL DATA: Calories: 710 Calories From Fat: 190 Total Fat: 22g Fiber: 3g Weight Watchers Points: 16



Er-french Dip

Item #803, Top Round Roast Beef on an Authentic French Roll, served with the perfect Aus Jus. Net Weight 7.8 oz, NUTRITIONAL DATA: Calories: 270 Calories From Fat: 35 Total Fat: 4.5g Fiber: 1g Weight Watchers Points: 6

Er-gourmet Cut Ham

Item #658, A Generous portion of Shaved Honey Ham w/ American Cheese, Leaf Lettuce, & Tomato, Smeared with a Dijon Mayo Sauce, and served on Thick Whole Wheat Bread. Net Weight 7.5 oz, NUTRITIONAL DATA: Calories: 490 Calories From Fat: 150 Total Fat: 16g Fiber: 5g Weight Watchers Points: 10



Er-gourmet Cut Turkey

Item #659, A Generous portion of Smoked Turkey w/ American Cheese, Leaf Lettuce, & Tomato, Smeared with a Spicy Orange Marmalade, and served on Thick Whole Wheat Bread. Net Weight 7.5 oz, NUTRITIONAL DATA: Calories: 470 Calories From Fat: 90 Total Fat: 10g Fiber: 5g Weight Watchers Points: 9

Premium



Er-ham & Swiss Pretzel

Item #870, Made with our Freshly Baked Pretzel Bread, this unique sandwich has a stack of lean sliced ham topped with processed swiss cheese. Net Weight 7.6 oz, NUTRITIONAL DATA: Calories: 560 Calories From Fat: 170 Total Fat: 19g Fiber: 2g Weight Watchers Points: 13

Er-roast Beef & Ham Sub

Item #691, Thinly sliced roast beef and honey ham, shredded lettuce and sweet white onions, special honey mustard based sauce served on freshly baked Kitchen Fresh, twist, french bread. Net Weight 11.2 oz, NUTRITIONAL DATA: Calories: 620 Calories From Fat: 130 Total Fat: 14g Fiber: 3g Weight Watchers Points: 14



Er-roast Beef Ciabatta

Item #749, Made with a Freshly Baked Ciabatta Bun, this sandwich is stacked full of Premium Sliced Roast Beef, Leaf Lettuce & Tomato. It is served on a tray, with a packet of Horseradish sauce. Net Weight 8.4 oz, NUTRITIONAL DATA: Calories: 360 Calories From Fat: 35 Total Fat: 5g Fiber: 3g Weight Watchers Points: 8

Er-wheat Triple Decker

Item #616, Layered shaved roast beef and turkey, accented with honey mustard and creamy horseradish sauce piled on homemade whole wheat bread. Net Weight 11.9 oz, NUTRITIONAL DATA: Calories: 690 Calories From Fat: 170 Total Fat: 19g Fiber: 3g Weight Watchers Points: 15



Fiesta Burger

Item #619, Huge charbroiled patty, Jalapeno pepper cheese, topped with chunky Salsa, on an oversized bun. Net Weight 8.8 oz, NUTRITIONAL DATA: Calories: 570 Calories From Fat: 340 Total Fat: 38g Fiber: 1g Weight Watchers Points: 15

Grilled Monster Burger

Item #936, Made with three (3) 100% all beef charbroiled burger patties, this monster is topped with sweet caramelized onion and served on grilled sour dough bread. Net Weight 9.1 oz, NUTRITIONAL DATA: Calories: 680 Calories From Fat: 300 Total Fat: 33g Fiber: 2g Weight Watchers Points: 16



Homestead Burger

Item #618, Huge, charbroiled burger patty, topped with thin sliced ham, smokey sliced bacon and american cheese slices. Net Weight 9.0 oz, NUTRITIONAL DATA: Calories: 630 Calories From Fat: 360 Total Fat: 41g Fiber: 1g Weight Watchers Points: 16

Premium



Monster Sub

Item #767, A combination of thinly sliced ham, cotto salami, turkey, processed swiss and american cheeses on a slice of freshly baked french bread that has been spread with tangy salad dressing. Net Weight 10.7 oz, NUTRITIONAL DATA: Calories: 860 Calories From Fat: 310 Total Fat: 35g Fiber: 3g Weight Watchers Points: 20

Pastrami Reuben

Item #944, Shaved turkey pastrami piled on fresh marble rye, topped with sauerkraut and swiss cheese, with a side of 1000 island dressing. Net Weight 11.0 oz, NUTRITIONAL DATA: Calories: 860 Calories From Fat: 470 Total Fat: 52g Fiber: 6g Weight Watchers Points: 21



Pastrami on Marble Rye

Item #617, Shaved turkey pastrami piled high on marble rye with Chipotle sauce, dill pickle spears and cherry pepper garnish. Net Weight 8.6 oz, NUTRITIONAL DATA: Calories: 500 Calories From Fat: 220 Total Fat: 24g Fiber: 4g Weight Watchers Points: 12

Soft Shell Taco Plate

Item #602, Build your own Tacos. Plate comes with two soft taco shells, lettuce, shredded cheese, black olives, spicy taco meat, and two taco seasoning packets. Heat the meat separately and enjoy your fresh Tacos. Net Weight 8.3 oz, NUTRITIONAL DATA: Calories: 340 Calories From Fat: 220 Total Fat: 24g Fiber: 4g Weight Watchers Points: 9



Sandwiches

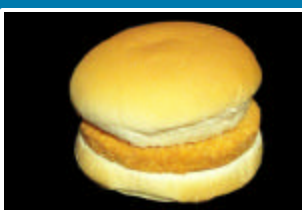


Bratwurst Sandwich

Item #946, Great tasting, skinless bratwurst link served on a freshly baked Kitchen Fresh brat bun. Net Weight 5.2 oz, NUTRITIONAL DATA: Calories: 380 Calories From Fat: 180 Total Fat: 21g Fiber: 1g Weight Watchers Points: 9

Breaded Chicken Cordonbleu

Item #832, A Breaded 3oz Chicken Patty, sliced Ham, and processed Swiss cheese, served on a fresh Kaiser bun. Net Weight 6.4 oz, NUTRITIONAL DATA: Calories: 550 Calories From Fat: 250 Total Fat: 28g Fiber: 3g Weight Watchers Points: 13



Breaded Chicken Sandwich

Item #834, A traditional sandwich, this seasoned & breaded 3oz Chicken Patty is served on a fresh, 4", plain bun. Net Weight 5 oz, NUTRITIONAL DATA: Calories: 380 Calories From Fat: 180 Total Fat: 20g Fiber: 3g Weight Watchers Points: 9

Sandwiches



Breaded Chuckwagon

Item #666 ,A breaded meat patty served on a cornmeal kaiser roll.
Net Weight 4.9 oz, NUTRIONAL DATA: Calories: 470 Calories From Fat: 160 Total Fat: 18g Fiber: 3g Weight Watchers Points: 11

Cheddarhead Brat

Item #662 ,A savory 6" Wisconsin Bratwurst containing cheddar flavored cheese served on a homemade, freshly baked, brat bun Net Weight 6 oz, NUTRIONAL DATA: Calories: 430 Calories From Fat: 230 Total Fat: 26g Fiber: 1g Weight Watchers Points: 11

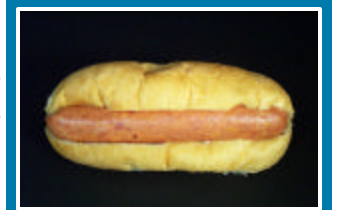


Cheese Steak Sandwich

Item #947 ,Steak flavored patty and 2 slices of creamy, processed american cheese on a sesame seeded hoagie bun. Net Weight 5.4 oz, NUTRIONAL DATA: Calories: 460 Calories From Fat: 210 Total Fat: 23g Fiber: 3g Weight Watchers Points: 11

Cheesy Grillwurst

Item #972 ,A savory 6" sausage link containing cheddar flavored cheese on a homemade, freshly baked Kitchen Fresh brat bun. Net Weight 6 oz, NUTRIONAL DATA: Calories: 440 Calories From Fat: 230 Total Fat: 27g Fiber: 1g Weight Watchers Points: 11



Chicago Style Italian Sausage

Item #854 ,Mildly spicey Italian sausage link, smothered in Italian red sauce with slivered onions and green peppers on a freshly baked bun. Net Weight 7.0 oz, NUTRIONAL DATA: Calories: 430 Calories From Fat: 230 Total Fat: 26g Fiber: 1g Weight Watchers Points: 11

Chicken Parmesan Snacker

Item #838 ,This "SNACKER" has two Breaded Chicken Nugget strips in a Fresh Coney Hot Dog bun. It is smothered in Italian Red Sauce and covered with Shredded Mozzarella. Net Weight 4.3 oz, NUTRIONAL DATA: Calories: 320 Calories From Fat: 120 Total Fat: 14g Fiber: 3g Weight Watchers Points: 8



Chicken Snacker w/BBQ

Item #759 ,This "SNACKER" contains two(2) breaded chicken nuggets in a fresh Coney Hot Dog Bun. It also has a packet of sweet BBQ on the side. Net Weight 3.8 oz, NUTRIONAL DATA: Calories: 270 Calories From Fat: 100 Total Fat: 11g Fiber: 2g Weight Watchers Points: 6

Sandwiches



Chorizo Sausage

Item #667, This spicy Chorizo is a seasoned, smoked pork sausage, flavored with Garlic, chili pepper, and other spices. It is served in our homemade, fresh baked, brat bun. Net Weight 6 oz, NUTRITIONAL DATA: Calories: 490 Calories From Fat: 250 Total Fat: 28g Fiber: 2g Weight Watchers Points: 12



Chuckwagon Poppyseed

Item #640, Sliced cotto salami, bologna and spiced luncheon loaf with processed American and Swiss cheeses on a soft poppyseed kaiser bun. Net Weight 5.0 oz, NUTRITIONAL DATA: Calories: 500 Calories From Fat: 210 Total Fat: 24g Fiber: 2g Weight Watchers Points: 12



Chuckwagon

Item #913, Bologna, cotto salami, spiced luncheon loaf, Swiss and American cheeses on a sesame-seeded hamburger bun. Net Weight 5.7 oz, NUTRITIONAL DATA: Calories: 400 Calories From Fat: 200 Total Fat: 22g Fiber: 1g Weight Watchers Points: 10



Er-bbq Beef Sandwich

Item #985, 100% beef mixed with Sweet Baby Ray's BBQ sauce on a Kaiser roll. Net Weight 4.7 oz, NUTRITIONAL DATA: Calories: 280 Calories From Fat: 40 Total Fat: 4.5g Fiber: 1g Weight Watchers Points: 6



Er-bbq Chicken Sandwich

Item #983, Tender diced chicken meat, tossed in Sweet Baby Ray's BBQ sauce and served on a freshly baked Kaiser roll. Net Weight 4.7 oz, NUTRITIONAL DATA: Calories: 280 Calories From Fat: 30 Total Fat: 3.5g Fiber: 2g Weight Watchers Points: 6



Er-bbq Pork Sandwich

Item #982, 100% pork mixed with Sweet Baby Ray's BBQ sauce on a Kaiser roll. Net Weight 4.7 oz, NUTRITIONAL DATA: Calories: 310 Calories From Fat: 60 Total Fat: 7g Fiber: 1g Weight Watchers Points: 7



Er-beef And Cheddar On Bun

Item #923, Thinly sliced roast beef and cheddar cheese sauce on a multigrain wheat bun. Net Weight 4.5 oz, NUTRITIONAL DATA: Calories: 230 Calories From Fat: 60 Total Fat: 6g Fiber: 2g Weight Watchers Points: 5

Sandwiches



Er-buffalo Chicken Sand

Item #827, This Spicy Sandwich has a 3oz Grilled Chicken Breast and is smothered in Frank's Red Hot Buffalo Sauce, served on a Kaiser Bun. Net Weight 6.1 oz, NUTRITIONAL DATA: Calories: 390 Calories From Fat: 120 Total Fat: 13g Fiber: 3g Weight Watchers Points: 9

Er-chicago Italian Beef

Item #853, Shaved Italian beef, smothered in our own italian red sauce, with slivered green peppers and onions. Net Weight 9.1 oz, NUTRITIONAL DATA: Calories: 380 Calories From Fat: 70 Total Fat: 8g Fiber: 3g Weight Watchers Points: 8

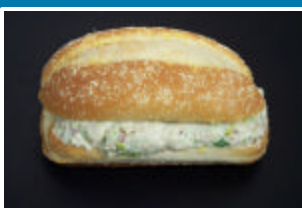


Er-chicken & Swiss Wheat

Item #970, Grilled Chicken Breast and Swiss Cheese on a Whole Wheat Bun Net Weight 5.2 oz, NUTRITIONAL DATA: Calories: 330 Calories From Fat: 110 Total Fat: 12g Fiber: 2g Weight Watchers Points: 8

Er-chicken And Cheddar

Item #664, Breaded chicken patty, accented with the flavor of cheddar cheese. Net Weight 4.9 oz, NUTRITIONAL DATA: Calories: 460 Calories From Fat: 160 Total Fat: 17g Fiber: 3g Weight Watchers Points: 11



Er-chicken Salad Wheat Bun

Item #942, Our own recipe Chicken Salad on a multigrain wheat bun. Net Weight 4.5 oz, NUTRITIONAL DATA: Calories: 280 Calories From Fat: 100 Total Fat: 11g Fiber: 3g Weight Watchers Points: 7

Er-fish & Cheese W/tartar

Item #977, Breaded pollock fillet and American cheese on a 4" seeded bun. Tartar sauce packet included. Net Weight 5.6 oz, NUTRITIONAL DATA: Calories: 430 Calories From Fat: 140 Total Fat: 14g Fiber: 3g Weight Watchers Points: 10



Er-grilled Chicken W/bbq

Item #851, Grilled chicken breast patty, topped with zesty BBQ and onion sauce on an onion roll. Net Weight 6.3 oz, NUTRITIONAL DATA: Calories: 390 Calories From Fat: 120 Total Fat: 13g Fiber: 4g Weight Watchers Points: 9

Er-grilled Chicken/swiss

Item #981, A Grilled Chicken Breast and Swiss Cheese on a Fresh Rye Bun. Net Weight 5.4 oz, NUTRITIONAL DATA: Calories: 350 Calories From Fat: 110 Total Fat: 12g Fiber: 3g Weight Watchers Points: 8



Sandwiches



Er-ham & Cheese Bun

Item #906 ,Thin sliced Ham and a slice of processed American cheese on a sesame seeded bun. Net Weight 3.7 oz, NUTRIONAL DATA: Calories: 310 Calories From Fat: 70 Total Fat: 8g Fiber: 3g Weight Watchers Points: 7

Er-ham & Swiss On A Bun

Item #995, Thin sliced ham and processed Swiss cheese on a sesame seeded bun. Net Weight 3.8 oz, NUTRIONAL DATA: Calories: 310 Calories From Fat: 70 Total Fat: 7g Fiber: 3g Weight Watchers Points: 7



Er-ham Turkey Wheat Bagel

Item #760, Thinly sliced turkey and 96% fat free ham with shredded lettuce and dill pickle slices on a whole wheat bagel. Net Weight 7.5 oz, NUTRIONAL DATA: Calories: 450 Calories From Fat: 25 Total Fat: 2.5g Fiber: 4g Weight Watchers Points: 9

Er-philly Steak Sndwch

Item #603 ,Marinated Philly Steak, Mozzarella Cheese, Peppers, & Onions on a Turano Sub Bun. Net Weight 6.8 oz, NUTRIONAL DATA: Calories: 280 Calories From Fat: 45 Total Fat: 5g Fiber: 2g Weight Watchers Points: 6



Er-sloppy Joe

Item #907 ,Sloppy Joe, made from scratch in our own Kitchen, served on a hamburger bun. Net Weight 4.5 oz, NUTRIONAL DATA: Calories: 230 Calories From Fat: 80 Total Fat: 8g Fiber: 1g Weight Watchers Points: 5

Er-tuna Salad On Wheat Sub

Item #628 ,Homemade tuna salad on a whole grain sub bun. Net Weight 4.4 oz, NUTRIONAL DATA: Calories: 270 Calories From Fat: 80 Total Fat: 9g Fiber: 3g Weight Watchers Points: 6



Er-turkey & Gravy Sndwch

Item #724 ,All white turkey meat, mixed with turkey gravy and served on a freshly baked roll. Net Weight 6.5 oz, NUTRIONAL DATA: Calories: 320 Calories From Fat: 35 Total Fat: 4g Fiber: 1g Weight Watchers Points: 7

Er-turkey And Cheese Bun

Item #713 ,Thinly sliced turkey and American cheese on a sesame seeded bun. Net Weight 3.4 oz, NUTRIONAL DATA: Calories: 310 Calories From Fat: 60 Total Fat: 7g Fiber: 3g Weight Watchers Points: 7



Sandwiches



Er-turkey And Swiss Bun

Item #711 ,Thinly sliced turkey and Swiss cheese on a sesame seed bun. Net Weight 3.5 oz, NUTRITIONAL DATA: Calories: 360 Calories From Fat: 90 Total Fat: 10g Fiber: 3g Weight Watchers Points: 8

Er-turkey Delite Wheat Sub

Item #736,Thinly sliced turkey, shredded lettuce and salad dressing on a whole wheat sub bun. Net Weight 4.4 oz, NUTRITIONAL DATA: Calories: 250 Calories From Fat: 80 Total Fat: 8g Fiber: 2g Weight Watchers Points: 6



Grilled Chicken Breast

Item #637, A generous grilled chicken breast patty with a slice of processed American cheese on a sesame seeded bun. Net Weight 5.2 oz, NUTRITIONAL DATA: Calories: 470 Calories From Fat: 180 Total Fat: 20g Fiber: 5g Weight Watchers Points: 10

Grilled Chix & Honey Mustard

Item #785, Grilled chicken patty, topped with honey mustard sauce on a sesame seeded bun. Net Weight 6.3 oz, NUTRITIONAL DATA: Calories: 460 Calories From Fat: 200 Total Fat: 22g Fiber: 4g Weight Watchers Points: 11



Ham Bacon Melt

Item #777, Thin sliced ham, round bacon and a slice of processed American cheese on our freshly baked Kaiser roll. Net Weight 4.1 oz, NUTRITIONAL DATA: Calories: 280 Calories From Fat: 90 Total Fat: 10g Fiber: 1g Weight Watchers Points: 6

Ham Onion Roll Stacker

Item #859 ,Shaved ham piled high, topped with American cheese and served on an Onion roll. Net Weight 5.9 oz, NUTRITIONAL DATA: Calories: 340 Calories From Fat: 90 Total Fat: 10g Fiber: 2g Weight Watchers Points: 8



Italian Chicken Breast

Item #750 ,Italian spiced chicken breast patty with Mozzarella cheese on a Kaiser roll. Net Weight 4.9 oz, NUTRITIONAL DATA: Calories: 370 Calories From Fat: 150 Total Fat: 17g Fiber: 2g Weight Watchers Points: 9

Jalapeno Polish Sausage

Item #780, For those who like a little heat, this Polish style sausage contains minced jalapeno peppers and is served on a freshly baked brat bun. Net Weight 6 oz, NUTRITIONAL DATA: Calories: 420 Calories From Fat: 220 Total Fat: 26g Fiber: 1g Weight Watchers Points: 11



Sandwiches



Jumbo Meatball Turano

Item #726, Three hugh, 1oz each, Meatballs in Marinara Sauce, covered with Mozzarella Cheese, served in an Authentic Turano sub bun. Net Weight 7.8 oz, NUTRITIONAL DATA: Calories: 510 Calories From Fat: 230 Total Fat: 26g Fiber: 3g Weight Watchers Points: 12

Meatball Sub Sandwich

Item #984, Italian flavored meatballs, topped with pizza sauce and served on a split top hoagie roll. Net Weight 5.8 oz, NUTRITIONAL DATA: Calories: 630 Calories From Fat: 310 Total Fat: 34g Fiber: 5g Weight Watchers Points: 14



Meatloaf On A Bun

Item #665, Sliced "home style" meat loaf on a bun. Net Weight 4.0 oz, NUTRITIONAL DATA: Calories: 230 Calories From Fat: 100 Total Fat: 11g Fiber: 1g Weight Watchers Points: 6

Patty Melt Sandwich

Item #989, 100% all beef hamburger patty and a slice of processed swiss cheese on ryes sandwich bread, lightly spread with margarine. Net Weight 4.5 oz, NUTRITIONAL DATA: Calories: 420 Calories From Fat: 220 Total Fat: 25g Fiber: 2g Weight Watchers Points: 10



Peanut Butter And Grape Jelly

Item #670, America's favorite combination, creamy peanut butter and grape jelly on white sandwich bread. Net Weight 3.5 oz, NUTRITIONAL DATA: Calories: 350 Calories From Fat: 140 Total Fat: 16g Fiber: 4g Weight Watchers Points: 8

Pepperoni Melt

Item #788, Pepperoni, onion, green pepper, pizza sauce and shredded mozzarella cheese on a seeded bun. Net Weight 5.8 oz, NUTRITIONAL DATA: Calories: 430 Calories From Fat: 170 Total Fat: 18g Fiber: 2g Weight Watchers Points: 10



Polish Sausage Sandwich

Item #999, An "Old World" style polish sausage link on a freshly baked brat bun. Net Weight 5.5 oz, NUTRITIONAL DATA: Calories: 380 Calories From Fat: 190 Total Fat: 22g Fiber: 1g Weight Watchers Points: 9

Polish and Kraut

Item #973, A flavorful Polish sausage link, topped with sauerkraut and served on a freshly baked brat bun. Net Weight 6.5 oz, NUTRITIONAL DATA: Calories: 380 Calories From Fat: 190 Total Fat: 22g Fiber: 2g Weight Watchers Points: 9



Sandwiches



Pork Chop Sandwich

Item #994 ,Breaded, seasoned pork chop shaped patty on a hamburger bun. Net Weight 5 oz, NUTRIONAL DATA: Calories: 400 Calories From Fat: 200 Total Fat: 22g Fiber: 3g Weight Watchers Points: 10



Rib Sandwich

Item #961 ,Charbroiled rib patty, topped with zesty BBQ sauce on a seeded bun. Net Weight 6.5 oz, NUTRIONAL DATA: Calories: 500 Calories From Fat: 190 Total Fat: 21g Fiber: 3g Weight Watchers Points: 12



Ranchwagon

Item #787,Ham, bologna, cottosalami, Swiss and American cheese on a freshly baked Kaiser roll. Net Weight 5.9 oz, NUTRIONAL DATA: Calories: 460 Calories From Fat: 210 Total Fat: 25g Fiber: 1g Weight Watchers Points: 11



Roast Beef Onion Roll Stacker

Item #896 ,Shaved roast beef, stacked high on an onion roll, topped off with a slice of processed Swiss cheese. Net Weight 5.5 oz, NUTRIONAL DATA: Calories: 370 Calories From Fat: 120 Total Fat: 13g Fiber: 2g Weight Watchers Points: 8



Shaved Corned Beef on Rye Bun

Item #725 ,Shaved Corned Beef and Swiss Cheese served on a Fresh Rye Bun. Net Weight 4.9 oz, NUTRIONAL DATA: Calories: 340 Calories From Fat: 100 Total Fat: 12g Fiber: 3g Weight Watchers Points: 8



Sloppy Joe W/ Cheese

Item #811 ,Sloppy Joe, made from scratch in our own kitchen, topped with processed American Cheese, served on a hamburger bun. Net Weight 4.7 oz, NUTRIONAL DATA: Calories: 280 Calories From Fat: 110 Total Fat: 12g Fiber: 1g Weight Watchers Points: 7



Smothered Steak Sandwich

Item #651 ,Our Strip Steak patty, covered with Grilled Onion & Mushrooms and topped with Provolone cheese. It is served served plated, in an authentic, fresh, Turano bun. Net Weight 7.0 oz, NUTRIONAL DATA: Calories: 470 Calories From Fat: 210 Total Fat: 24g Fiber: 4g Weight Watchers Points: 11

Sandwiches

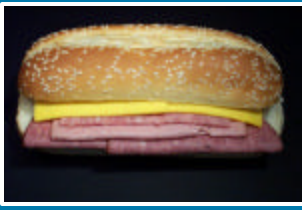


Southern Fried Chicken Sandwich

Item #934 ,Fried chicken patty, breaded and seasoned "Southern Style" on a freshly baked kaiser roll. Net Weight 4.7 oz, NUTRITIONAL DATA: Calories: 420 Calories From Fat: 180 Total Fat: 21g Fiber: 4g Weight Watchers Points: 10

Spicy Chicken Sandwich

Item #672 ,This spicy breaded chicken patty is served on a fresh 4", plain bun Net Weight 5 oz, NUTRITIONAL DATA: Calories: 440 Calories From Fat: 240 Total Fat: 27g Fiber: 3g Weight Watchers Points: 11



Submarine

Item #914 ,Cotto salami, spiced luncheon meat, all meat bologna and processed American cheese on a sesame seeded sub bun. Net Weight 5.1 oz, NUTRITIONAL DATA: Calories: 430 Calories From Fat: 180 Total Fat: 20g Fiber: 1g Weight Watchers Points: 10

Taco Joe With Cheese

Item #668 ,Taco flavored ground beef filling and a slice of processed American cheese on a traditional hamburger bun. Net Weight 4.7 oz, NUTRITIONAL DATA: Calories: 260 Calories From Fat: 120 Total Fat: 13g Fiber: 1g Weight Watchers Points: 6



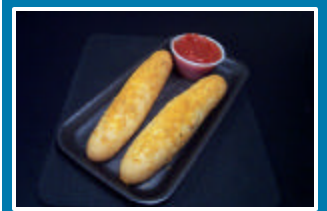
Turkey And Cheese On 6" Seeded

Item #627 ,A generous portion of thin sliced turkey, topped with processed American cheese on a seeded sub bun spread with zesty salad dressing. Net Weight 5.6 oz, NUTRITIONAL DATA: Calories: 410 Calories From Fat: 140 Total Fat: 16g Fiber: 1g Weight Watchers Points: 10

Snack Items

Er-bread Sticks

Item #694 ,Soft breadsticks, topped with parmesan cheese and seasonings, served with marinara sauce for dipping. Net Weight 4.1 oz, NUTRITIONAL DATA: Calories: 230 Calories From Fat: 30 Total Fat: 3.5g Fiber: 2g Weight Watchers Points: 5



Er-pretzel & Cheese

Item #841 ,Unsalted, baked soft pretzel, served with a cheese sauce for dipping. Net Weight 5.2 oz, NUTRITIONAL DATA: Calories: 330 Calories From Fat: 60 Total Fat: 7g Fiber: 2g Weight Watchers Points: 7

Snack Items



Er-pretzel Bites

Item #842 ,Ten soft sourdough pretzel nuggets served with cheese sauce for dipping. Net weight 5.0 OZ Net Weight 5.6 oz, NUTRIONAL DATA: Calories: 370 Calories From Fat: 60 Total Fat: 6g Fiber: 2g Weight Watchers Points: 8

Hard Boiled Egg Pack

Item #894 ,Freshly cooked hard boiled eggs, saltine cracker, salt and pepper packets. Net Weight 4 oz, NUTRIONAL DATA: Calories: 170 Calories From Fat: 100 Total Fat: 11g Fiber: 0g Weight Watchers Points: 4



Hard Roll and Butter

Item #790 ,This freshly baked Wisconsin Hard Roll is buttered and ready to eat. Net Weight 2.4 oz, NUTRIONAL DATA: Calories: 280 Calories From Fat: 140 Total Fat: 14g Fiber: 1g Weight Watchers Points: 7

Soups/Chili

Bean And Ham Soup

Item #792 ,A hearty bean with ham soup made from scratch in our own kitchen. Net Weight 9.5 oz, NUTRIONAL DATA: Calories: 210 Calories From Fat: 60 Total Fat: 6g Fiber: 7g Weight Watchers Points: 4



Beef Vegetable

Item #791 ,Rich, beef flavored stock, loaded with mixed vegetables and roast beef pieces. Net Weight 9.5 oz, NUTRIONAL DATA: Calories: 160 Calories From Fat: 30 Total Fat: 2.5g Fiber: 2g Weight Watchers Points: 3

Chicken Dumpling Soup

Item #797 ,This homemade favorite is stocked full of large oval dumplings, diced chicken, celery & onions. Two cracker packets accompany this item. Net Weight 9.5 oz, NUTRIONAL DATA: Calories: 200 Calories From Fat: 40 Total Fat: 4g Fiber: 2g Weight Watchers Points: 4



Chicken Noodle Soup

Item #799 ,A natural favorite with our own scratch recipe. Two cracker packets accompany this item.1 Net Weight 9.5 oz, NUTRIONAL DATA: Calories: 160 Calories From Fat: 30 Total Fat: 3g Fiber: 1g Weight Watchers Points: 3

Soups/Chili



Chili Mac

Item #848 ,Made from scratch Chili with ground beef, elbow macaroni, diced tomatoes, in a wonderfully seasoned sauce. Net Weight 9.5 oz, NUTRITIONAL DATA: Calories: 340 Calories From Fat: 80 Total Fat: 8g Fiber: 6g Weight Watchers Points: 6

Chili White Chicken

Item #847 ,A truly different alternative to "traditional" style chilis, made with diced white chicken meat, white great northern beans and a terrific blend of spices, made from scratch in our own kitchen. Net Weight 9.5 oz, NUTRITIONAL DATA: Calories: 240 Calories From Fat: 90 Total Fat: 9g Fiber: 6g Weight Watchers Points: 5



Cream of Broccoli

Item #798 ,Made from scratch Cream of Broccoli soup. Net Weight 9.5 oz, NUTRITIONAL DATA: Calories: 270 Calories From Fat: 160 Total Fat: 17g Fiber: 1g Weight Watchers Points: 7

Cream of Chicken

Item #796 ,Sliced carrots, onions, celery and tender chunks of chicken in a pleasantly seasoned cream soup stock. Net Weight 9.5 oz, NUTRITIONAL DATA: Calories: 280 Calories From Fat: 150 Total Fat: 17g Fiber: 1g Weight Watchers Points: 7



Er-vegetable Soup

Item #795 ,Made from scratch hearty garden vegetable soup. Net Weight 9.5 oz, NUTRITIONAL DATA: Calories: 210 Calories From Fat: 30 Total Fat: 3g Fiber: 4g Weight Watchers Points: 4

Subs

Big Guy 8" Sub

Item #918 ,Bologna, spiced luncheon meat, cotto salami, American cheese, shredded lettuce, onions, salad dressing and sliced hamburger dills on a freshly baked sub bun. Net Weight 9.5 oz, NUTRITIONAL DATA: Calories: 720 Calories From Fat: 360 Total Fat: 40g Fiber: 2g Weight Watchers Points: 18



DELI CHICKEN & CHEDDAR SUB

Item #624 ,This Deli Chicken & Natural Cheddar Sub is made on a Home Baked wheat sub. It is garnished with lettuce, pickle, and a smear of BBQ Mayo. Net Weight 7.9 oz, NUTRITIONAL DATA: Calories: 540 Calories From Fat: 240 Total Fat: 27g Fiber: 3g Weight Watchers Points: 13

Subs



Er-ham & Turkey 8

Item #915, Slices of ham, turkey and processed american cheese, topped off with shredded lettuce, onion, pickle slices and tangy salad dressing on a freshly baked sub bun. Net Weight 7.3 oz, NUTRITIONAL DATA: Calories: 430 Calories From Fat: 90 Total Fat: 10g Fiber: 2g Weight Watchers Points: 9

Er-ham & Turkey Sub 8"

Item #644, A combination of thinly sliced Ham and Turkey served on a freshly baked sub bun, accompanied by our fresh sliced tomatoes and shredded lettuce packet. Net Weight 7.2 oz, NUTRITIONAL DATA: Calories: 340 Calories From Fat: 45 Total Fat: 5g Fiber: 2g Weight Watchers Points: 7



Er-ham & Turkey Wheat 8

Item #909, Thinly sliced ham and turkey, shredded lettuce and onion, dill pickle slices and tangy salad dressing on a whole wheat sub bun. Net Weight 7.3 oz, NUTRITIONAL DATA: Calories: 410 Calories From Fat: 90 Total Fat: 10g Fiber: 3g Weight Watchers Points: 9

Er-vegetable Sub

Item #734, Sliced cucumber, tomato, onion and green bell pepper, layered on leaf lettuce, topped with Low Fat Dill Smear and served on a freshly baked whole wheat bun. Net Weight 10.6 oz, NUTRITIONAL DATA: Calories: 310 Calories From Fat: 30 Total Fat: 4g Fiber: 7g Weight Watchers Points: 6



Ham & American Cheese 8" Sub w/TLC

Item #641, A combination of thinly sliced Ham and American Cheese served on a freshly baked sub bun, accompanied by our fresh sliced tomatoes and shredded lettuce packet. Net Weight 8.1 oz, NUTRITIONAL DATA: Calories: 440 Calories From Fat: 120 Total Fat: 13g Fiber: 2g Weight Watchers Points: 10

Ham and Cheese Deluxe

Item #939, Thin sliced ham, topped with a mixture of onions, thin green pepper strips, mushrooms and American cheese on a freshly baked sub bun. Net Weight 8.5 oz, NUTRITIONAL DATA: Calories: 430 Calories From Fat: 120 Total Fat: 13g Fiber: 2g Weight Watchers Points: 10



Ham and Cheese Submarine 8"

Item #916, Sliced ham, processed american cheese, shredded lettuce and onion, dill pickle slices and zesty salad dressing on a freshly baked sub bun. Net Weight 8.2 oz, NUTRITIONAL DATA: Calories: 520 Calories From Fat: 170 Total Fat: 18g Fiber: 2g Weight Watchers Points: 12

Subs

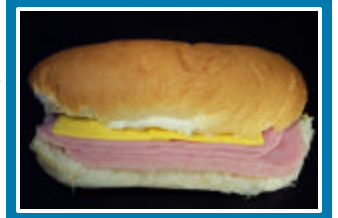


Ham and Cheese Whole Wheat Sub

Item #910, Thinly sliced ham, shredded lettuce and onions, dill pickles and processed American cheese slices on a whole wheat sub bun. Net Weight 7.4 oz, NUTRITIONAL DATA: Calories: 480 Calories From Fat: 160 Total Fat: 18g Fiber: 3g Weight Watchers Points: 11

Hot Ham and Cheese Submarine 8"

Item #938, A generous portion of lean ham, with sliced processed american cheese on a freshly baked sub bun. Net Weight 6.7 oz, NUTRITIONAL DATA: Calories: 420 Calories From Fat: 120 Total Fat: 13g Fiber: 1g Weight Watchers Points: 9



Hot Roast Beef Submarine 6"

Item #924, Thinly sliced roast beef, sliced swiss cheese and thin slices of sweet white onion, served on a 6" seeded hoagie bun. Net Weight 5.4 oz, NUTRITIONAL DATA: Calories: 450 Calories From Fat: 160 Total Fat: 18g Fiber: 1g Weight Watchers Points: 11

Hot Roast Beef Submarine 8"

Item #960, Thinly sliced roast beef, swiss cheese and sweet white onion on a freshly baked sub bun. Net Weight 6.4 oz, NUTRITIONAL DATA: Calories: 500 Calories From Fat: 180 Total Fat: 20g Fiber: 1g Weight Watchers Points: 12



Salami and Cheese Submarine

Item #917, Cotto salami, American cheese, shredded lettuce, onion, salad dressing and sliced hamburger dills on a freshly baked sub bun. Net Weight 7.2 oz, NUTRITIONAL DATA: Calories: 530 Calories From Fat: 210 Total Fat: 24g Fiber: 2g Weight Watchers Points: 13

Turkey & American Cheese 8" Sub w/TLC

Item #642, A combination of thinly sliced Turkey and American Cheese served on a freshly baked sub bun, accompanied by our fresh sliced tomatoes and shredded lettuce packet. Net Weight 8.0 oz, NUTRITIONAL DATA: Calories: 430 Calories From Fat: 110 Total Fat: 13g Fiber: 2g Weight Watchers Points: 10



Turkey Pastrami Reuben on Wheat

Item #621, Shaved Turkey Pastrami piled onto a fresh baked wheat sub bun, topped with sauerkraut, natural swiss cheese, and 1000 island dressing. Net Weight 8.4 oz, NUTRITIONAL DATA: Calories: 570 Calories From Fat: 250 Total Fat: 28g Fiber: 4g Weight Watchers Points: 14

Wedges

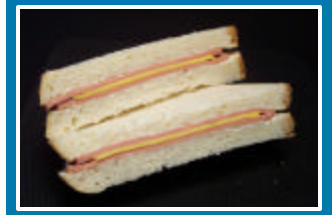


Bologna on Whole Wheat Wedge

Item #967 ,Bologna and margarine on whole wheat bread. Net Weight 3.9 oz, NUTRIONAL DATA: Calories: 330 Calories From Fat: 170 Total Fat: 21g Fiber: 2g Weight Watchers Points: 8

Bologna with Cheese Wedge

Item #968 ,Bologna, American cheese and margarine on white bread. Net Weight 4.0 oz, NUTRIONAL DATA: Calories: 340 Calories From Fat: 180 Total Fat: 21g Fiber: 2g Weight Watchers Points: 9



Braunschweiger on Whole Wheat Wedge

Item #978 ,Braunschweiger, thinly sliced white onion and margarine on whole wheat bread. Net Weight 4.4 oz, NUTRIONAL DATA: Calories: 330 Calories From Fat: 160 Total Fat: 18g Fiber: 2g Weight Watchers Points: 8

Cheese on White Wedge

Item #988 ,American cheese with margarine on white bread. Net Weight 3.7 oz, NUTRIONAL DATA: Calories: 340 Calories From Fat: 180 Total Fat: 21g Fiber: 2g Weight Watchers Points: 9



Chuckwagon Wedge

Item #643 ,Bologna, Cotto Salami, & Spiced Luncheon, along with Swiss & American Cheese, on fresh white loaf slices. Net Weight 4.3 oz, NUTRIONAL DATA: Calories: 350 Calories From Fat: 180 Total Fat: 21g Fiber: 2g Weight Watchers Points: 9

Deli Chicken & Swiss Wheat Wedge

Item #661 ,Thinly sliced Deli Chicken Meat & Processed Swiss Cheese, served on Wheat bread, lightly spread with margarine. Net Weight 4.1 oz, NUTRIONAL DATA: Calories: 310 Calories From Fat: 120 Total Fat: 14g Fiber: 2g Weight Watchers Points: 7



Egg Salad on White Wedge

Item #903 ,Homemade egg salad made with freshly cooked eggs on white sandwich bread with margarine. Net Weight 4.4 oz, NUTRIONAL DATA: Calories: 280 Calories From Fat: 120 Total Fat: 13g Fiber: 2g Weight Watchers Points: 7

Egg Salad on Whole Wheat Wedge

Item #783 ,Our Home made egg salad, made with freshly cooked eggs, served on whole wheat sandwich bread, lightly buttered with margarine. Net Weight 4.4 oz, NUTRIONAL DATA: Calories: 280 Calories From Fat: 110 Total Fat: 13g Fiber: 2g Weight Watchers Points: 7



Wedges



Er-chicken Salad Wheat Wdg

Item #920 ,Our own Kitchen Fresh recipe Chicken Salad on wheat sandwich bread, lightly spread with margarine. Net Weight 4.6 oz, NUTRITIONAL DATA: Calories: 300 Calories From Fat: 110 Total Fat: 13g Fiber: 3g Weight Watchers Points: 7

Er-chicken Salad White Wdg

Item #771 ,Our Homemade Chicken Salad recipe on fresh white sandwich bread, lightly spread with margarine. Net Weight 4.6 oz, NUTRITIONAL DATA: Calories: 300 Calories From Fat: 120 Total Fat: 13g Fiber: 3g Weight Watchers Points: 7



Er-corned Beef Rye Wedge

Item #990 ,Corned beef and margarine on rye bread. Net Weight 3.8 oz, NUTRITIONAL DATA: Calories: 230 Calories From Fat: 60 Total Fat: 7g Fiber: 2g Weight Watchers Points: 5

Er-ham & Swiss On Rye

Item #904 ,Thinly sliced ham, processed swiss served on sandwich rye bread, lightly spread with margarine. Net Weight 3.9 oz, NUTRITIONAL DATA: Calories: 300 Calories From Fat: 120 Total Fat: 13g Fiber: 2g Weight Watchers Points: 7



Er-ham & Turkey Rye Wedge

Item #997 ,Thinly sliced Ham & Turkey on Rye Bread Net Weight 4.3 oz, NUTRITIONAL DATA: Calories: 240 Calories From Fat: 60 Total Fat: 6g Fiber: 2g Weight Watchers Points: 5

Er-ham & turkey 12grain Wdg

Item #979 ,Thinly Sliced Ham and Turkey on 12 Grain Bread Net Weight 5.1 oz, NUTRITIONAL DATA: Calories: 240 Calories From Fat: 60 Total Fat: 6g Fiber: 2g Weight Watchers Points: 5



Er-ham On 12 Grn Wheat

Item #823 ,Thinly sliced Deli Ham served on 12 Grain Wheat Bread with a thin layer of margarine. Net Weight 4.5 oz, NUTRITIONAL DATA: Calories: 230 Calories From Fat: 60 Total Fat: 6g Fiber: 2g Weight Watchers Points: 5

Er-ham On Rye

Item #954 ,Lean sliced ham on rye bread, lightly spread with margarine. Net Weight 4 oz, NUTRITIONAL DATA: Calories: 230 Calories From Fat: 60 Total Fat: 6g Fiber: 2g Weight Watchers Points: 5



Wedges



Er-ham On White Wedge

Item #996 ,Sliced 96% fat free ham slices, and a light coat of margarine on whitesandwich bread. Net Weight 4.1 oz, NUTRIONAL DATA: Calories: 230 Calories From Fat: 60 Total Fat: 6g Fiber: 2g Weight Watchers Points: 5

Er-tuna Salad Wheat

Item #928 , "Dolphin safe" tuna salad and margarine on wheat bread. Net Weight 4.6 oz, NUTRIONAL DATA: Calories: 280 Calories From Fat: 90 Total Fat: 11g Fiber: 3g Weight Watchers Points: 7



Er-tuna Salad White Wdg

Item #902 , "Dolphin Safe" tuna salad made from Kitchen Fresh's own recipe served on white sandwich bread, lightly spread with margarine. Net Weight 4.6 oz, NUTRIONAL DATA: Calories: 280 Calories From Fat: 100 Total Fat: 11g Fiber: 3g Weight Watchers Points: 7

Er-turkey On 12 Grain Wht

Item #779 ,Thinly sliced Turkey served on 12 Grain Wheat Bread, lightly spread with margarine. Net Weight 4.5 oz, NUTRIONAL DATA: Calories: 220 Calories From Fat: 50 Total Fat: 6g Fiber: 2g Weight Watchers Points: 5



Ham & American on 12 Grain Wheat

Item #951 ,Thinly sliced Ham & American Cheese on a 12 Grain Wheat Bread with a thin layer of margerine. Net Weight 4.5 oz, NUTRIONAL DATA: Calories: 260 Calories From Fat: 90 Total Fat: 10g Fiber: 2g Weight Watchers Points: 6

Ham And Cheese Rye Wedge

Item #998 ,Thinly Sliced Ham with American Cheese on Rye Bread Net Weight 3.8 oz, NUTRIONAL DATA: Calories: 260 Calories From Fat: 90 Total Fat: 10g Fiber: 2g Weight Watchers Points: 6



Ham and Cheese on Wheat Wedge

Item #656 ,Thin sliced ham, processed american cheese served on wheat bread lightly spread with margerine. Net Weight 4.1 oz, NUTRIONAL DATA: Calories: 260 Calories From Fat: 80 Total Fat: 10g Fiber: 2g Weight Watchers Points: 6

Ham and Cheese on White Wedge

Item #905 ,Thinsliced ham, processed American cheese, served on white sandwich bread lightly spread with margarine. Net Weight 3.9 oz, NUTRIONAL DATA: Calories: 260 Calories From Fat: 90 Total Fat: 10g Fiber: 2g Weight Watchers Points: 6



Wedges



Homemade Ham Salad

Item #673, Our homemade Ham Salad served on wheat bread with a slight spread of margarine. Net Weight 4.6 oz, NUTRITIONAL DATA: Calories: 310 Calories From Fat: 120 Total Fat: 14g Fiber: 2g Weight Watchers Points: 7

Homemade Ham Salad

Item #901, Our Homemade Ham Salad served on white bread with a slight spread of margarine. Net Weight 4.6 oz, NUTRITIONAL DATA: Calories: 310 Calories From Fat: 130 Total Fat: 14g Fiber: 2g Weight Watchers Points: 7



Meatloaf Sandwich

Item #952, Meatloaf and margarine on white bread. Net Weight 3.9 oz, NUTRITIONAL DATA: Calories: 280 Calories From Fat: 130 Total Fat: 14g Fiber: 3g Weight Watchers Points: 7

Natural Cheddar on Wheat Wedge

Item #945, Natural Cheddar cheese with margarine on wheat bread. Net Weight 4 oz, NUTRITIONAL DATA: Calories: 400 Calories From Fat: 200 Total Fat: 24g Fiber: 2g Weight Watchers Points: 10

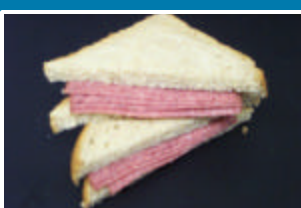


Roast Beef with Cheese Wedge

Item #965, Deli sliced roast beef, processed american cheese and margarine on whole wheat bread. Net Weight 3.8 oz, NUTRITIONAL DATA: Calories: 250 Calories From Fat: 80 Total Fat: 10g Fiber: 2g Weight Watchers Points: 6

Salami and Cheese on Wheat Wedge

Item #950, Cotto salami, American cheese and margarine on wheat bread. Net Weight 3.8 oz, NUTRITIONAL DATA: Calories: 290 Calories From Fat: 120 Total Fat: 15g Fiber: 2g Weight Watchers Points: 7



Salami on Rye Wedge

Item #940, Thinly sliced cotto salami on rye bread, lightly spread with margarine. Net Weight 4 oz, NUTRITIONAL DATA: Calories: 280 Calories From Fat: 120 Total Fat: 13g Fiber: 2g Weight Watchers Points: 7

Salami on White Wedge

Item #782, Cotto salami with margarine on white bread. Net Weight 3.9 oz, NUTRITIONAL DATA: Calories: 270 Calories From Fat: 120 Total Fat: 13g Fiber: 2g Weight Watchers Points: 6



Wedges



Seafood Salad White Wedge

Item #610 ,A delicious seafood salad made with imitation Crab meat and served on fresh white bread with a thin coat of margarine. Net Weight 4.4 oz, NUTRITIONAL DATA: Calories: 330 Calories From Fat: 130 Total Fat: 15g Fiber: 2g Weight Watchers Points: 8

Smoked Turkey Salad Wedge

Item #765 ,Our original Smoked Turkey Salad recipe, served on fresh whole wheat bread. Net Weight 4.6 oz, NUTRITIONAL DATA: Calories: 330 Calories From Fat: 150 Total Fat: 19g Fiber: 2g Weight Watchers Points: 8

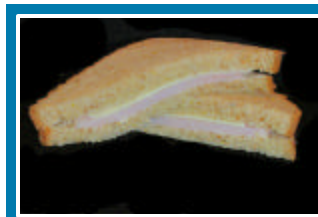


Southwest Chicken Salad Wedge

Item #800 ,This ALL WHITE MEAT, spicy chicken salad has just the right amount of Southwestern flair. It is served on fresh wheat bread. Net Weight 4.6 oz, NUTRITIONAL DATA: Calories: 350 Calories From Fat: 180 Total Fat: 22g Fiber: 3g Weight Watchers Points: 9

Turkey & Swiss on 12 Grain Wheat

Item #943 ,Thinly sliced Turkey & Swiss Cheese on a 12 Grain Wheat Bread with a thin layer of margarine. Net Weight 4.5 oz, NUTRITIONAL DATA: Calories: 300 Calories From Fat: 110 Total Fat: 13g Fiber: 2g Weight Watchers Points: 7



Turkey and Cheese White Wedge

Item #723 ,Thin sliced Lean Turkey and processed American cheese, served on white bread spread slightly with margarine Net Weight 3.8 oz, NUTRITIONAL DATA: Calories: 250 Calories From Fat: 80 Total Fat: 9g Fiber: 2g Weight Watchers Points: 6

Turkey and Swiss on Rye Wedge

Item #680 ,Thin sliced Lean Turkey and processed swiss cheese, served on fresh rye bread with a slight spread of margarine Net Weight 3.8 oz, NUTRITIONAL DATA: Calories: 300 Calories From Fat: 110 Total Fat: 13g Fiber: 2g Weight Watchers Points: 7



Wisconsin Summer Sausage Wedge

Item #669 ,Fresh Wisconsin Summer Sausage served on white bread with a slight spread of margarine. Net Weight 3.9 oz, NUTRITIONAL DATA: Calories: 360 Calories From Fat: 190 Total Fat: 22g Fiber: 2g Weight Watchers Points: 9

Yogurt



Yogurt Dannon Light & FIT

Item #566, Dannon Light & Fit "Variety". We alternate between the three LITE flavors of Peach, Strawberry, and Blueberry. Net Weight 6, NUTRITIONAL DATA: Calories: 0 Calories From Fat: 0 Total Fat: 0g Fiber: 0g Weight Watchers Points: 0