

Rachael's Food Corp
 Nutrition Label
 Triple Play Chicken Salad On Wheat [Nutrition]

Nutrition Facts	
3 servings per container	
Serving size	1/3 sandwich (64g)
Amount per serving	
Calories	170
% Daily Value *	
Total Fat 9g	11%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 310mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 10mg	0%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: CHICKEN SALAD: Natural Proportion Chicken Meat, Mayonnaise (Canola Oil, Egg Yolk, Water, Distilled Vinegar, Sugar, Contains less than 2% Salt, Lemon Juice Concentrate, Natural Flavor), Celery, Cider Vinegar, Sea Salt, Vinegar Powder, Lactic Acid, Novaguard CB-1 (Maltodextrin, Cultured Dextrose, Nisin Preparation (Sodium Chloride, Nisin Preparation) Egg White Lysozyme), Black Pepper, Onion Salt, Xanthan Gum, Garlic Powder and Garlic Salt, CLUB WHEAT BREAD: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Whole Wheat Flour, Sugar, Soybean Oil, Yeast, Salt, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Caramel Color, Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine), Calcium Sulfate

CONTAINS: Egg, Wheat

Processed in a facility that includes products containing Wheat, Milk, Eggs, Fish, Soy, Tree Nuts.

Rachael's Food Corp
 Nutrition Label
 Triple Play Chicken Salad On White [Nutrition]

Nutrition Facts	
3 servings per container	
Serving size	1/3 sandwich (63g)
Amount per serving	
Calories	170
% Daily Value *	
Total Fat 9g	11%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 330mg	14%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.4mg	8%
Potassium 10mg	0%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: CHICKEN SALAD: Natural Proportion Chicken Meat, Mayonnaise (Canola Oil, Egg Yolk, Water, Distilled Vinegar, Sugar, Contains less than 2% Salt, Lemon Juice Concentrate, Natural Flavor), Celery, Cider Vinegar, Sea Salt, Vinegar Powder, Lactic Acid, Novaguard CB-1 (Maltodextrin, Cultured Dextrose, Nisin Preparation (Sodium Chloride, Nisin Preparation) Egg White Lysozyme), Black Pepper, Onion Salt, Xanthan Gum, Garlic Powder and Garlic Salt, CLUB WHITE BREAD: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Soybean Oil, Yeast, Salt, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine), Calcium Sulfate

CONTAINS: Egg, Wheat

Processed in a facility that includes products containing Wheat, Milk, Eggs, Fish, Soy, Tree Nuts.

Rachael's Food Corp
 Nutrition Label
 Triple Play Egg Salad On Wheat [Nutrition]

Nutrition Facts	
3 servings per container	
Serving size	1/3 sandwich (63g)
Amount per serving	
Calories	170
% Daily Value *	
Total Fat 9g	11%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
Cholesterol 95mg	31%
Sodium 280mg	12%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0.6mcg	2%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 30mg	0%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: EGG SALAD: Hard Boiled Eggs, Mayonnaise (Canola Oil, Egg Yolk, Water, Distilled Vinegar, Sugar, Contains less than 2% of Salt, Lemon Juice Concentrate, Natural Flavor), Breading (Unbleached Wheat Flour, Natural Cane Sugar, Yeast, Sea Salt), Sugar, Dehydrated Vinegar, Garlic Salt, Cider Vinegar, Sorbic Acid, Microguard730 (Cultured Dextrose, Maltodextrin), Onion Powder, Sea Salt and White Pepper, CLUB WHEAT BREAD: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Whole Wheat Flour, Sugar, Soybean Oil, Yeast, Salt, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Caramel Color, Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine), Calcium Sulfate

CONTAINS: Egg, Wheat

Processed in a facility that includes products containing Wheat, Milk, Eggs, Fish, Soy, Tree Nuts.

Rachael's Food Corp
 Nutrition Label
 Triple Play Egg Salad On White [Nutrition]

Nutrition Facts	
3 servings per container	
Serving size	1/3 sandwich (63g)
Amount per serving	
Calories	170
% Daily Value *	
Total Fat 9g	11%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
Cholesterol 95mg	31%
Sodium 300mg	13%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0.6mcg	2%
Calcium 30mg	2%
Iron 1.7mg	10%
Potassium 30mg	0%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: EGG SALAD: Hard Boiled Eggs, Mayonnaise (Canola Oil, Egg Yolk, Water, Distilled Vinegar, Sugar, Contains less than 2% of Salt, Lemon Juice Concentrate, Natural Flavor), Breading (Unbleached Wheat Flour, Natural Cane Sugar, Yeast, Sea Salt), Sugar, Dehydrated Vinegar, Garlic Salt, Cider Vinegar, Sorbic Acid, Microguard730 (Cultured Dextrose, Maltodextrin), Onion Powder, Sea Salt and White Pepper, CLUB WHITE BREAD: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Soybean Oil, Yeast, Salt, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine), Calcium Sulfate

CONTAINS: Egg, Wheat

Processed in a facility that includes products containing Wheat, Milk, Eggs, Fish, Soy, Tree Nuts.

Rachael's Food Corp Nutrition Label

Triple Play Ham And Cheese On White [Nutrition]

Nutrition Facts	
3 servings per container	
Serving size	1/3 sandwich (65g)
Amount per serving	
Calories	140
% Daily Value *	
Total Fat 4g	5%
Saturated Fat 1.5g	6%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	5%
Sodium 530mg	23%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.6mg	8%
Potassium 90mg	2%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: CLUB WHITE BREAD: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Soybean Oil, Yeast, Salt, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine), Calcium Sulfate, HAM: Cured with Water, Salt, Vinegar, Sodium Phosphate, Brown Sugar, Sugar, Honey, Sodium Erythorbate, Dextrose, Sodium Nitrate, PROVOLONE CHEESE: Unsmoked Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes)

CONTAINS: Milk, Wheat

Processed in a facility that includes products containing Wheat, Milk, Eggs, Fish, Soy, Tree Nuts.

Rachael's Food Corp
 Nutrition Label
 Triple Play Tuna Salad On Wheat [Nutrition]

Nutrition Facts	
3 servings per container	
Serving size	1/3 sandwich (63g)
Amount per serving	
Calories	170
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 0.5g	4%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 210mg	9%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0.3mcg	2%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 50mg	2%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: TUNA SALAD: Tuna (Fish Yellowfin and/or Tongolfish, Water, Salt), Mayonnaise (Canola Oil, Egg Yolk, Water, Distilled Vinegar, Sugar, Contains less than 2% of Salt, Lemon Juice Concentrate and Natural Flavor), Celery, Breading (Unbleached Wheat Flour, Natural Cane Sugar, Yeast, Sea Salt), Dehydrated Vinegar, Sorbic Acid, Sea Salt, Black Pepper, Garlic Salt, Xanthan Gum and Citric Acid, CLUB WHEAT BREAD: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Whole Wheat Flour, Sugar, Soybean Oil, Yeast, Salt, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Caramel Color, Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine), Calcium Sulfate

CONTAINS: Egg, Tuna, Wheat

Processed in a facility that includes products containing Wheat, Milk, Eggs, Fish, Soy, Tree Nuts.

Rachael's Food Corp
 Nutrition Label
 Triple Play Tuna Salad On White [Nutrition]

Nutrition Facts	
3 servings per container	
Serving size	1/3 sandwich (63g)
Amount per serving	
Calories	170
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 0.5g	4%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 230mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0.3mcg	2%
Calcium 30mg	2%
Iron 1.4mg	8%
Potassium 50mg	2%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: TUNA SALAD: Tuna (Fish Yellowfin and/or Tongolfish, Water, Salt), Mayonnaise (Canola Oil, Egg Yolk, Water, Distilled Vinegar, Sugar, Contains less than 2% of Salt, Lemon Juice Concentrate and Natural Flavor), Celery, Breading (Unbleached Wheat Flour, Natural Cane Sugar, Yeast, Sea Salt), Dehydrated Vinegar, Sorbic Acid, Sea Salt, Black Pepper, Garlic Salt, Xanthan Gum and Citric Acid, CLUB WHITE BREAD: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Soybean Oil, Yeast, Salt, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine), Calcium Sulfate

CONTAINS: Egg, Tuna, Wheat

Processed in a facility that includes products containing Wheat, Milk, Eggs, Fish, Soy, Tree Nuts.

Rachael's Food Corp
Nutrition Label
Triple Play Turkey And Cheese On Wheat [Nutrition]

Nutrition Facts	
3 servings per container	
Serving size	1/3 sandwich (65g)
Amount per serving	
Calories	130
% Daily Value *	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 400mg	17%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 0.9mg	6%
Potassium 0mg	0%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
<p>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</p>	
<p>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</p>	

INGREDIENTS: CLUB WHEAT BREAD: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Whole Wheat Flour, Sugar, Soybean Oil, Yeast, Salt, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Caramel Color, Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine), Calcium Sulfate, TURKEY BREAST: Turkey, Turkey Broth, Contains Less Than 2% of Dextrose, Salt, Carrageenan, Sodium Phosphate, PROVOLONE CHEESE: Unsmoked Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes)

CONTAINS: Milk, Wheat

Processed in a facility that includes products containing Wheat, Milk, Eggs, Fish, Soy, Tree Nuts.

Rachael's Food Corp
 Nutrition Label
 Triple Play Turkey And Cheese On White [Nutrition]

Nutrition Facts	
3 servings per container	
Serving size	1/3 sandwich (65g)
Amount per serving	
Calories	130
% Daily Value *	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 430mg	19%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.3mg	8%
Potassium 0mg	0%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: CLUB WHITE BREAD: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Soybean Oil, Yeast, Salt, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine), Calcium Sulfate, TURKEY BREAST: Turkey, Turkey Broth, Contains Less Than 2% of Dextrose, Salt, Carrageenan, Sodium Phosphate, PROVOLONE CHEESE: Unsmoked Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes)

CONTAINS: Milk, Wheat

Processed in a facility that includes products containing Wheat, Milk, Eggs, Fish, Soy, Tree Nuts.