

Crane Commons Sandwich Deli

<i>Item</i>	<i>Serving Size</i>	<i>Calories (kcal)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Bread								
White	2 Slices	160	2	0	30	5	408	1
100% Whole Wheat	2 Slices	180	3	0	34	8	340	4
Sourdough Italian	2 Slices	180	3	0	32	6	360	2
7 Grain	2 Slices	193	3	0	35	7	393	3
Rye Bread	2 Slices	160	3	0	30	4	440	2
Sub Roll White	½ Sub	186	2	0	37	6	385	1
Sub Roll Wheat	½ Sub	190	2	0	39	7	360	3
English Muffin	1 Muffin	120	1	0	25	4	200	1
Bagel (assorted)	1 Bagel	295	1	0	63	8	400	5
Wraps (assorted)	1 Wrap	325	7	1	56	9	478	3
Pita	1 Pita	275	1	0	56	9	536	2
Kaiser Roll White	1 Roll	274	3	1	52	9	609	3
Meats								
Turkey	2oz	63	1	0	0	12.5	817	0
Roast Beef	2oz	115	7.5	3	0	11	33	0
Ham	2oz	75	3	1	0.5	11	817	0
Salami	2oz	183	10	5	1	12	984	0
Bacon	2 Slices	54	5.5	2	0	1	71	0
Bologna	2oz	179	16	7	0.5	7	560	0
Chicken Salad	2oz	78	3	1	0	11	47	0
Tuna	2oz	73	2	0.5	0	13	215	0
Non Meat Items								
Peanut Butter & Jelly	2oz + 1oz	407	29	6	29	15	278	4
Hummus	2oz	104	5	0.5	11	4	9	3
Egg Salad	2oz	103	7.5	2	3	6	121	0
Cheeses								
Cheddar	1oz	103	9	5.5	.5	6.5	160	0
American	1oz	74	5.5	3.5	2	4	374	0
Swiss	1oz	97	7	4.5	1	7	67	0
Provolone	1oz	91	7	4.5	.5	6.5	226	0
Pepper Jack	1oz	96	8	5	0	6	138	0
Cream Cheese	1oz	100	10	6	1	2	84	0
Light Cream Cheese	1oz	60	5	3	2	2	130	0
Veggie Cream Cheese	1oz	100	10	6	1	2	84	0
Dressing								
Yellow Mustard	1 tsp	3	0	0	0	0	57	0
Dijon Mustard	0.5oz	24	1	0	4	1	400	1
Mayonnaise	0.5oz	55	5	1	3	0	100	0
Horseradish Mayonnaise	0.5oz	56	5	0	4	0	107	0
Pesto Mayonnaise	0.5oz	38	3	0.5	1	0	125	0
Fat Free Mayonnaise	0.5oz	10	0	0	2	0	120	0
Italian Dressing	0.5oz	42	7	0.5	1.5	0	236	0
Ranch Dressing	0.5oz	61	6	1	2.5	0	195	0
Russian Dressing	0.5oz	70	7	1	1.5	0	124	0
Oil & Herbs	0.5oz	120	13	1	0	0	0	0
Vegetables								
Lettuce	1 Leaf	3	0	0	0.5	0	0	0
Onions	0.5 oz	4	0	0	1	0	0	0
Tomatoes	2 slices	9	0	0	2	0	4	0.5
Cucumbers	2oz	7	0	0	1.5	0	0	0.5
Banana Peppers	1 oz	8	0	0	1	0	4	1

Crane Commons Breakfast Items

<i>Items</i>	<i>Serving Size</i>	<i>Calories (kcal)</i>	<i>Fat (g)</i>	<i>Saturated fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Egg	1 egg	71	5	1.5	0	6	147	0
Toast, White	1 slice	80	1	0	15	2	204	1
Toast, Wheat	1 slice	90	1.5	0	17	4	170	2
Ham	2oz	103	5	2	2	10	766	0
Bacon	2 slices	54	5.5	2	0	1	71	0
Sausage	1 each	132	11	3	0	9	290	0
Bacon Breakfast Wrap	1 each	388	23	10	26	19	527	1
Bacon sandwich on bagel	1 each	563	21	10	63	27	933	2
Bacon sandwich on English muffin	1 each	369	21	10	27	19	522	1
Ham sandwich on English muffin	1 each	390	18	8	28	29	1268	1
Ham Sandwich on a bagel	1 each	584	19	9	64	37	1678	2
Ham Breakfast wrap	1 each	409	20	9	26	29	1273	1
Sausage Breakfast Wrap	1 each	466	28	11	26	26	746	1
Sausage Sandwich on Bagel	1 each	641	26	11	63	35	1152	2
Sausage sandwich on English muffin	1 each	447	26	10	27	27	741	1
Breakfast sandwich (no meat) on a bagel	1 each	509	16	8	63	26	862	2
Breakfast sandwich (no meat) on and English Muffin	1 each	315	15	7	27	18	452	1
Breakfast Wrap (no meat)	1 each	334	17	8	26	18	456	1