

Rachael's Food Corp
 Nutrition Label
 5" MAP Sub- Ham & Cheese [Nutrition]

Nutrition Facts	
1 serving per container	
Serving size	1 sub (170g)
Amount per serving	
Calories	350
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 3g	14%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 1350mg	59%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 3.2mg	20%
Potassium 0mg	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: HAM: Cured with: Water, Dextrose, Salt, Contains 2% or less of: Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Potassium Lactate, Sodium Diacetate, SUB ROLL: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Soybean Oil, Salt, Sugar, Wheat Gluten, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Calcium Sulfate, Ammonium Chloride (Yeast Nutrient), Ascorbic Acid, L-Cysteine, PROVOLONE CHEESE: Unsmoked Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes)

CONTAINS: Milk, Wheat

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

Rachael's Food Corp
Nutrition Label
5" MAP Sub- Italian [Nutrition]

Nutrition Facts	
1 serving per container	
Serving size	1 sub (142g)
Amount per serving	
Calories	410
% Daily Value *	
Total Fat 17g	21%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 1310mg	57%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 3.1mg	15%
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: SUB ROLL: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Soybean Oil, Salt, Sugar, Wheat Gluten, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Calcium Sulfate, Ammonium Chloride (Yeast Nutrient), Ascorbic Acid, L-Cysteine, COOKED HAM: Water Added, Cured with Water, Dextrose, Contain 2% or Less of Salt, Sodium Lactate, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite, COOKED HOT HAM CAPICOLA: Water Added, Coated with Spices and Flavorings, Cured with Water, Salt, Contains 2% or Less of Dextrose, Sodium Lactate, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate, GENOA SALAMI: Pork, Beef, Salt, Contains 2% or Less of Corn Syrup Solids, Dextrose, Sugar, Wine, Sodium Erythorbate, Flavorings, Sodium Nitrate, Spices, Garlic, Lactic Acid Starter Culture, Sodium Nitrate, PEPPERONI: Pork, Beef, Salt, Contains 2% or Less of Dextrose, Spices, Water, Corn Syrup, Paprika, Oleoresin of Paprika, Sodium Erythorbate, Flavorings, Lactic Acid Starter Culture, Sodium Nitrite, PROVOLONE

Rachael's Food Corp
 Nutrition Label
 5" MAP Sub- Meatball [Nutrition]

Nutrition Facts	
1 serving per container	
Serving size	1 sub (227g)
Amount per serving	
Calories	550
% Daily Value *	
Total Fat 26g	33%
Saturated Fat 10g	51%
<i>Trans Fat</i> 0g	
Cholesterol 65mg	22%
Sodium 1090mg	48%
Total Carbohydrate 49g	18%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 400mg	30%
Iron 4.4mg	25%
Potassium 0mg	0%
Vitamin A 40mcg	4%
Vitamin C 12mg	15%
* 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: BEEF & PORK MEATBALL: Beef, Pork, Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Bread Crumbs (Bleached Wheat Flour, Yeast, Sugar, Salt), Seasoning (Salt, Dehydrated Onion, Dehydrated Celery, Garlic Powder, Spices), Tomato Paste (Tomatoes), Romano Cheese [Made From Cow's Milk (Pasteurized Part-Skim Milk, Salt, Cheese Culture, Enzymes), Salt, Potassium Sorbate (Preservative)], Parmesan Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Set in Vegetable Oil, **SUB ROLL:** Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Soybean Oil, Salt, Sugar, Wheat Gluten, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Calcium Sulfate, Ammonium Chloride (Yeast Nutrient), Ascorbic Acid, L-Cysteine, **PASTA SAUCE:** Vine-ripened Fresh Tomatoes, Blend of Extra Virgin Olive Oil and Sunflower Oil, Salt, Oregano, Black

Rachael's Food Corp
 Nutrition Label
 5" MAP Sub- Roast Beef [Nutrition]

Nutrition Facts	
1 serving per container	
Serving size	1 sub (170g)
Amount per serving	
Calories	350
% Daily Value *	
Total Fat 10g	12%
Saturated Fat 3.5g	16%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 1010mg	44%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 4.3mg	25%
Potassium 0mg	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: ROAST BEEF: Containing up to 10% of a Solution of: Water, Salt, Sugar, L-Sodium Lactate and Sodium Diacetate, Sodium Phosphate, Garlic Powder, Coated with: Caramel Color, Garlic Powder, SUB ROLL: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Soybean Oil, Salt, Sugar, Wheat Gluten, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Calcium Sulfate, Ammonium Chloride (Yeast Nutrient), Ascorbic Acid, L-Cysteine, AMERICAN CHEESE: Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (Preservative), Citric Acid, Enzymes, Soy Lecithin, APO Carotenal and Beta Carotene (Color)

CONTAINS: Milk, Soy, Wheat

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

Rachael's Food Corp
 Nutrition Label
 5" MAP Sub- Tuna Salad [Nutrition]

Nutrition Facts	
1 serving per container	
Serving size	1 sub (184g)
Amount per serving	
Calories	520
% Daily Value *	
Total Fat 26g	34%
Saturated Fat 2.5g	12%
<i>Trans</i> Fat 0g	
Cholesterol 105mg	36%
Sodium 540mg	24%
Total Carbohydrate 46g	17%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 1mcg	4%
Calcium 120mg	8%
Iron 3.7mg	20%
Potassium 160mg	4%
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, SUB ROLL: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Soybean Oil, Salt, Sugar, Wheat Gluten, Calcium Propionate (To Preserve Freshness), Mono- & Diglycerides, Calcium Sulfate, Ammonium Chloride (Yeast Nutrient), Ascorbic Acid, L-Cysteine

CONTAINS: Egg, Tuna, Wheat

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