

KOZY KITCHEN

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
DELI STANDARDS									
American Cheese ■	1 slice	50	4.5 g	81%	12 mg	2.5 g	0 g	0 g	255 mg
Bacon	2 strips	73	6.2 g	77%	11 mg	4 g	0 g	0 g	201 mg
Bologna	2 oz.	170	15 g	79%	35 mg	6 g	2 g	0 g	570 mg
Chicken Salad	3 oz.	295	26.8 g	81%	56 mg	12.4 g	1 g	0 g	172 mg
Dijon Mustard ▲	1 T.	19	1 g	53%	0.3 mg	1 g	1.6 g	0 g	85 mg
Egg Salad ■	1/2 cup	130	11 g	76%	216 mg	6 g	N/A	N/A	N/A
Genoa Salami	1 oz.	100	9 g	N/A	30 mg	5 g	0 g	0 g	450 mg
Grilled Cheese Sandwich ■	1	291	16 g	49%	30 mg	11 g	25 g	1.1 g	715 mg
Honey Ham	2 oz.	60	1	15%	25 mg	8 g	4 g	0 g	690 mg
Hummus ▲	2 T.	50	3 g	54%	0 mg	2 g	4 g	1 g	105 mg
Kaiser Roll ▲	1	150	1 g	6%	0 mg	6 g	30 g	<1 g	290 mg
Mayonnaise (Low Fat) ■	1 T.	25	1 g	36%	0 mg	0 g	4 g	0 g	140 mg
Mustard (Yellow) ▲	1 T.	15	0.6 g	36%	0 mg	0 g	0 g	0 g	189 mg
Onion Roll ■	1	190	3 g	14%	5 mg	6 g	34 g	1 g	350 mg
Pickle ▲	1	4	0 g	0%	0 mg	0 g	1 g	0 g	308 mg
Pita Bread ■	1	200	2 g	9%	0 mg	7 g	38 g	3 g	670 mg
Potato Chips ▲	20	150	9 g	54%	0 mg	2 g	14 g	1 g	95 mg
Pretzels ▲	10	100	0 g	0%	0 mg	2 g	22 g	1 g	480 mg
Provolone Cheese ■	1 slice	80	6 g	68%	15 mg	6 g	0.5 g	0 g	200 mg
Roast Beef	2 oz.	60	1.5 g	23%	25 mg	10 g	0 g	0 g	650 mg
Rye Bread ▲	2 slices	160	2 g	11%	0 mg	6 g	30 g	2 g	320 mg
Sub Roll ▲	1 roll	190	2 g	9%	0 mg	6 g	37 g	1 g	390 mg
Swiss Cheese ■	1 slice	84	6 g	66%	20 mg	6 g	0.8 g	0 g	58 mg
Tuna Salad	1 scoop	177	13.3 g	68%	28 mg	13.3 g	0 g	0 g	254 mg
Turkey Breast	3 oz.	90	0.8 g	8%	23 mg	19.5 g	1.5 g	0 g	750 mg
Twelve Grain Bread ■	2 slices	180	2 g	10%	0 mg	6 g	34 g	1.5 g	300 mg
Wheat Bread ■	2 slices	110	0.5 g	4%	0 mg	4 g	22 g	1 g	200 mg
White Bread ▲	2 slices	110	1 g	8%	0 mg	4 g	23 g	<1 g	220 mg
Wrap—Plain Flour Tortilla ▲	1	320	10 g	28%	0 mg	10 g	47 g	2 g	710 mg
Wrap—Red Chili ▲	1	238	9.5 g	36%	0 mg	4.5 g	33 g	1.5 g	335 mg
Wrap—Sun-Dried Tomato ▲	1	237	9 g	34%	0 mg	4.5 g	33 g	2 g	355 mg
SOUPS									
Alphabet ▲	8 oz.	45	<1 g	2%	0 mg	1.6 g	9.5 g	1.5 g	341 mg
Beef Barley	8 oz.	67	1.5 g	20%	17 mg	7.3 g	6 g	1 g	114 mg
Beef Chili	8 oz.	138	6 g	39%	26 mg	10.5 g	10.5 g	1.8 g	361 mg
Beef Noodle	8 oz.	168	7.4 g	40%	43 mg	15 g	10.3 g	1 g	108 mg
Black Bean ▲	8 oz.	104	1 g	9%	0 mg	5.8 g	18 g	5.7 g	205 mg
Cheddar Broccoli ■	8 oz.	310	22 g	64%	63 mg	18 g	10 g	2.7 g	454 mg
Chicken Noodle	8 oz.	99	3.6 g	33%	22 mg	9.2 g	7.4 g	0.8 g	97 mg
Chicken Vegetable	8 oz.	68	2.4 g	32%	12 mg	5.6 g	6 g	1.6 g	142 mg
Corn Chowder ■	8 oz.	306	19 g	28%	27 mg	8.2 g	25.5 g	0.6 g	238 mg
Cream of Chicken	8 oz.	185	10.4 g	51%	41 mg	12.3 g	10.6 g	1 g	135 mg
Cream of Chicken with Rice	8 oz.	173	9 g	47%	34 mg	10 g	13 g	0.1 g	301 mg
Cream of Crab	8 oz.	143	6 g	38%	48 mg	10.7 g	11.6 g	0 g	162 mg

■ These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.

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