

Nutrition Guidelines for Sandwich Ingredients

Based on information from the USDA

Sandwich Wrappers*

*All wrappers meet the whole grain-rich requirement

Sandwich Wrapper	Serving Size	Calories	Saturated Fat	Cost per sandwich
Whole Wheat Bread	2 slices	150	1 g	24¢
Whole Grain White Bread	2 slices	150	1 g	19¢
Whole Wheat Pita Bread	½ pita	85	0g	75¢
Corn Tortilla	1 6-inch tortilla	41	0g	6¢
Whole Grain Flour Tortillas	1 medium	130	1g	25¢

Meat and Cheese

Meat/Cheese	Serving Size	Calories	Saturated Fat	Cost per Sandwich
Bologna	1 slice	88	3g	25¢
Turkey sliced thin	6 thin slices	60	2g	47¢
Ham	2 slices	91	2g	40¢
Roast Beef	3 ounces	147	2g	60¢
Peanut Butter	3 tablespoons	277	3g	37¢
Tuna Salad	3 ounces	159	1g	\$1.39
Cheddar cheese	1 slice	110	6g	33¢
Swiss cheese	1 slice	80	4g	27¢
American cheese	1 slice	110	6g	23¢
Mozzarella cheese	1 slice	90	4g	32¢

Vegetables*

*Sizes given are 1/3 of a serving. You can combine 3 vegetables to equal 1 full serving. If you include 3 vegetables from this list, you can substitute it for the vegetable serving on your tray.

Vegetable	Serving Size = 1/3 of full vegetable serving*	Calories	Saturated Fat	Cost per Sandwich
Avocado	¼ cup	83	1g	24¢
Carrots, shredded	¼ cup	13	0g	14¢
Cucumber	4 slices	2	0g	15¢
Lettuce	¼ cup	3	0g	15¢
Mushrooms	¼ cup	4	0g	42¢
Onions	1 slice	16	0g	5¢
Bell Peppers	1/8 cup	5	0g	12¢
Pickle Slices	½ cup	13	0g	20¢
Fresh spinach	1/8 cup	3	0g	55¢
Tomato	1 slice	5	0g	12¢

Condiments

Condiments	Serving Size	Calories	Saturated Fat	Cost per Sandwich
Mayonnaise, low calorie	1 tablespoon	32	0g	13¢
Mustard	1 teaspoon	3	0g	2¢
Spicy Mustard	1 teaspoon	5		3¢
Ketchup	1 tablespoon	15	0g	6¢
Cole Slaw	1 oz.	50	1g	12¢
Pickled Jalapeno Peppers	1 ounce	5	0g	19¢
Guacamole	1 tablespoon	30	0g	38¢
Salsa	1 tablespoon	8	0g	25¢