

Balanced Choices @ Stacks

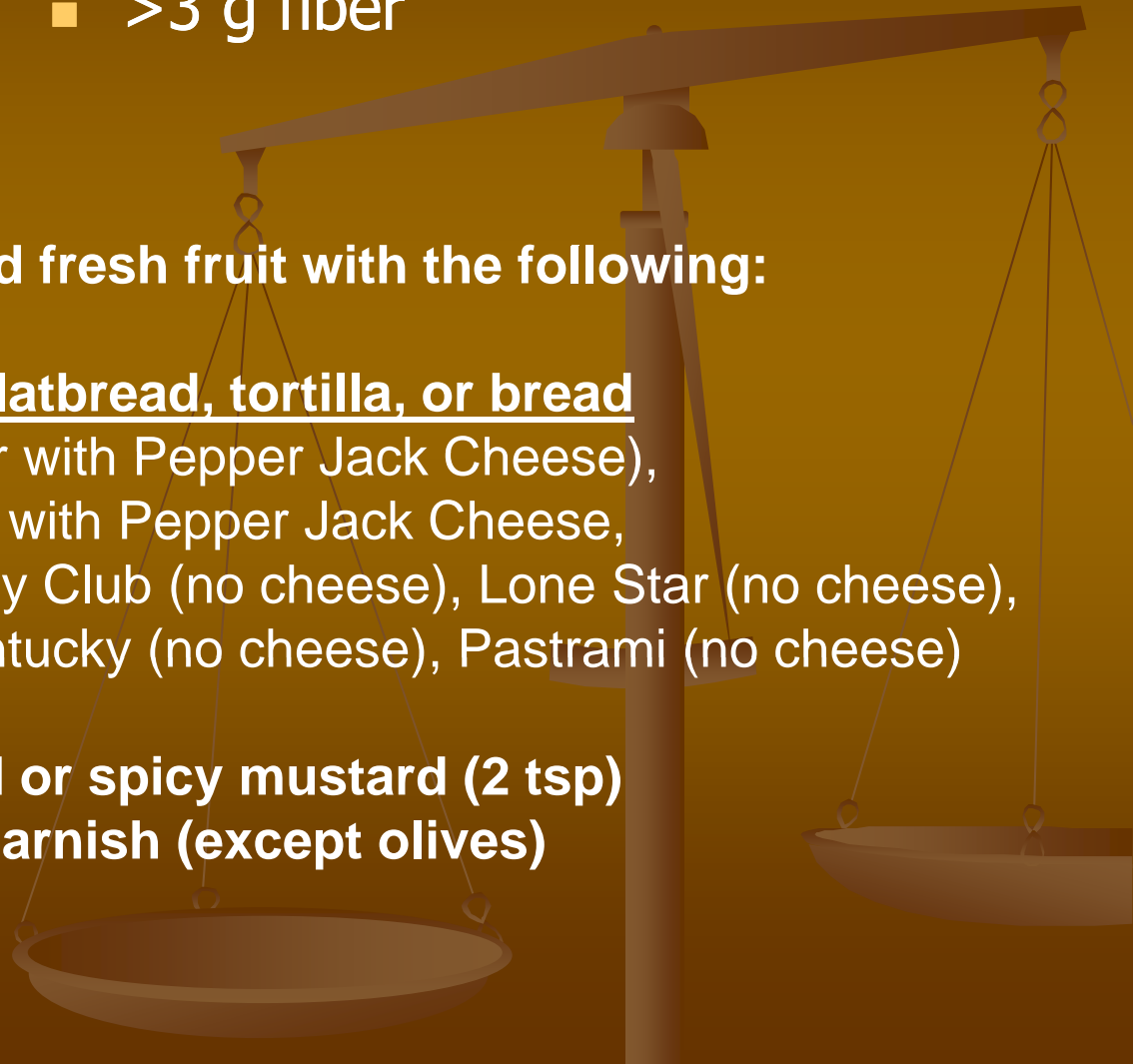
- ≤ 600 calories
- $\leq 35\%$ calories from fat
- $\leq 10\%$ calories from saturated fat
- > 3 g fiber

Have skim milk and fresh fruit with the following:

On sub roll, flatbread, tortilla, or bread

Turkey (plain or with Pepper Jack Cheese),
Ham (plain or with Pepper Jack Cheese),
Roast Beef (no cheese), Turkey Club (no cheese), Lone Star (no cheese),
Italian Sub (no cheese), Kentucky (no cheese), Pastrami (no cheese)

**Add mustard or spicy mustard (2 tsp)
and any garnish (except olives)**



Balanced Choices @ Stacks

- ≤ 600 calories
- $\leq 35\%$ calories from fat
- $\leq 10\%$ calories from saturated fat
- > 3 g fiber

Have skim milk and fresh fruit with the following:

On sub roll, flatbread, or bread

Turkey with Swiss or Provolone Cheese

Ham with Swiss Cheese

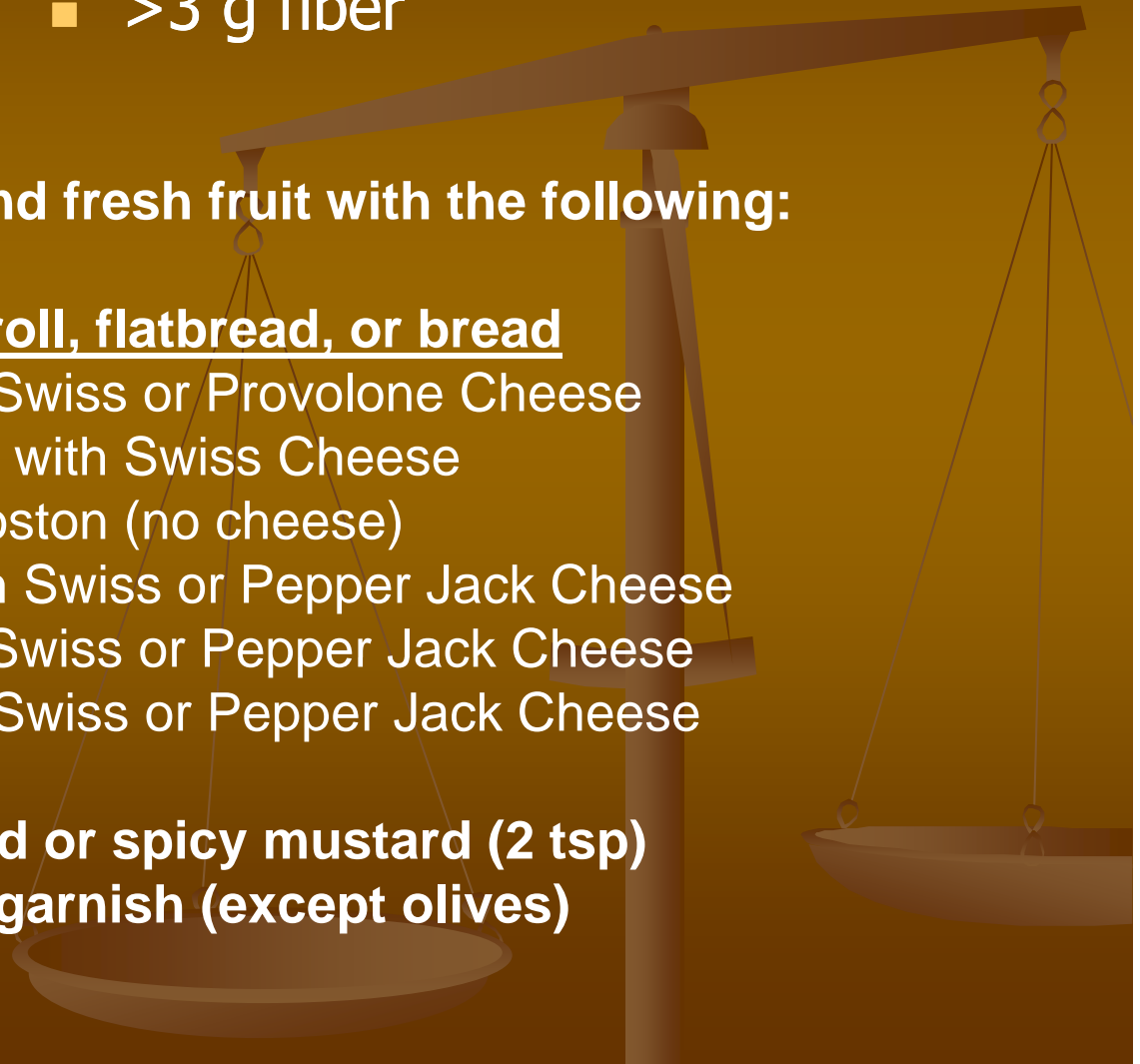
Boston (no cheese)

Turkey Club with Swiss or Pepper Jack Cheese

Lonestar with Swiss or Pepper Jack Cheese

Kentucky with Swiss or Pepper Jack Cheese

**Add mustard or spicy mustard (2 tsp)
and any garnish (except olives)**



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- $\leq 10\%$ calories from saturated fat
- > 3 g fiber

Have skim milk and fresh fruit with the following:

On bread

BLT (no cheese)

Ham with Provolone Cheese

Add mustard or spicy mustard (2 tsp)
and any garnish (except olives)

