

FOOD ZOO ~ BREADS

	ITEM	SERVING	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)	FIBER (g)
BAGELS							
•	Cinnamon Raisin	1 Bagel	240	53	8	0.5	2
•	Honey Whole Wheat*	1 Bagel	220	46	8	0.5	2
•	Whole Works	1 Bagel	240	49	9	1.5	2
•	Wild Blueberry	1 Bagel	220	48	8	0	2
BREAD							
•	Big Sky Wheat	1 Slice	80	14	3	1	1
•	Big Sky White	1 Slice	80	15	3	1	0
•	Cracked 9-Grain*	1 Slice	90	18	4	1	2
•	Healthy Loaf*	1 Slice	100	16	4	1	3
•	Pita	1 Pita	190	36	7	2	3
•	Rye	1 Slice					
BUNS							
•	Burger	1 Bun	160	26	5	1.5	3
•	Hot Dog	1 Roll	230	43	8	3.5	2

*Whole grain

FOOD ZOO ~ DELI

	ITEM	SOURCE	SERVING SIZE	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)
CHEESE							
●	American	Vegetarian	1 oz.	114	7	1	9
●	Cheddar	Vegetarian	1 oz.	114	7	0.5	10
●	Pepper Jack	Vegetarian	1 oz.	110	7	0	9
●	Provolone	Vegetarian	1 oz.	110	7	1	8
●	Swiss	Vegetarian	1 oz.	107	8	1	8
●	White American	Vegetarian	1 oz.	114	7	1	9
CONDIMENTS							
●	Honey Mustard	Vegetarian	1 Tbs.	30	0	6	0
●	Mayonnaise	Vegetarian	1 Tbs.	60	1	2	6
●	Mustard	Vegan	1 Tbs.	12	0	1.5	0
●	Relish	Vegan	1 Tbs.	40	0	10	0
●	Salsa	Vegan	1 Tbs.	2	0	0.5	0
PROTEIN							
●	Beef Pastrami	Non-vegetarian	2 oz.	70	11	2	2
●	Capicola Ham*	Non-vegetarian	2 oz.	90	10	0	6
●	Egg Salad	Vegetarian	2 oz.	71	4	1	6
●	Ham*	Non-vegetarian	2 oz.	70	11	2	2
●	Hummus	Vegan	2 Tbs.	120	4	12	7
●	Italian Salami*	Non-vegetarian	2 oz.	220	12	2	18
●	Tuna Salad	Non-vegetarian	2 oz.	110	7	2	6
●	Turkey Breast	Non-vegetarian	2 oz.	50	10	1	1
VEGETABLES							
●	Cucumber	Vegan	4 Slices	4	0	1	0
●	Lettuce	Vegan	1 Leaf	2	0	0	0
●	Onion	Vegan	2 Tbs.	5	0	1	0
●	Pepper, Banana	Vegan	2 Tbs.	5	0	1	0
●	Pepper, Jalapeno	Vegan	2 Tbs.	4	0	1	0
●	Pickle	Vegan	4 Slices	4	0	1	0
●	Tomato	Vegan	2 Slices	4	0	1	0

*Contains pork