

Subway's Menu Items	Calories	Total Fat	Cost	Menu Item	Calories	Total Fat	Cost
6-Inch Ham	290	5	2.79	Footlong Turkey Breast & Ham	580	10	4.29
6-Inch Oven Roasted Chicken Breast	310	5	3.19	Footlong Veggie Delite	450	6	2.99
6-Inch Roast Beef	290	5	2.89	4-Inch Tuna w/ Cheese	320	18	1.79
6-Inch Subway Club	320	6	2.89	4-Inch Ham	180	3	1.79
6-Inch Turkey Breast	280	5	2.79	4-Inch Roast Beef	190	4	1.89
6-Inch Turkey Breast & Ham	290	5	2.79	4-Inch Turkey Breast	190	3	1.79
6-Inch Veggie Delite	230	3	1.69	Chocolate Chip Cookie	210	10	.79
6-Inch Chicken & Bacon Ranch	580	30	3.19	M & M Cookie	210	10	.79
6-Inch Cold Cut Combo	410	17	2.29	Peanut Butter Cookie	220	12	.79
6-Inch Italian BMT	450	21	2.89	Sugar Cookie	220	12	.79
6-Inch Meatball Marinara	560	24	2.29				
6-Inch Steak & Cheese	400	12	2.99				
6-Inch Tuna	530	31	2.79				
Footlong Ham	570	10	4.59				
Footlong Oven Roasted Chicken Breast	630	11	4.99				
Footlong Roast Beef	580	10	4.59				
Footlong Subway Club	640	12	4.59				
Footlong Turkey Breast	560	9	4.29				

