

New Subway Sandwiches Reinvent the Grilled Cheese

There is no denying that a grilled cheese is the ultimate combination of crunchy bread and gooey cheese. So, if you are someone who considers grilled cheese to be its own food group, you are in luck! Subway is taking grilled cheese sandwiches to the next level with new Fresh Melts.

Guests can enjoy Subway's newest innovation by upgrading their favorite freshly made footlong into an extra cheesy, gooey and grilled sandwich for \$1 more. "Fresh Melts are our latest menu innovation to give guests fresh, smart choices that don't sacrifice taste or flavor," according to Chef Paul Fabre, Subway's senior vice president of culinary and innovation.

"Our Melts are unique because they are grilled, not toasted, so we're creating the ultimate sandwich that has crunchy bread, melty cheese, and your favorite ingredients for a perfect bite every time," he emphasizes. The new menu items are the latest addition to Subway's culinary lineup. The Ham & Cheese Melt features Black Forest ham, fresh tomato, and Swiss cheese grilled to create an indulgent, freshly made choice. If you've been craving tuna, don't miss the 100 percent wild-caught tuna with mayo, fresh onion and melty provolone cheese in the Tuna Melt.

Finally, the Steak & Cheese Melt offers a new twist on a classic favorite, grilled with melted cheese, and loaded with fresh onions and peppers. Of course, bread remains a key element of any sandwich, and Fresh Melts feature Subway's distinctive freshly baked bread, perfectly grilled. To help melted cheese fans savor and share the goodness, guests who purchase a Fresh Melt online or through the Subway app can order a second Fresh Melt for 50 percent off with promo code BOG050 at participating restaurants. Making an indulgent choice

is easy and safe with Subway's in-app and online ordering, contactless curbside pick-up and delivery. Visit subway.com for more information about store locations and menu options, to place orders, or download the Subway app.

Calcium Beyond the Milk Mustache

Calcium is crucial to the health of our families, but getting enough can be difficult. Now, families can increase their calcium intake, not with chalky supplements, but with tasty BLTs and PB&Js.

Just consider – despite their milk mustaches, many American families, from their youngest members to moms and dads, aren't getting enough calcium. According to the Surgeon General, 75 percent of Americans do not consume enough calcium through their diets.

But now, it's getting easier to find calcium-rich foods. Take the sandwich, a family staple. Sandwiches provide ample opportunity to boost calcium intake. Start out with two slices of either Wonder Classic or Wonder Classic Sandwich bread – two slices contain as much calcium as an eight-ounce glass of milk, plus vitamin D, which aids calcium absorption. Add a slice of cheese and serve some milk on the side, and your family will be well on its way to meeting its calcium requirements.

"Balancing the food your family enjoys while providing the nutrition you want them to have can be difficult," said Rich Seban, chief marketing officer at Wonder bread. "With Wonder's added calcium and vitamin D offerings, giving your family the

nutrition they need never tasted so good.”

To help families understand the amount of calcium and other nutrients they are getting, Wonder bread recently launched its Sandwich Wonder-izer (available as an iPhone and iTouch application at iTunes and at www.wonderbread.com), which gives families a fun way to choose from a list of over 120 ingredients to make thousands of sandwich combinations. With the Sandwich Wonder-izer, as they build their sandwich, they can watch the calcium and other nutritional values change with each added ingredient.

For those who would rather follow a recipe, the Sandwich Wonder-izer offers dozens of pre-made sandwiches to choose from, or you can try the recipe below. Pair this sandwich with a glass of milk, and you’ll already have received over two-thirds of your daily recommend calcium intake.

Wonder Fat-Free Turkey and Swiss Sandwich

2 slices Wonder Classic bread

4 slices fat-free smoked turkey breast

2 slices Swiss cheese

Handful baby spinach

3 slices of tomato

1 tablespoon fat free mayonnaise

1 tablespoon Dijon mustard

1/2 of medium avocado (optional)

For more information and re-cipes, visit www.wonderbread.com.