

Subway Sub of the Day

\$4.99 for a different 6-inch every day, at participating US stores

Meal: \$6.99, which is \$4.99 plus \$2 for chips or 2 cookies and a 20oz drink. Footlong upgrade: \$7.99, which is \$4.99 plus \$3.

Weekly schedule

Day	Sub	Regular	Save	Cal	Protein	Sodium
Monday	Meatball Marinara	\$6.95	\$1.96	570	27g	1,370mg
Tuesday	Classic Tuna	\$7.35	\$2.36	570	27g	950mg
Wednesday	Sweet Onion Chicken Teriyaki	\$8.06	\$3.07	430	29g	1,250mg
Thursday	Oven-Roasted Turkey	\$7.34	\$2.35	480	26g	1,150mg
Friday	Black Forest Ham	\$6.97	\$1.98	490	25g	1,190mg
Saturday	Italian B.M.T.	\$7.70	\$2.71	610	27g	1,500mg
Sunday	Spicy Italian	\$6.96	\$1.97	680	27g	1,690mg

Best days: biggest saving and lowest calories, Wednesday. Lowest sodium, Tuesday. Heaviest day, Sunday.

A note on these prices

Regular prices are 19-store averages for the same 6-inch sandwich. Sunday also shows a \$5.35 teaser price at some stores, so against that price the Sunday saving is \$0.36. Prices higher in California, Washington, Alaska and Hawaii, plus tax. Last checked October 30, 2026.