

# Atlantic Nutritionals for Lunch Kits

<b><u>Tortilla Strips, Cheese, and Salsa Meal</u></b>		
1.2 oz Sunflower Seeds	1 M/MA	11 carb
2.0 oz Cheese Sauce	1 M/MA	1 carb
1.25 Tortilla Strips	1.25 GR	
3 oz Salsa	.5 c Vegetable (Red / Orange)	3 carb
4.23 oz Sunset Sip V Blend	.5 c Vegetable (Red Orange)	1 carb
.75 WG Goldfish Crackers (add to kit)	1 GR	14 carbs
1.16 oz Craisins	1 Fruit (1/2 c equivalent)	27 carb
1 c Milk	1 Milk (1 c equivalent) 1% Unflavored	11 carb
	Chocolate	24 carb