

Atlantic Nutritionals for Lunch Kits

<u>Sweet BBQ Chicken Tenders Kit</u>		
1 oz Sweet BBQ Chicken Tender Bites	1M/MA	7 carb
1 oz Sunflower Seeds	1M/MA	11 carb
.75 Cheezits (add to kit)	1 GR	14 carb
6.75 Dragon Juice	¾ c Vegetable	22 carb
.8 WG Wheat 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