

# Atlantic Nutritionals for Lunch Kits

<b>Beef Stick Meal Kit</b>		
<b>1.1 oz Beef Stick Meal Kit</b>	<b>1M/MA</b>	<b>1 carb</b>
<b>1 oz Cheese Plank (Cheddar)</b>	<b>1M/MA</b>	
<b>1 oz WG Graham Crackers</b>	<b>1 GR</b>	<b>21 carb</b>
<b>6.75 Wango Mango Juice</b>	<b>¾ c Vegetable</b>	<b>22 carb</b>
<b>.75 Cheezits Crackers(add to kit)</b>	<b>1 GR</b>	<b>14 carbs</b>
<b>1.16 oz Craisins</b>	<b>1 Fruit (1/2 c equivalent)</b>	<b>27 carb</b>
<b>1 c Milk</b>	<b>1 Milk (1 c equivalent) 1% Unflavored</b>	<b>11 carb</b>
	<b>Chocolate</b>	<b>24 carb</b>