

Atlantic Nutritionals for Lunch Kits

<u>Honey Turkey Stick Meal Kit</u>		
1.11 oz Honey Turkey Stick	1M/MA	3 carb
1 oz Swiss Cheese Plank	1M/MA	
1 oz WG Graham Crackers	1 GR	21 carb
6.75 Wango Mango Juice	¾ c Vegetable	22 carb
.75 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