

Atlantic Nutritionals for Lunch Kits

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| <u>WOW Butter, Waffle, Vegetable Juice & Crasin Kit</u> | | |
| 2 - 1.12 oz Wow Butter | 2M/MA | |
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| 1 on WG Waffle | 1GR | 21 carb |
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| 6.75 Wango Mango Juice | ¾ c Vegetable | 22 carb |
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| .75 WG Goldfish Crackers(add to kit) | 1 GR | 14 carbs |
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| 1.16 oz Craisins | 1 Fruit (1/2 c equivalent) | 27 carb |
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| 1 c Milk | 1 Milk (1 c equivalent) 1% Unflavored | 11 carb |
| | Chocolate | 24 carb |