Snack Packs

Protein: Lunch Meat & Cheese

No more than 5 g saturated fat and 400 mg sodium.

Good & Gather, Quick Bites:	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Cheddar, Cranberries, & Cashews	180	4.5	160	14	1	6
• Mild Cheddar, Colby Jack, & Pretzels	170	5	330	12	0	8
• Turkey Sausage & Colby Jack	130	5	400	2	0	11
• White Cheddar, Cranberries, and Almonds	180	5	180	10	2	7

HEB, Ready Fresh Go:	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Ham w/ Mild Cheddar	250	4.5	440*	20	2	14
• Monterey Jack w/ Rasins & Peanuts	160	4.5	160	12	2	8
• Sharp Cheddar w/ Cranberries & Cashews	180	5	190	10	1	7
• White Cheddar w/ Cranberries & Almonds	180	5	180	10	2	7

Hillshire Farm, Snack Kit:	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Turkey, Cheddar, & Wheat Crackers	220	6*	490*	15	1	14

P3 Packs:	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Chicken, Cashews, Monterrey Jack	160	4.5	450*	5	0	10
• Dark Chocolate Nut Clusters, Turkey, Cheddar	170	4.5	490*	8	1	10
• Ham, Cashews, Colby Jack	160	4.5	440*	4	0	11
• Turkey, Almonds, Colby Jack	160	4	460*	4	1	11

Sargento, Balanced Breaks:	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Gouda, Peanuts, & Cranberries	180	5	190	13	1	8
• Pepper Jack, Peanuts, & Raisins	170	4.5	180	11	1	7

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Protein: Lunch Meat & Cheese Cont.

No more than 5 g saturated fat and 400 mg sodium.

Sargento, Continued:	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Sharp White Cheddar, Cashews, & Raisins	180	5	190	12	1	7
• White Cheddar, Almonds, & Cranberries	190	4.5	160	12	2	8

Taylor Farms, Snack Pack:	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Pretzels & Cheese	190	4.5	390	23	2	7

Protein: Chicken & Tuna Kits

No more than 3 g saturated fat and 500 mg sodium.

Bumble Bee, Snack on the Run	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Buffalo Style Chicken Salad w/ Crackers	150	1.5	520*	7	1	9
• Chicken Salad w/ Crackers	150	1.5	230	7	1	9
• Chicken in BBQ Sauce w/ Crackers	130	1	240	15	1	11
• Chipotle Chicken Salad w/ Crackers	190	2	360	9	2	9
• Chipotle Tuna Salad w/ Crackers	160	1.5	440	9	2	7
• Fat-Free Tuna Salad w/ Crackers	70	0	350	10	2	7
• Rosemary, Garlic, and Sea Salt Tuna Salad w/ Crackers	230	3	370	7	1	7
• Tuna Salad w/ Crackers	230	3	230	7	1	7

Chicken of the Sea, Packet Up!	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• White Tuna Salad Kit	270	1.5	440	27	2	19

Starkist, Snack to Go	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Classic Tuna Salad Kit	210	2.5	580*	20	1	11

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Fruit and Vegetable

No more than 2 g saturated fat and 400 mg sodium.

Crunch Pak:	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Apples & Caramel	190	3.5	370	30	2	5
• Apples & Grapes, Mini	80	2	60	10	1	2

HEB, Ready Fresh Go:	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Granny Smith Apple Slices	80	0	0	19	4	0
• Red Apple Slices	70	0	0	19	3	0
• Red Apple Slices w/ Caramel Dip	45	0	0	12	2	0
• Small Garden Salad	35	0	80	7	2	2

Taylor Farms, Snack Pack:	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Snap Peas & Dip	200	2	290	15	5	3
• Veggies & Dip	170	2	380	13	4	3
• Veggies & Guacamole	100	1	350	12	6	2

Hummus

No more than 2 g saturated fat and 400 mg sodium.

Cedars, Snack Pack:	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Original Hummus w/ Chips	250	1.5	340	22	2	6
• Roasted Red Pepper w/ Chips	220	0	350	22	5	5

Taylor Farms, Snack Pack:	Cals	Sat. Fat	Sodium	Carbs	Fiber	Pro
• Veggies w/ Roasted Hummus	170	1	330	18	6	4

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