

# 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   |

## 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  |

# Fruit and Vegetable

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



## Crunch Pak:

- Apples & Caramel
- Apples & Grapes, Mini

| Cals | Sat. Fat | Sodium | Carbs | Fiber | Pro |
|------|----------|--------|-------|-------|-----|
| 190  | 3.5      | 370    | 30    | 2     | 5   |
| 80   | 2        | 60     | 10    | 1     | 2   |

## HEB, Ready Fresh Go:

- Granny Smith Apple Slices
- Red Apple Slices
- Red Apple Slices w/ Caramel Dip
- Small Garden Salad

| Cals | Sat. Fat | Sodium | Carbs | Fiber | Pro |
|------|----------|--------|-------|-------|-----|
| 80   | 0        | 0      | 19    | 4     | 0   |
| 70   | 0        | 0      | 19    | 3     | 0   |
| 45   | 0        | 0      | 12    | 2     | 0   |
| 35   | 0        | 80     | 7     | 2     | 2   |

## Taylor Farms, Snack Pack:

- Snap Peas & Dip
- Veggies & Dip
- Veggies & Guacamole

| Cals | Sat. Fat | Sodium | Carbs | Fiber | Pro |
|------|----------|--------|-------|-------|-----|
| 200  | 2        | 290    | 15    | 5     | 3   |
| 170  | 2        | 380    | 13    | 4     | 3   |
| 100  | 1        | 350    | 12    | 6     | 2   |

# Hummus

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



## Cedars, Snack Pack:

- Original Hummus w/ Chips
- Roasted Red Pepper w/ Chips

| Cals | Sat. Fat | Sodium | Carbs | Fiber | Pro |
|------|----------|--------|-------|-------|-----|
| 250  | 1.5      | 340    | 22    | 2     | 6   |
| 220  | 0        | 350    | 22    | 5     | 5   |

## Taylor Farms, Snack Pack:

- Veggies w/ Roasted Hummus

| Cals | Sat. Fat | Sodium | Carbs | Fiber | Pro |
|------|----------|--------|-------|-------|-----|
| 170  | 1        | 330    | 18    | 6     | 4   |

# Fruit and Vegetable

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



## Crunch Pak:

- Apples & Caramel
- Apples & Grapes, Mini

| Cals | Sat. Fat | Sodium | Carbs | Fiber | Pro |
|------|----------|--------|-------|-------|-----|
| 190  | 3.5      | 370    | 30    | 2     | 5   |
| 80   | 2        | 60     | 10    | 1     | 2   |

## HEB, Ready Fresh Go:

- Granny Smith Apple Slices
- Red Apple Slices
- Red Apple Slices w/ Caramel Dip
- Small Garden Salad

| Cals | Sat. Fat | Sodium | Carbs | Fiber | Pro |
|------|----------|--------|-------|-------|-----|
| 80   | 0        | 0      | 19    | 4     | 0   |
| 70   | 0        | 0      | 19    | 3     | 0   |
| 45   | 0        | 0      | 12    | 2     | 0   |
| 35   | 0        | 80     | 7     | 2     | 2   |

## Taylor Farms, Snack Pack:

- Snap Peas & Dip
- Veggies & Dip
- Veggies & Guacamole

| Cals | Sat. Fat | Sodium | Carbs | Fiber | Pro |
|------|----------|--------|-------|-------|-----|
| 200  | 2        | 290    | 15    | 5     | 3   |
| 170  | 2        | 380    | 13    | 4     | 3   |
| 100  | 1        | 350    | 12    | 6     | 2   |

# Hummus

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



## Cedars, Snack Pack:

- Original Hummus w/ Chips
- Roasted Red Pepper w/ Chips

| Cals | Sat. Fat | Sodium | Carbs | Fiber | Pro |
|------|----------|--------|-------|-------|-----|
| 250  | 1.5      | 340    | 22    | 2     | 6   |
| 220  | 0        | 350    | 22    | 5     | 5   |

## Taylor Farms, Snack Pack:

- Veggies w/ Roasted Hummus

| Cals | Sat. Fat | Sodium | Carbs | Fiber | Pro |
|------|----------|--------|-------|-------|-----|
| 170  | 1        | 330    | 18    | 6     | 4   |