

	Serving: Weight (g)	Calories	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Cheese & Fruit Bistro Box	166	470	28	12	0.5	50	520	42	7	19	17	15%	6%	35%	15%
Protein Bistro Box	192	360	18	6	0.1	210	520	37	5	19	15	15%	6%	15%	15%
Power Bistro Box	178	520	34	9.0	0.5	65	720	30	5	5	25	80%	2%	35%	25%
Veggie & Hummus	166	450	20	2.5	0.0	0	490	54	10	16	16	60%	10%	8%	35%
PB&J Bistro Box	188	490	31	7.0	0.3	30	420	42	4	24	15	140%	35%	20%	15%
Greek Yogurt & Honey Parfait	165	290	12	6	0.1	35	100	40	2	27	8	15%	2%	20%	6%
Peach Raspberry Yogurt Parfait	202	300	5	1	0	10	105	47	4	19	10	6%	10%	15%	8%
Strawberry Blueberry Yogurt Parfait	202	310	5	1	0	10	105	51	3	22	10	4%	25%	20%	8%
Seasonal Fruit Cup	170	80	0	0	0	0	15	20	3	17	1	30%	80%	2%	2%
Chicken Santa Fe Panini	152	360	14	6	0.2	60	770	33	2	1	25	15%	90%	15%	15%
Old Fashioned Grilled Cheese	177	580	29	13.0	0.5	65	1110	57	5	7	28	15%	4%	45%	15%
BBQ Beef Briscuit	187	510	22	10.0	0.3	65	1210	54	3	5	23	15%	2%	20%	30%
Chicken BLT Sandwich	180	470	25	2.5	0.0	60	800	36	3	4	27	20%	20%	2%	15%
Turkey Pesto Panini	182	450	17	6.0	0.2	60	1090	43	1	0	29	20%	25%	30%	25%
Italian Style Ham and Spicy Salami Panini	203	480	20	8.0	0.3	65	1100	49	3	3	26	20%	20%	20%	30%
Ancho Chipotle Chicken	168	440	18	7.0	0.0	60	1020	46	3	3	24	30%	50%	25%	25%
Turkey Havarti	156	440	25	8.0	0.4	75	1010	32	2	2	26	20%	10%	15%	15%
Chicken Artichoke	180	500	25	8.0	0.2	65	940	38	5	1	28	10%	70%	25%	15%
Egg Salad Sandwich	185	490	27	4.5	0.0	360	850	39	6	5	20	25%	15%	6%	25%
Turkey & Basil Pesto Sandwich	201	500	22	6.0	0.3	75	1230	45	2	2	32	35%	210%	25%	30%
Holiday Turkey Panini (Frozen)	230	510	12	4	0.1	70	1170	75	3	12	29	4%	2%	2%	35%
Turkey Rustico Panini (frozen)	183	480	18	6.0	0	55	1120	53	4	13	33	50%	20%	25%	20%
Roasted Tomato & Mozzarella Panini (frozen)	147	420	17	5.0	0	20	820	53	5	0	15	40%	6%	25%	20%
Ham & Swiss Panini (frozen)	148	360	10	5.0	0	50	1150	43	1	1	23	4%	25%	20%	15%
Zesty Black Bean and Quinoa Wrap	180	530	29	8	0.4	25	680	55	6	3	14	10%	15%	10%	25%
Thai Tuna Wrap	189	510	24	3.5	0.2	30	840	55	3	9	17	15%	2%	4%	20%
Rice Veggie Salad Bowl	315	420	23	3	0	0	600	52	9	9	10	290%	170%	15%	30%
Black Bean Salad Bowl	270	370	13	2	0	30	690	45	8	13	19	30%	50%	6%	25%
Whole Grain Oatmeal	42	160	2.5	0.5	0	0	125	28	4	0	5	0%	0%	8%	10%
Maple Brown Sugar	13	50	0	0	0	0	3	13	0	12	0	0%	0%	2%	2%
Fruit, Nut & Seed Medley	16	70	3	1	0	0	0	8	1	5	2	0%	0%	2%	6%
Brown Sugar	13	50	0	0	0	0	5	12	0	12	0	0%	0%	0%	2%
Dried Fruit	30	100	0.4	0	0	0	0	24	2	22	1	2%	2%	0%	2%
Nut Medley	15	100	10	1	0	0	0	2	1	1	2	0%	0%	2%	2%