

**K-12 NUTRIENT INFORMATION**

<b>K-12</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Sack Lunch</b>							
<b>Turkey and Cheese on Bun</b>	1 each	270	7	2	762	25	31
<b>Turkey Bacon Cheese Wrap</b>	1 each	330	11	4	839	26	31
<b>Turkey and Cheese Sub</b>	1 each	290	9	3	732	25	29
Mayonnaise	1 packet	40	4	0.5	90	0	2
Mustard	1 packet	0	0	0	65	0	0
Broccoli	1 cup	50	0	0	50	6	10
Carrots	1 cup	80	0	0	158	2	18
Green Peas	1 cup	143	0	0	203	10	24
Chick Peas	1 cup	270	5	1	737	15	37
Strawberry Cup	1/2 cup	122	0	0	4	1	33
Pear Cup	1/2 cup	70	0	0	5	0	19
Peach Cup	1/2 cup	70	0	0	10	1	18
Apple Slices	1 pkg	34	0	0	0	0	8
Applesauce Cup	1/2 cup	90	0	0	15	0	22
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12