Meat Selections

Cheese Selections

Veggie Selections

Nutrition Facts

Serving Size 3.6oz (102g) Servings Per Container 8

	g		
Calories 250	Calo	ries from	Fat 110
		% Da	ily Value*
Total Fat 13g			19%
Saturated Fa	at 6g		29%
Trans Fat 0g]		
Cholesterol 25	img		9%
Sodium 600mg			25%
Total Carbohy	drate 22g		7%
Dietary Fibe	r 2g		7%
Sugars 1g			
Protein 12g			
Vitamin A 6%		Vitamin (0%
Calcium 15%		Iron 4%	
*Percent Daily Value Your Daily Values n your calorie needs.			
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
01 1 1 1	Less than	300mg	300mg
Cholesterol		2 400	0.400
Sodium	Less than	2,400mg	2,400mg
	Less than	2,400mg 300g	2,400mg 375g
Sodium	Less than		
Sodium Total Carbohydrate	Less than	300g	-

Nutrition Facts

Serving Size 3.4 oz (96g) Servings Per Container 8

Amount Per Servin	g		
Calories 230	Cal	ories from	Fat 80
		% Da	ily Value*
Total Fat 9g			14%
Saturated Fa	at 5g		26%
Trans Fat 0g)		
Cholesterol 25	img		8%
Sodium 540mg]		22%
Total Carbohy	drate 26g		9%
Dietary Fiber	r 2g		7%
Sugars 1g			
Protein 11g			
Vitamin A 6%		Vitamin	C 0%
Calcium 20%		Iron 4%	
*Percent Daily Value Your Daily Values m your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydra	te 4	Protein 4

Nutrition Facts

Serving Size 3.6 oz (102g) Servings Per Container 8

Amount Per Servin	g		
Calories 200	Cald	ories from	Fat 70
		% Da	ily Value*
Total Fat 8g			12%
Saturated Fa	at 4g		21%
Trans Fat 0g]		
Cholesterol 20	Omg		7%
Sodium 430mg		18%	
Total Carbohy	drate 24g		8%
Dietary Fibe		9%	
Sugars 1g			
Protein 10g			
Vitamin A 4%		Vitamin	C 0%
Vitamin A 4% Calcium 20%		Vitamin Iron 4%	
Calcium 20% *Percent Daily Values no		Iron 4%	lorie diet.
Calcium 20% *Percent Daily Value		Iron 4%	lorie diet.
Calcium 20% *Percent Daily Values no	nay be higher	Iron 4% on a 2,000 ca or lower depo	lorie diet. ending on
Calcium 20% *Percent Daily Values nyour Daily Values nyour calorie needs.	nay be higher Calories:	Iron 4% on a 2,000 ca or lower depo	lorie diet. ending on 2,500
Calcium 20% *Percent Daily Values nyour Daily Values nyour calorie needs. Total Fat	Calories: Less than	Iron 4% on a 2,000 ca or lower depo 2,000 65g	lorie diet. ending on 2,500 80g
Calcium 20% *Percent Daily Values of Your Daily Values of Your Calorie needs. Total Fat Sat Fat	Calories: Less than Less than	Iron 4% on a 2,000 ca or lower depe 2,000 65g 20g	lorie diet. ending on 2,500 80g 25g 300mg
Calcium 20% *Percent Daily Values of Your Daily Values of Your Calorie needs. Total Fat Sat Fat Cholesterol	Calories: Less than Less than Less than	Iron 4% on a 2,000 ca or lower depe 2,000 65g 20g 300mg	lorie diet. ending on 2,500 80g 25g 300mg
Calcium 20% *Percent Daily Values of Your Daily Values of Your Calorie needs. Total Fat Sat Fat Cholesterol Sodium	Calories: Less than Less than Less than	Iron 4% on a 2,000 ca or lower deperation 2,000 65g 20g 300mg 2,400mg	lorie diet. ending on 2,500 80g 25g 300mg 2,400mg
*Percent Daily Values nyour Daily Values nyour calorie needs. Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate	Calories: Less than Less than Less than	Iron 4% on a 2,000 ca or lower depo 2,000 65g 20g 300mg 2,400mg 300g	lorie diet. ending on 2,500 80g 25g 300mg 2,400mg 375g