

Meat Selections

Cheese Selections

Veggie Selections

Nutrition Facts

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

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 13g | 19% |
| Saturated Fat 6g | 29% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 25mg | 9% |
| Sodium 600mg | 25% |
| Total Carbohydrate 22g | 7% |
| Dietary Fiber 2g | 7% |
| Sugars 1g | |

Protein 12g

| | |
|--------------|--------------|
| Vitamin A 6% | Vitamin C 0% |
| Calcium 15% | Iron 4% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on 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 Carbohydrate 4 Protein 4

Nutrition Facts

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

Amount Per Serving

Calories 230 **Calories from Fat** 80

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 9g | 14% |
| Saturated Fat 5g | 26% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 25mg | 8% |
| Sodium 540mg | 22% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 2g | 7% |
| Sugars 1g | |

Protein 11g

| | |
|--------------|--------------|
| Vitamin A 6% | Vitamin C 0% |
| Calcium 20% | Iron 4% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on 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 Carbohydrate 4 Protein 4

Nutrition Facts

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

Amount Per Serving

Calories 200 **Calories from Fat** 70

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 8g | 12% |
| Saturated Fat 4g | 21% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 20mg | 7% |
| Sodium 430mg | 18% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 2g | 9% |
| Sugars 1g | |

Protein 10g

| | |
|--------------|--------------|
| Vitamin A 4% | Vitamin C 0% |
| Calcium 20% | Iron 4% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on 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 Carbohydrate 4 Protein 4