

## Deli Protein Snack Packs

Item Name	Quantity	Measure	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Sugar Added (g)	Prot (g)	Vit D (mcg)	Sod (mg)	Calc (mg)	Iron (mg)	Pot (mg)
Turkey Medley	1/2	Pack	290	22	7	0	45	9	1.71	5	0.51	17	0.15	580	256	1.2	250
Turkey & Cracker	1/2	Pack	240	16	7	0	45	14	0.19	5	1.5	13	0.15	650	247	0.7	125
Ham & Almonds	1/2	Pack	450	30	11	0	45	26	4.05	20	17.51	20	0	640	339	1.3	300
Chicken Salad	1/2	Pack	310	20	4	0	25	24	0.37	8	3.13	12	0.04	390	36	2.1	250
Tuna Salad	1/2	Pack	180	9	1.5	0	10	18	1.54	6	3.65	5	0.02	390	34	1.0	190
Beef Stick	1/2	Pack	420	32	12	0	60	17	1.9	2	0.94	18	0.15	880	266	3.1	290