

## Grilled Cheese Boxed Lunch

A classic and satisfying meal featuring a grilled cheese sandwich, sides, and a drink.

### Ingredients:

- **Grilled Cheese Sandwich**

Enriched wheat flour, water, soybean oil, yeast, sugar, salt, calcium propionate, enzymes; milk, bacterial culture, salt, microbial enzyme (cheddar cheese); soybean oil, water, salt, emulsifiers (margarine).

- **Apple Juice Box**

Filtered water, concentrated apple juice, ascorbic acid (Vitamin C).

- **Popcorn**

popcorn (corn), vegetable oil, salt; tomato concentrate.

- **Ketchup**

vinegar, sugar, salt, spices.

- **Granola Bar**

Quaker rolled oats, rolled whole wheat, brown sugar, barley flakes, sunflower oil, inulin, honey, natural flavour, modified milk ingredients, glucose, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, salt, vanillin), whole grain brown rice crisps (whole grain brown rice flour, sugar, barley malt, salt, mixed tocopherols), glycerin, shortening (canola oil, modified palm and palm kernel oils), brown sugar, sorbitol, inulin, salt, natural and artificial flavour, soy lecithin, BHT (preservative).

### Allergens:

- Wheat/Gluten (bread, granola bar).
- Milk/Dairy (cheddar cheese, modified milk ingredients).
- Soy (margarine, granola bar).
- Barley/Oats (granola bar).

### Nutrition Information (Approximate per Boxed Lunch):

- Calories: ~980–1,095 kcal
- Protein: ~32–40 g
- Carbohydrates: ~110–138 g (Sugars ~31–38 g)
- Total Fat: ~45–52 g
- Fiber: ~7–9 g
- Sodium: ~1,325–1,750 mg