

## White Cheddar Macaroni and Cheese Boxed Lunch

A delicious and satisfying meal, perfect for a convenient and nutritious lunch. Includes Mac and Cheese sauce, garlic bread, fresh vegetables, a drink, and a treat.

### Ingredients:

- **Macaroni and Cheese**

Water, processed cheese food (milk, water, cream, sodium phosphate, bacterial culture, salt, enzymes), macaroni (coarse wheat flour, egg white), cream, cheddar and parmesan cheese (milk, bacterial culture, salt, microbial enzyme), modified corn starch, butter, salt, Dijon mustard (vinegar, water, mustard seed, salt, white wine, citric acid, tartaric acid, spice), disodium phosphate, lactic acid.

- **Garlic Bread**

**Bread:** Enriched wheat flour, water, soybean oil, yeast, sugar, salt, calcium propionate, microbial enzymes. **Spread:** Soybean oil, water, dried garlic, modified palm oil, modified milk ingredients, salt, vegetable monoglyceride, citrus flour, natural flavour, dried parsley, carotene.

- **Side Vegetables**

Carrot Sticks  
Cucumber Sticks

- **Apple Juice Box**

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

- **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** (Pasta, garlic bread, granola bar)
- **Milk** (sauce, cheese blend, garlic bread, granola bar)
- **Soy** (Granola bar, garlic bread spread)
- **Barley** (Granola bar)
- **Oat** (Granola bar)

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

- **Calories:** ~700-850 kcal
- **Protein:** ~20-25g
- **Carbohydrates:** ~90-100g
- **Fat:** ~30-35g
- **Fiber:** ~6-8g
- **Sodium:** ~800-1000mg
- **Sugar:** ~25-30g