

Pita Pocket Boxed Lunch

A wholesome and delicious meal, perfect for a quick and nutritious lunch. Pita comes filled with shredded chicken, fresh vegetables, side of Ranch Dressing, a drink, and a treat.

Ingredients:

- **Stuffed Pita Pocket**

Whole wheat flour, water, yeast, salt, calcium propionate
Chicken (or chickpeas, herbs, spices for falafel)
Iceberg lettuce
Roma tomatoes

- **Ranch Dressing (Dip/Sauce)**

Water, soybean oil, cultured low-fat buttermilk, modified corn starch, vinegar, salt, garlic and onion juice, sugar, natural and artificial flavor, spice, xanthan gum, sorbic acid, phosphoric acid, propylene glycol alginate, lactic acid, sodium benzoate, polysorbate 60, garlic and onion powder, whey powder, yeast extract, disodium guanylate, disodium inosinate, dried chives, color, calcium disodium EDTA, enzyme-modified cream.

- **Apple Juice**

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 flavor, 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 flavor, soy lecithin, BHT (preservative)

Allergens:

- **Wheat** (Whole wheat pita, granola bar)
- **Milk** (Ranch dressing, granola bar)
- **Sesame** (Hummus – tahini)
- **Milk** (Granola bar)
- **Soy** (Granola bar)
- **Barley** (Granola bar)
- **Oat** (Granola bar)

Nutrition Information (Approximate per Boxed Lunch):

- **Calories:** ~600-750 kcal (varies based on protein choice)
- **Protein:** ~25-30g
- **Carbohydrates:** ~80-90g
- **Fat:** ~20-25g
- **Fiber:** ~10-12g
- **Sodium:** ~600-800mg
- **Sugar:** ~25-30g