

Pita Pocket Boxed Lunch

A wholesome and delicious meal, perfect for a quick and nutritious lunch. Lunch comes with shredded chicken, fresh vegetables, a side of hummus, a drink, and a treat.

Ingredients:

- **Stuffed Pita Pocket**

Whole wheat flour, water, yeast, salt, calcium propionate

Chicken (or chickpeas, herbs, spices for falafel)

Chickpeas, tahini (sesame seed paste), olive oil, canola oil, lemon juice, sea salt, garlic

Iceberg lettuce

Roma tomatoes

- **Side Vegetables**

Cucumber

Carrot sticks

- **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)
- **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