

Wrap It Up Boxed Lunch

A wholesome and satisfying meal, perfect for a convenient and nutritious lunch. Includes Chicken wrap, fresh vegetables, a side of ranch dip, a drink, and a treat.

Ingredients:

- **Whole Wheat Chicken Wrap**

Whole wheat flour, water, wheat flour, canola/modified palm oil shortening, salt, sugar, baking powder, mono- and diglycerides, calcium propionate, wheat gluten, rice flour, fumaric acid, potassium sorbate, cellulose gum, xanthan gum, enzymes (wheat starch, microcrystalline cellulose), L-cysteine (vegetable sourced). Chicken, Lettuce, Carrots, Cucumber
Sub Grilled vegetables for Vegetarian option - Red & Yellow Peppers, Zucchini, Eggplant, vegetable oil

- **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.

- **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 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 tortilla, granola bar)
- **Milk** (Ranch dressing, granola bar)
- **Soy** (Granola bar)
- **Barley** (Granola bar)
- **Oat** (Granola bar)
- **Mustard** (Ranch dressing)

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