

Menu Label Report: Deli Protein Snack Packs

Item Name	Wgt (g)	Cals (kcal)	Prot (g)	Carb (g)	Tot Fib (g)	Sugar (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Vit A (IU)	Vit C (mg)	Vit D (mcg)	Calc (mg)	Iron (mg)	Pot (mg)
Grilled Chicken	198	580	31	56	5	18	24	11	0	90	1100	607	0	0.4	405	2	710
Turkey Medley	198	560	31	18	3	9	43	14	0	80	1210	784	1	0	443	2	440
Ham & Almonds	227	890	37	51	5	39	59	21	0	90	1290	607	0	0.4	627	2	610
Chicken Salad	198	550	19	49	0	14	32	5	0	40	640	28	1	0	53	3	540
Tuna Salad	198	300	11	36	2	10	13	1.5	0	25	640	191	2	0	53	2	360
Beef Snack	184	840	35	37	4	5	60	22	0	105	1650	607	0	0.4	479	6	530

1 Serving = 1 Container