



Gather 2 Grow - Meal Kit Menus

Nutritional Information & Ingredients

SFSP/CACFP Lunch/Supper Meal Options	Grain	Meat/M	Fruit	Veggie	Size (g/oz)	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol(mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
C01 - Nachos Meal					10.4	555	35	9.5	0	30	1140	46	7	16	15
Cheddar Cheese Cup		1			2	140	12	7.0	0	30	780	<1	0	0	6
Sunflower Kernels		1			1	170	14	1.5	0	0	110	6	3	1	6
Apple Apple GoGo Squeeze®			1		3.2	60	0	0.0	0	0	0	15	1	12	0
WG Corn Chips	1				1.23	160	9	1.0	0	0	55	20	2	0	2
Red Gold® Salsa Cup				1	3	25	0	0.0	0	0	195	5	1	3	1
C02 - Chicken Salad Meal					10.2	570	26	3.0	0	30	550	69	7	41	16
Bumble Bee® Chicken Salad		1			2.9	140	9	1.5	0	30	230	8	1	3	8
Sunflower Kernels		1			1	170	14	1.5	0	0	110	6	3	1	6
WG Herb Crackers	1				0.78	90	3	0.0	0	0	190	15	1	2	1
100% Veggie Juice				1	4.23	60	0	0.0	0	0	10	15	0	13	0
Amazin Rasin			1		1.3	110	0	0.0	0	0	10	25	2	22	1
C03 - Sunbutter & Grahams Meal					8.5	660	35	4.0	0	0	365	75	9	47	14
Sunbutter		1			1.1	200	17	2.0	0	0	130	7	2	3	7
Sunflower Kernels		1			1	170	14	1.5	0	0	110	6	3	1	6
Ocean Spray® Craisins®			1		1.16	110	0	0.0	0	0	0	27	2	24	0
WG Maple Waffle Grahams	1				1	120	3.5	0.5	0	0	115	20	2	6	1
100% Veggie Juice				1	4.23	60	0	0.0	0	0	10	15	0	13	0
C04 - Pizza Meal					9.48	550	33	13.5	0	50	1220	45	8	19	21
Cheddar Cheese Plank		1			2	200	16	12.0	0	50	720	2	0	0	12
Sunflower Kernels		1			1	170	14	1.5	0	0	110	6	3	1	6
WG Pizza Crackers	1				0.78	80	2	0.0	0	0	190	15	2	2	2
Apple Apple GoGo Squeeze®			1		3.2	60	0	0.0	0	0	0	15	1	12	0
Red Gold® Marinara Sauce Cup				1	2.5	40	1	0.0	0	0	200	7	2	4	1
C05 - Mediterranean Meal					14	520	20	1.5	0	0	400	72	11	35	12
Hummus		1			3	120	3.5	0.0	0	0	90	18	5	3	5
Sunflower Kernels		1			1	170	14	1.5	0	0	110	6	3	1	6
WG Wheat Crackers	1				0.78	90	2.5	0.0	0	0	190	15	2	2	1
Fruit Cup (in 100% natural juices)			1		4.5	80	0	0.0	0	0	0	18	1	16	0
100% Veggie Juice				1	4.23	60	0	0.0	0	0	10	15	0	13	0

Meal Kit #2 is not available at this time



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SFSP/CACFP Lunch/Supper Meal Options	Grain	Meat/M	Fruit	Veggie	Size (g/oz)	Calories	Total Fat (g)	Sat Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
C06 - Bean Dip Meal					10.6	580	24.5	2.5	0	0	365	80	11	38	11
Bean Dip		1			3	80	1.5	0	0	0	190	12	4	0	3
Sunflower Kernels		1			1	170	14	1.5	0	0	110	6	3	1	6
Ocean Spray® Craisins®			1		1.16	110	0	0.0	0	0	0	27	2	24	0
WG Corn Chips	1				1.23	160	9	1.0	0	0	55	20	2	0	2
100% Veggie Juice				1	4.23	60	0	0.0	0	0	10	15	0	13	0
C07 - Peanut Butter & Grahams					10.6	570	31	4	0	0	395	64	9	35	15
Peanut Butter Squeezer		1			1.12	170	14	2	0	0	135	7	3	3	8
Sunflower Kernels		1			1	170	14	1.5	0	0	110	6	3	1	6
WG Honey Grahams	1				1	110	3	0.5	0	0	140	21	2	6	1
Apple Apple GoGo Squeeze®			1		3.2	60	0	0.0	0	0	0	15	1	12	0
100% Veggie Juice				1	4.23	60	0	0.0	0	0	10	15	0	13	0
C08 - Meat & Cheese Meal					9.3	570	28	16	0	65	1400	58	3	39	21
Pepperoni Beef Stick		1			1.12	110	9	4	0	15	480	0	0	0	7
Ocean Spray® Craisins®			1		1.16	110	0	0.0	0	0	0	27	2	24	0
Cheddar Cheese Plank		1			2	200	16	12.0	0	50	720	2	0	0	12
WG Wheat Crackers					0.78	90	3	0.0	0	0	190	14	1	2	2
100% Veggie Juice				1	4.23	60	0	0.0	0	0	10	15	0	13	0
C09 - Sweet BBQ Chicken Bites					8.5	540	19	2	0	30	485	73	7	48	18
Jack Links® Sweet BBQ Bites		1			1	80	1	0	0	30	240	7	0	6	10
Sunflower Kernels		1			1	170	14	1.5	0	0	110	6	3	1	6
WG Maple Waffle Grahams	1				1	120	3.5	0.5	0	0	115	20	2	6	1
100% Veggie Juice				1	4.23	60	0	0.0	0	0	10	15	0	13	0
Amazin Rasin			1		1.3	110	0	0.0	0	0	10	25	2	22	1
MILK															
1% lowfat Milk					8	100	2.5	1.5	0	10	130	12	0	12	8

Meal Kit #2 is not available at this time