

HARVEST THYME NUTRITION FACTS (PER BOX LUNCH)

-TURKEY SANDWICH BOX

Sliced turkey on butterbread.
Served with a 3oz fruit cup (pineapple and grapes)
and a small chocolate chip cookie.

CALORIES 296	% VALUE
TOTAL FAT 7g	11
SATURATED FAT 0g	
TRANS FAT 0g	
CHOLESTEROL 25mg	8
SODIUM 555mg	23
TOTAL CARBS 35g	12
DIETARY FIBER 2g	8
SUGAR 19g	
PROTEIN 13g	26

-TURKEY RANCH WRAP BOX

Sliced turkey, shredded cheddar,
and ranch dressing in a sundried tomato wrap.
Served with a 3oz fruit cup (pineapple and grapes)
and a small chocolate chip cookie.

CALORIES 571	% VALUE
TOTAL FAT 29g	45
SATURATED FAT 9g	45
TRANS FAT 2.5g	
CHOLESTEROL 52mg	17
SODIUM 1390mg	58
TOTAL CARBS 59g	20
DIETARY FIBER 4g	16
SUGAR 21g	
PROTEIN 20g	40

-BLT BOX

Bacon, lettuce and tomato on white bread.
Served with a 3oz fruit cup (pineapple and grapes)
and a small chocolate chip cookie.

CALORIES 372	% VALUE
TOTAL FAT 15.8g	24
SATURATED FAT 4g	20
TRANS FAT 0g	
CHOLESTEROL 22mg	7
SODIUM 555mg	23
TOTAL CARBS 35g	12
DIETARY FIBER 2g	8
SUGAR 19g	
PROTEIN 9g	18

-CAESAR SALAD BOX

Romaine lettuce, shredded parmesan,
homemade croutons, grilled chicken and Caesar
dressing.

Served with a 3oz fruit cup (pineapple and grapes)
and a small chocolate chip cookie.

CALORIES 477	% VALUE
TOTAL FAT 24g	37
SATURATED FAT 8g	40
TRANS FAT 0	
CHOLESTEROL 90mg	30
SODIUM 1210mg	50
TOTAL CARBS 35g	12
DIETARY FIBER 4g	16
SUGAR 19g	
PROTEIN 26g	52

-GLUTEN FREE CAESAR SALAD BOX

Romaine lettuce, shredded parmesan,
grilled chicken and Caesar dressing.
Served with a 3oz fruit cup (pineapple and grapes)
and 2oz container of chocolate chips (about 30 pieces).

CALORIES 397	% VALUE
TOTAL FAT 23g	35
SATURATED FAT 9g	45
TRANS FAT 0	
CHOLESTEROL 90mg	30
SODIUM 1065mg	44
TOTAL CARBS 27g	9
DIETARY FIBER 3g	12
SUGAR 18g	
PROTEIN 24g	48