

Charcuterie To-Go Box



Note: Grains are pictured out of the package for photography purposes. It is suggested to keep grains in packaging to maintain quality.

Component Contribution: 2 oz WG, 2 oz M/MA, ½ Cup Fruit, ½ Cup Vegetable (¼ cup Red/Orange, ¼ Cup Other)

Nutrition Facts

Serving Size 1 Box
Serving Weight 256.227 gm

Amounts Per Serving	
Calories	435.123 kcal
Total Fat	17.637 gm
Saturated Fat	6.815 gm
Trans Fat	0.000 gm
Cholesterol	55.250 mg
Sodium	813.372 mg
Potassium	232.000 mg*
Carbohydrates	47.830 gm
Fiber	3.950 gm
Sugars	14.980 gm
Protein	18.997 gm
Iron	2.465 mg
Calcium	326.246 mg
Vitamin A (IU)	5481.745 iu*
Vitamin C	4.508 mg*
Vitamin D	0.000 mcg*
Saturated Fat % of Calories	14.10%

* = Indicates missing Nutrient Information.
^ = Indicates user added nutrient.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Ingredients	Instructions
2 oz eq WGR Crackers/Breads/Grains of Your Choice	<ol style="list-style-type: none"> 1. Wash cucumbers in cold running water thoroughly. Remove any damaged areas. Slice ¼" thick. 2. Wash grapes in cold running water thoroughly. Let dry completely. 3. Place each ingredient strategically in the box for color contrast. 4. Roll each slice of ham individually. Stack on top of each other. Place 1 oz eq M/MA in the box. <i>ProTip: Ham products differ in ounce equivalents. Check your product for component contribution information.</i> 5. Keep cold.
¼ Cup Baby Carrots	
¼ Cup Cucumber Slices	
4 Slices Reduced Sodium Pepperoni	
¼ Cup Red Grapes	

For more information, contact us at info@proteamadvisors.com | (844) 662-3767 ext. 101

Looking for more menu ideas? Give us a call today.

¼ Cup Green Grapes	6. Offer each student 1 charcuterie to-go box.
1 oz eq Sliced Ham, Thinly Sliced	
1 oz Reduced Fat Cubed Cheddar Cheese	

For more information, contact us at info@proteamadvisors.com | (844) 662-3767 ext. 101

Looking for more menu ideas? Give us a call today.