

**Healthy Packed Lunch
Non-vegetarian**

Food Cost (approximate): \$3.79

Menu:

Sandwich of:
1 oz Organic Valley sliced ham
1 oz Organic Valley mild cheddar Cheese
2 slices whole grain bread
Lettuce, Tomato, Mustard
Organic Valley fresh apple
6 baby carrots
Organic Valley shelf-stable white 1% milk

Provides:

513 total kcals
185 kcals fat
27 grams pro
58 grams CHO
21 grams fat
6.6 grams fiber
7.5 grams sat fat
51 mg chol
705 mg sodium

**Percent Recommended Daily Amounts
Ages 9-13 years Girls (Boys)**

% total kcals: 28.5% (26%)
%pro: 79% (79%)
%CHO: 23% (21%)
%fat: 35% (35%)
% fiber: 26% (23.5%)
%sat fat: 37.5% (34%)
%chol: 17% for both
% sodium: 32% for both