

Grab & Go Nutritional Information (DC/MD/VA)

The following nutritional information is provided by our suppliers and is intended only as an estimate. Not all items are available in every location. These items are produced in kitchens where known allergens are present. Data is rounded to meet FDA regulations. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Grab & Go	<i>Serving Size (g)</i>	<i>Calories</i>	<i>Calories from Fat (g)</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>
Strawberry Yogurt	227	180	0	0	0	0	5	150	39	0	33	6
Cage Free Hardboiled Egg	50	60	35	4	1.5	0	180	70	1	2	0	6
Classic Parfait - Strawberry & Granola	213	270	130	14	6	0	20	470	24	3	14	16
Overnight Oats - Peaches & Cream	268	440	100	11	3.5	0	10	490	70	10	27	16
Rise n' Shine Box	202	490	230	25	4.5	0	180	150	54	11	27	18
Picnic Box	139	330	190	21	10	0	45	830	23	6	5	19
Market Box	138	370	260	29	9	0	215	500	10	4	3	22
Fresh Fruit Salad	179	90	0	0	0	0	0	0	23	3	19	1
Turkey & Havarti 9-Grain Baguette	286	590	200	22	8	0	75	1260	64	7	5	36
Mozzarella Tomato Basil Pesto Baguette	266	630	290	32	12	0	65	910	60	2	9	26

Grab & Go	Ingredients
Strawberry Yogurt	Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Strawberries, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (For Freshness), Citric Acid, Purple Carrot Juice Concentrate, Carob Bean Gum, Vitamin D3. Contains: Milk.
Cage Free Hardboiled Egg	Egg
Classic Parfait - Strawberry & Granola	Greek Yogurt (Grade A Pasteurized Milk And Cream, Live Active Yogurt Cultures), Strawberries, Housemade Granola (Organic Whole Grain Oats, Almonds, Sweetened Coconut (Coconut, Sugar, Water, Propylene Glycol (Sustains Freshness), Salt, Sodium Metabisulfite (To Retain Whiteness)), Organic Agave Nectar, Canola Oil, Brown Sugar, Salt). Contains: Milk, Almond, Coconut.
Overnight Oats - Peaches & Cream	Whole Milk, Peaches (Peaches, Water, Pear Juice Concentrate), Whole Grain Oats, Greek Yogurt (Grade A Pasteurized Milk And Cream, Live Active Yogurt Cultures), Brown Sugar, Chia Seeds, Vanilla Extract (Water, Propylene Glycol, Vanillin, Caramel Color, 0.1% Sodium Benzoate (Added As A Preservative), Phosphoric Acid, And Ethyl Vanillin), Cinnamon, Salt. Contains: Milk.
Rise n' Shine Box	PB & J Bites (Roasted Peanuts, Sugar And/Or Dextrose, Hydrogenated Vegetable Oil, (Rapeseed, Cottonseed, And Soy And/Or Palm Oil) And Salt, Gluten Free Oats, Organic Agave Nectar, Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Chia Seeds, Flaxseed), Oranges, Egg, Almonds, Dried Cranberries (Cranberries, Sugar, Sunflower Oil). Contains: Egg, Almond, Peanuts, Soy.
Picnic Box	Hummus (Cooked Garbanzo Beans, Sesame Tahini, Water, Lemon Juice, Sea Salt, Contains 2% Or Less Of: Garlic Puree (Garlic, Citric Acid), Spices, Carrot, Cheddar (Milk, Cultures, Salt, Enzymes, Annatto), Pita (Unbleached Unbromated Enriched Flour (Niacin (B Complex Vitamin), Reduced Iron, Thiamin (B1 Vitamin), Riboflavin (B2 Vitamin), Folic Acid), Water And Soybean Oil, Contains 2% Or Less Of Each Of The Following Ingredients: Calcium Propionate (A Preservative), Corn Syrup Solids, Fumaric Acid, Guar Gum, Salt, Sesame Flour, Sodium Bicarbonate, Sorbic Acid (A Preservative), Soy Flour, Sugar, Vegetable L-Cysteine, Vegetable Mono And Diglycerides, Wheat Enzymes, Whole Wheat Flour, And Yeast), Monterey Jack Cheese (Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Potato Starch And Powdered Cellulose (To Prevent Caking), Natamycin (A Natural Mold Inhibitor), Gouda Cheese (Pasteurized Cow's Milk, Salt, Cheese Culture, Animal Rennet, Annatto). Contains: Milk, Wheat, Soy
Market Box	Egg, Cheddar (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto), Maple-Sriracha Almonds (Almonds, Sriracha (Chili, Sugar, Garlic, Salt, Distilled Vinegar, Potassium Sorbate, And Sodium Bisulfate As Preservatives, And Xanthan Gum), Maple Syrup, Olive Oil, Salt), Edamame. Contains: Milk, Egg, Soy, Almond.
Fresh Fruit Salad	Grapes, Strawberries, Pineapple
Turkey & Havarti 9-Grain Baguette	9-Grain Baguette (Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Filtered Water, Natural Starter (Flour, Water, Yeast), Whole Grain Wheat Flour, Nine Grain Mix (Whole Wheat Flour, Flax Seed, Sesame Seed, Sunflower Seed, Rye Flour, Rye Flake, Malt Powder, Cracked Wheat, Millet, Rolled Oats), Rye Flour, Enriched Durum Flour (Durum Flour, Iron, Niacin, Thiamine, Riboflavin, Folic Acid), Flaxseed, Sunflower Seeds, Honey, Sea Salt, Enzymes (Wheat Flour, Malt Barley, Ascorbic Acid, Enzymes), Yeast), Oven Roasted Turkey (Turkey Breast, Water, Sea Salt, Vinegar), Tomato, Havarti (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Mesclun, Cage-Free Egg Mayonnaise (Soybean Oil, Water, Egg Yolks, Distilled Vinegar, Contains Less Than 2% Of Salt, Sugar, DL-Alpha Tocopherol Acetate (Vitamin E), Lemon Juice Concentrate, Natural Flavor), Dijon (Water, Mustard Seeds, Spirit Vinegar, Salt, Citric Acid, Sodium Metabisulfite To Protect Quality). Contains: Milk, Egg, Wheat, Soy.
Mozzarella Tomato Basil Pesto Baguette	Baguette (Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Water, Natural Starter (Flour, Water, Yeast), Sugar, Canola Oil, Pasteurized Skim Milk Powder, Sea Salt, Enzymes (Wheat Flour, Malt Barley, Ascorbic Acid), Yeast), Fresh Mozzarella (Pasteurized Milk, Vinegar, Enzymes, Salt), Tomato, Basil Pesto (Olive Oil, Basil, Parmesan Cheese Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose Added To Prevent Caking, Natamycin), Lemon Juice, Black Pepper, Salt, Garlic), Arugula, Balsamic Glaze (Cooked Grape Must, Balsamic Vinegar Of Modena (Wine Vinegar, Concentrated Grape Must, Carmel), Wine Vinegar, Guar Gum, Xanthan Gum). Contains: Milk, Wheat.