

### Grab & Go Nutritional Information (NorCal)

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.

<b>Grab &amp; Go</b>	<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>
Banana	126	110	0	0	0	0	0	0	29	3	15	1
Hard Boiled Egg	50	80	45	5	1.5	0	185	60	1	0	1	6
Noosa Yogurt Blueberry Cup	127	150	50	6	3.5	0	20	65	18	0	17	7
Blueberry Lemon Yogurt Parfait	232	250	60	6	2.5	0	10	140	39	3	27	9
Honey Overnight Oat Parfait	227	390	140	15	4	0	5	180	59	8	27	13
Market Box - Vegetarian	180	370	240	27	3.5	0	170	55	21	0	12	15
Bistro Box - Salami & Cheese	164	420	250	28	14	0	85	1100	20	2	5	23

<b>Grab &amp; Go</b>	<b>Ingredients</b>
Banana	Banana
Hard Boiled Egg	Egg. Contains: Egg
Noosa Yogurt Blueberry Cup	Grade A Pasteurized Whole Milk, Fruit Purée (Blueberries, Water, Cane Sugar, Pectin, Locust Bean Gum, Lemon Juice Concentrate), Cane Sugar, Honey, Kosher Gelatin, Pectin, Live Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei). Contains: Milk
Blueberry Lemon Yogurt Parfait	Lowfat Plain Yogurt (cultured grade A reduced fat milk, food starch. Contains active yogurt cultures including L. acidophilus), Blueberries, Unsweetened Vanilla Almond Milk (almondmilk {filtered water, almonds}, contains 2% or less of: vitamin & mineral blend {calcium carbonate, vitamin E acetate, vitamin A palmitate, vitamin D2}, sea salt, natural flavor, sunflower lecithin, locust bean gum, gellan gum), Cane Sugar, Rolled Oats, Lemon Juice, Lemon Zest, Chia Seeds, Water, Almonds, Sweetened Dried Cranberries (cranberries, sugar, sunflower oil), Honey, Sunflower Seeds, Brown Sugar, Coconut, Pecans, Add-Here 4300P (maltodextrin, pectin, corn starch), Vanilla Flavor (natural vanilla extract, and other natural flavors), Kosher Salt, Ground Cinnamon. Contains: Milk, Almonds, Coconut, Pecans
Honey Overnight Oat Parfait	Unsweetened Vanilla Almond Milk (almondmilk {filtered water, almonds}, contains 2% or less of: vitamin & mineral blend {calcium carbonate, vitamin E acetate, vitamin A palmitate, vitamin D2}, sea salt, natural flavor, sunflower lecithin, locust bean gum, gellan gum), Lowfat Plain Yogurt (cultured grade A reduced fat milk, food starch. Contains active yogurt cultures including L.acidophilus), Steel Cut Quick Oats (whole grain oats), Mango, Pepitas (pumpkin seeds), Honey, Cracked Freekah, Chia Seeds, Coconut Palm Sugar, Roasted Sunflower Seeds (raw sunflower kernels, vegetable oil {sunflower oil}), Zante Currants, Sweetened Dried Cranberries (cranberries, sugar, sunflower oil), Dried Mango (mango, sugar, citric acid), Lemon Juice, Coconut, Kosher Salt, Cardamom, Ground Nutmeg. Contains: Almonds, Coconut, Milk, Wheat
Market Box - Vegetarian	Grapes, Eggs, Nut Blend (almonds, walnuts, cashews, pepitas {pumpkin seeds}), Snap Peas. Contains: Egg, Tree Nuts (Almonds, Cashews, Walnuts).
Bistro Box - Salami & Cheese	Rainbow Carrots, Italian Dry Salami (pork, nonfat dry milk, dextrose, salt, contains 2% or less of: natural spices, wine, vitamin C {ascorbic acid}, granulated garlic, lactic acid starter culture, sodium nitrite, sodium nitrate), Brie (pasteurized milk, pasteurized cream, salt, calcium chloride, microbial enzyme, bacterial culture, Penicillium candidum), Sharp Cheddar Cheese (cultured pasteurized milk, salt, enzymes, annatto color), Olive Oil & Sea Salt Crackers (enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, malted barley), buttermilk (cultured lowfat milk, sodium citrate, salt, vitamin A palmitate, vitamin D3), expeller pressed canola oil, cane sugar, extra virgin olive oil, sea salt, kosher salt, baking soda). Contains: Milk, Wheat.