

### Grab & Go and Packaged Foods Nutritional Information (PNW)

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.

	Serving Size (g)	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Grab &amp; Go Food - PNW</b>												
Blueberry Yogurt	127	150	50	6	4	0	20	65	18	1	17	6
Lemon Yogurt	127	180	70	8	4.5	0	25	65	21	0	20	6
Fruit & Veggie Blend - Green Kale & Apples	91	50	0	0	0	0	0	0	14	2	9	<1
Genoa Salami Snack Pack	57	210	120	13	6	0	45	550	9	0	0	13
Hard Boiled Egg (2 count)	1 egg (44g)	60	35	4	1.5	0	165	60	0	0	0	6
Cheddar Cheese Stick	21	90	60	7	5	0	22	126	1	0	0	5

<b>Grab &amp; Go Beverages - PNW</b>												
Open Still Water	16 fl oz	0	0	0	0	0	0	0	0	0	0	0
Open Sparkling Water	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
LaCroix Lime	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
Vive Organic Immunity Boost	2 fl oz	20	0	0	0	0	0	0	5	0	5	0
Happy Moose Orange Juice	12 fl oz	150	0	0	0	0	0	20	34	<1	31	2
Happy Moose Apple Bottoms Greens Juice	12 fl oz	140	0	0	0	0	0	25	34	<1	29	1
Ripple Chocolate Milk	236mL	130	45	5	1	0	0	125	13	3	9	8
Olipop Strawberry Vanilla	1 Can (355mL)	40	0	0	0	0	0	25	13	6	4	0
Olipop Cream Soda	1 Can (355mL)	40	0	0	0	0	0	30	15	6	2	0

<b>Packaged Foods</b>												
Peppermint Mints	1 mint (1g)	4	0	0	0	0	0	0	1	0	1	0
Almond Biscotti	28	140	60	7	1	0	15	25	16	2	9	4
Chocolate Dipped Almond Biscotti	37	180	90	10	3	0	15	25	20	3	11	4
Blueberry Vanilla Cashew Bar (GF)	40	160	110	12	2	0	0	20	18	5	7	5
Dark Chocolate Nuts & Sea Salt Bar (GF)	40	180	140	15	3	0	0	140	16	7	5	6
Sea Salt Kettle Potato Chips	43	230	120	13	2	0	0	180	25	2	0	3
Kettle Corn	28	140	70	8	1	0	0	110	18	2	8	1
Hippeas White Cheddar (vegan)	28	130	45	5	0	0	0	280	18	3	<1	4
Pomegranate Vanilla Cashews	1 bag	220	140	15	3	0	0	125	19	1	9	6
Classic Fruit & Nut Mix	1 bag	200	80	9	1	0	0	75	26	3	20	4
Milk Chocolate Peanut Butter Cups	40	230	140	15	8	0	5	120	20	1	16	4
Dark Chocolate Pretzel & Toffee Bar	47	250	140	16	9	0	0	95	23	4	20	3
Milk Chocolate Caramel & Sea Salt Bar	47	250	140	15	9	0	10	140	26	1	24	3
Dark Chocolate Covered Almonds	34	170	110	12	5	0	0	85	15	6	5	5
Grass-Fed Beef Jerky (Serv per Container: 2.5)	1 serving (1oz) 28g	70	0	0.5	0	0	25	420	6	0	4	9

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	Ingredients
<b><u>Grab &amp; Go Food - PNW</u></b>	
Blueberry Yogurt	Grade A Pasteurized Whole Milk, Fruit Puree (Blueberries, Water, Cane Sugar, Pectin, Lemon Juice Concentrate, Locust Bean Gum), Cane Sugar, Wildflower Honey, Kosher Gelatin, Pectin, Live Active Cultures. Contains: Milk.
Lemon Yogurt	Grade A Pasteurized Whole Milk, Fruit Blend (Water, Cane Sugar, Butter, Tapioca Starch, Lemon Juice Concentrate, Natural Flavors, Fruit Juice [for color]), Cane Sugar, Wildflower Honey, Kosher Gelatin, Pectin, Live Active Cultures. Contains: Milk.
Fruit & Veggie Blend - Green Kale & Apples	Apple, Banana, Kale, Hemp Seed
Genoa Salami Snack Pack	Genoa: Pork, Sea Salt, Contains less than 2% of the following: Turbinado Sugar, Cultured Celery Juice Powder (cultured celery juice powder, sea salt, canola oil), Natural Flavoring,
Hard Boiled Egg (2 count)	Cage free eggs. Contains: egg
Cheddar Cheese Stick	Pasteurized milk, salt, culture, enzymes. Contains: Milk.

### **Grab & Go Beverages - PNW**

Open Still Water	Purified Water, Electrolytes (potassium bicarbonate, calcium chloride, magnesium chloride).
Open Sparkling Water	Carbonated Water.
LaCroix Lime	Carbonated Water, Naturally Essenced.
Vive Organic Immunity Boost	Organic Pineapple Juice, Organic Ginger Root Juice, Organic Turmeric Root Juice, Organic Lemon Juice, Organic Echinacea Purpurea Juice, Organic Ground Black Pepper.
Happy Moose Orange Juice	Organic Orange Juice, Mandarin Orange Juice.
Happy Moose Apple Bottoms Greens Juice	Organic Kiwi Juice, Organic Green Apple Juice, Organic Spinach Juice, Organic Basil Juice, Organic Lemon Juice.
Ripple Chocolate Milk	Water, pea protein, cane sugar, vegetable oil (sunflower or safflower oil), alkalized cocoa, contains less than 1% of soluble corn fiber, magnesium citrate, riboflavin, vitamin B12, dha algal oil, choline bitartrate, vitamin A palmitate, vitamin D2, dipotassium phosphate, tricalcium phosphate, sea salt, natural flavor, gum arabic, guar gum, gellan gum, with mixed tocopherols, ascorbyl palmitate, and sodium ascorbate to preserve freshness.
Olipop Strawberry Vanilla	Carbonated Water, OLISMART (Cassava Root Fiber, Acacia Fiber, Guar Fiber, Nopal Cactus*, Marshmallow Root*, Calendula Flower*, Kudzu Root*), Strawberry Juice Concentrate, Cassava Root Syrup, Apple Juice Concentrate, Lemon Juice Concentrate, Stevia Leaf*, Himalayan Pink Salt, Natural Flavors. *Extract.
Olipop Cream Soda	Carbonated Water, OLISMART (Cassava Root Fiber, Acacia Fiber, Guar Fiber, Nopal Cactus*, Marshmallow Root*, Calendula Flower*, Kudzu Root*), Cassava Root Syrup, Allulose Syrup, Natural Flavors, Lemon Juice Concentrate, Stevia Leaf*, Himalayan Pink Salt. *Extract.

### **Packaged Foods**

Peppermint Mints	Cane sugar, peppermint oil, calcium stearate.
Almond Biscotti	Almonds, sugar, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), cage-free eggs, butter (pasteurized cream-derived from milk, natural flavors), cinnamon and baking soda. Contains: Eggs, Milk, Almonds, Wheat
Chocolate Dipped Almond Biscotti	Almonds, sugar, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), bittersweet chocolate ((unsweetened chocolate processed with potassium carbonate, sugar, cocoa butter, milk fat (butter))), sunflower lecithin, vanilla), cage-free eggs, butter (pasteurized cream-derived from milk, natural flavors), cinnamon and baking soda. Contains: Eggs, Milk, Almonds, Wheat
Blueberry Vanilla Cashew Bar (GF)	Cashews, Blueberry Pieces (Blueberries, Sugar, Apples, Plum, Apple Juice, Vegetable Glycerine, Citrus Pectin, Natural Blueberry Flavor), Almonds, Honey, Non GMO Glucose, Raisins, Crisp Rice, Chicory Root Fiber, Vanilla Extract, Soy Lecithin, Sunflower Oil. Contains: cashews, almonds and soy

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Dark Chocolate Nuts & Sea Salt Bar (GF)	Almonds, peanuts, chicory root fiber, honey, palm kernel oil, sugar, glucose syrup, rice flour, unsweetened chocolate, alkalized cocoa, sea salt, soy lecithin, natural flavor, cocoa butter. Contains: almonds, peanuts and soy
Sea Salt Kettle Potato Chips	Potatoes, Sunflower Oil and/or Safflower Oil, Sea Salt.
Kettle Corn	Popcorn, Non-GMO Sunflower Oil and/or Non-GMO Canola Oil, Cane Sugar, Sea Salt
Hippeas White Cheddar (vegan)	Chickpea flour, rice flour, sunflower oil, yellow pea flour, maltodextrin, salt, sugar, natural flavor, yeast extract, onion powder, garlic powder, citric acid, turmeric extract, rosemary extract.
Pomegranate Vanilla Cashews	Cashews, pomegranate flavored dried apples (apples, sugar, natural flavor, citric acid, fruit and vegetable juice [for color]), organic cane sugar, organic tapioca syrup, brown sugar, sea salt, pomegranate juice concentrate, orange powder, dried pomegranate, ground vanilla beans, vanilla extract. Contains cashew.
Classic Fruit & Nut Mix	Dried cranberries (sugar, cranberries, sunflower oil), dried apples (apples, sugar), almonds, cashews, pistachios, sunflower oil, sea salt. Contains: almond, cashew, and pistachio.
Milk Chocolate Peanut Butter Cups	Organic Milk Chocolate (Organic evaporated cane sugar, organic cacao beans, organic full cream milk, organic cocoa butter, organic sunflower lecithin [emulsifier]), Organic Peanut Butter (organic ground peanuts), Organic Cane Sugar, Organic Peanut Flour, Organic Palm Oil, Sea Salt, Organic Sunflower Lecithin. Contains: Milk, Peanuts.
Dark Chocolate Pretzel & Toffee Bar	Sugar, dry whole milk, cocoa butter, chocolate liquor, pretzel pieces (wheat flour, salt, sunflower oil, malted wheat flour, yeast, acidity regulator (sodium hydroxide)), caramel (sugar, glucose syrup (wheat)), lecithin (soy), sea salt. Contains: milk, wheat, soy.
Milk Chocolate Caramel & Sea Salt Bar	Milk Chocolate (sugar, whole milk powder, cocoa butter, chocolate liquor, soy lecithin [emulsifier]), caramel (sugar, wheat glucose syrup, butter, cream), sea salt. Contains: milk, wheat, soy.
Dark Chocolate Covered Almonds	Almonds, dark chocolate (unsweetened chocolate processed with alkali, cane sugar, cocoa butter, milk fat, sunflower lecithin, vanilla), maple sugar, sea salt, cocoa powder. Contains: almonds, milk.
Grass-Fed Beef Jerky (Serv per Container: 2.5)	Grass-Fed Beef, Gluten Free Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol [To Preserve Freshness]), Brown Sugar (Sugar, Molasses), Garlic Powder, Pineapple Juice, Liquid Smoke (Water, Natural Hickory Smoke Flavor), Organic Worcestershire Sauce (Water, Organic Vinegar, Organic Gluten Free Tamari [Water, Organic Soybeans, Salt], Organic Sugar, Salt, Organic Garlic Powder, Organic Onion Powder, Organic Spices), Black Pepper. Contains: Soy.