

"FREE" VIDEOS
& AND GAMES!

**KABOO
UNLATCHOR**

AT LUNCHABLES.COM

HAM & AMERICAN CRACKER STACKERS

- OSCAR MAYER Lean Ham WATER ADDED
- KRAFT American PASTEURIZED PREPARED CHEESE PRODUCT
- Crackers
- DOUBLE STUF OREO Cookies

Lunchables

LUNCH COMBINATIONS



ENLARGED TO SHOW DETAIL

KEEP REFRIGERATED
DO NOT FREEZE

11g
Good Source of
Protein



PER PACKAGE

340
CALORIES

7g
SAT FAT
35% DV

620mg
SODIUM
26% DV

17g
SUGARS

HAM - WATER ADDED - SMOKE FLAVOR ADDED, PASTEURIZED PREPARED AMERICAN CHEESE PRODUCT, CRACKERS, CHOCOLATE SANDWICH COOKIES

NET WT 3.4 OZ (96g)



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BASICS Ham & American with Treat

Nutrition Facts

Serving Size 1 package

Amount Per Serving

Calories 340 Calories from Fat 140

% Daily Value*

Total Fat 16g 25%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 620mg 26%

Total Carbohydrate 37g 12%

Dietary Fiber <1g 3%

Sugars 17g

Protein 11g 19%

Vitamin A 4% • Vitamin C 15%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS: CHOCOLATE SANDWICH COOKIE - SUGAR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, ARTIFICIAL FLAVOR. **CONTAINS WHEAT, SOY.** COOKED HAM - WATER ADDED - CHOPPED AND FORMED - SMOKE FLAVOR ADDED - HAM, WATER, CONTAINS LESS THAN 2% OF SODIUM LACTATE, POTASSIUM CHLORIDE, MODIFIED CORNSTARCH, SUGAR, SODIUM PHOSPHATE, SALT, SODIUM DIACETATE, SODIUM ASCORBATE, FLAVOR, SODIUM NITRITE, SMOKE FLAVOR. **AMERICAN PASTEURIZED PREPARED CHEESE PRODUCT - MILK, WATER, MILK PROTEIN CONCENTRATE, WHEY, MILKFAT, WHEY PROTEIN CONCENTRATE, SODIUM CITRATE, SALT, LACTIC ACID, SORBIC ACID AS A PRESERVATIVE, CHEESE CULTURE, ENZYMES, OLEORESIN PAPRIKA (COLOR), ANNATTO EXTRACT (COLOR), WITH SUNFLOWER LECITHIN ADDED FOR SLICE SEPARATION. CONTAINS: MILK. CRACKERS - ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, SUGAR, SALT, BAKING SODA, WHEY (FROM MILK), SOY LECITHIN, NATURAL FLAVOR. CONTAINS: WHEAT, MILK, SOY.**

DISTRIBUTED BY
KRAFT HEINZ FOODS COMPANY
CHICAGO, IL 60601

VISIT US AT: LUNCHABLES.COM OR CALL US AT: 1-800-222-2323
PLEASE HAVE PACKAGE AVAILABLE, SE HABLA ESPANOL

FOR BEST QUALITY, PURCHASE AND USE BY DATE SHOWN.
DO NOT FREEZE.

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PLEASE
RECYCLE
THIS CARD.



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BASICS Nachos

Nutrition Facts

Serving Size 1 package

Amount Per Serving

Calories 360 Calories from Fat 170

% Daily Value*

Total Fat 19g 29%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 850mg 35%

Total Carbohydrate 41g 14%

Dietary Fiber 4g 16%

Sugars 4g

Protein 6g

Vitamin A 15% • Vitamin C 15%

Calcium 20% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholest	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: TORTILLA CHIPS - GROUND YELLOW CORN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SUNFLOWER OR SOYBEAN OIL), CORN BRAN AND SALT. **NACHO CHEESE** - WHEY, MILK, CANOLA OIL, DRIED CORN SYRUP, WATER, SODIUM PHOSPHATE, CONTAINS LESS THAN 2% OF JALAPENO PEPPERS, SALT, WHEY PROTEIN CONCENTRATE, LACTIC ACID, MILKFAT, SODIUM ALGINATE, VINEGAR, CALCIUM PHOSPHATE, POTASSIUM CHLORIDE, SORBIC ACID AS A PRESERVATIVE, CHEESE CULTURE, ENZYMES, NATURAL FLAVOR, APOCAROTENAL (COLOR). **CONTAINS: MILK. SALSA** - WATER, TOMATO PASTE, GREEN CHILI PEPPERS, VINEGAR, DEHYDRATED ONIONS, CONTAINS LESS THAN 2% OF HIGH FRUCTOSE CORN SYRUP, FOOD STARCH-MODIFIED, JALAPENO PEPPERS, SALT, GREEN BELL PEPPERS, GARLIC POWDER, SODIUM BENZOATE AND POTASSIUM SORBATE AS PRESERVATIVES, CITRIC ACID, SPICE.

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FOR BEST QUALITY, PURCHASE AND USE BY DATE SHOWN.
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NO NEED TO HEAT! DIP CHIPS INTO CHEESE AND SALSA. **TO HEAT CHIPS & CHEESE:** PLACE CHIPS ON MICROWAVEABLE PLATE; SPOON ON CHEESE DIP. MICROWAVE ON HIGH 15 SEC. SERVE WITH SALSA. **NACHOS WILL BE HOT.** ADULT SUPERVISION RECOMMENDED. DO NOT MICROWAVE IN PACKAGES.

* NUTRITIONISTS RECOMMEND EATING 16g WHOLE GRAIN PER SERVING OR AT LEAST 48g PER DAY.

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