

ES Foods

200320 - Breakfast Kit Cocoa Puffs

Each serving (1 meal) of Breakfast Breaks provides 2 ounce equivalent grains, and ½ cup fruit based on the USDA Food Buying Guide Requirements.



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
61101	200320	10693392000078	60 / / cs

Brand	Brand Owner	GPC Description
ES Foods	East Side Entrees	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
28.7 LBR	22.3 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
19.875 INH	13.125 INH	18.5 INH	2.80 FTQ	7x5	120 Days	34 FAH / 85 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - N
- Soy - C
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - N

HANDLING SUGGESTIONS

Store Dry. 34°F to 85°F.

SERVING SUGGESTIONS

Serve with carton of milk.

PREPARATION & COOKING SUGGESTIONS

Ready-to-eat

Nutrition Facts

60 Servings per container

Serving Size5.75 ounces

Amount Per ServingCalories280

% Daily Value*

Total Fat 5 g7%

Saturated Fat 1 g5%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 285 mg12%

Total Carbohydrates 54 g20%

Dietary Fiber 3 g12%

Total Sugars 19 g

Includes 8 g Added Sugars16%

Protein 4 g

Vitamin D 3 mcg5%

Calcium 130 mg12%

Iron 3.6 mg30%

Potassium 269 mg5%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Cocoa Puffs (25% Less Sugar): Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Cocoa Processed with Alkali, Canola Oil and/or Sunflower Oil, Salt, Caramel Color, Fructose, Refiner's Syrup, Baking Soda, Natural Flavor. Vitamins and Minerals: Tricalcium Phosphate, Calcium Carbonate, Zinc and Iron (Mineral Nutrients), Vitamin C (Sodium Ascorbate), A B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), B, Vitamin (Folic Acid), Vitamin B12, Vitamin D3. Cheez-It Cracker (WG): Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 [Thiamin Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), White Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Soybean Oil (with TBHQ For Freshness). Contains 2% or less of Salt, Paprika, Yeast, Paprika Extract Color, Turmeric Extract Color, Annatto Extract Color, Soy Lecithin. 100% Juice - Fruit Juice: Pear Juice From Concentrate (Pure Filtered Water and Concentrated Pear Juice), Grape Juice From Concentrate (Pure Filtered Water and Concentrated Grape Juice), Natural Flavors, Citric Acid, Vitamin C (Ascorbic Acid).

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	280
Protein	4 g
Total Carbohydrates	54 g
Sugars	19 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	0 0 iu
Vitamin A (RE)	0
Vitamin C	0 mg
Magnesium	
Monosodium	

Total Fat	5 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	8 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	3 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	285 mg
Calcium	130 mg
Iron	3.6 mg
Potassium	269 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



TRANS_FAT	FREE_FROM
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