## 200322 - Breakfast Kit Lucky Charms

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



# **Nutrition Facts**

60 Servings per container

Serving Size 6.1 ounces

Amount Per Serving **Calories** 

	% Daily Value*
Total Fat 5.5 g	7%
Saturated Fat 1.5 g	5%

Trans Fat 0 g

Cholesterol 0 ma 0% Sodium 295 mg 12%

**Total Carbohydrates** 59 g 21% Dietary Fiber 4 g 14% Total Sugars 28 g

Includes 15 g Added Sugars

Protein 4 g	
Vitamin D 3 mcq	8%
Calcium 87 mg	9.4%
Iron 4.6 mg	25.5%
Potassium 182 mg	3.7%

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.

Lucky Charms: Whole Grain Oats, Sugar, Oat Flour, Corn Syrup, Modified Corn Starch, Corn Starch,

#### PRODUCT SPECIFICATIONS



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	22.8 LBR	No	United States	Undeclared	No

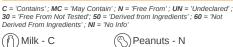
Shipping							
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
	19.875 INH	13.125 INH	18.5 INH	2.80 FTQ	7x5	120 Days	34 FAH / 85 FAH

### **ALLERGENS**



## SERVING SUGGESTIONS Serve with carton of milk





( Peanuts - N



(1) Tree Nuts - N

(M) Shellfish - N





Fish - N





## **INGREDIENTS**



28%

Dextrose, Salt, Gelatin, Trisodium Phosphate, Yellow 5 & 6, Red 40, Blue 1, Natural and Artificial Flavor. Vitamin E (Mixed Tocopherols) Added To Preserve Freshness. Vitamins And Minerals: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), A B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), A B Vitamin (Folic Acid), Vitamin B12, Vitamin D3. Strawberry Mini Bites (WG): Whole Wheat Flour, Sugar, Mid Oleic Sunflower Oil, Invert Syrup, Salt, Soy Lecithin (An Emulsifier), Leavenings (Monocalcium Phosphate, Ammonium Bicarbonate, Sodium Bicarbonate), Natural Flavors, Whole Egg Solids, Corn Syrup Solids, Milk. 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).

#### HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS



Store Dry. 34°F to 85°F.

Ready-to-eat

MORE INFORMATION



## 200322 - Breakfast Kit Lucky Charms

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

#### NUTRITIONAL ANALYSIS



Calories	290
Protein	4 g
Total Carbohydrates	59 g
Sugars	28 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	0 0 iu
Vitamin A (RE)	0
Vitamin C	0 mg
Magnesium	
Monosodium	

Total Fat	5.5 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	15 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	3 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	295 mg
Calcium	87 mg
Iron	4.6 mg
Potassium	182 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

#### **NUTRITIONAL CLAIMS**

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