

# 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



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
61103	200322	10693392000092	1 x 60 CT

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

## 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 Size** 6.1 ounces

**Amount Per Serving**  
**Calories** 290

% Daily Value\*

**Total Fat** 6.5 g **7%**

Saturated Fat 1.5 g **5%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 345 mg **15%**

**Total Carbohydrates** 58 g **21%**

Dietary Fiber 4 g **14%**

Total Sugars 25 g

Includes 12 g Added Sugars **24%**

**Protein** 5 g

Vitamin D 3 mcg 8%

Calcium 87 mg 9.4%

Iron 4 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.

## INGREDIENTS



Lucky Charms: Whole Grain Oats, Sugar, Whole Grain Corn, Corn Starch, Corn Syrup. Contains 2% or less of: Modified Corn Starch, Salt, Trisodium Phosphate, Gelatin, Red 40, Yellow 5 & 6, Blue 1, Natural and Artificial Flavor. Vitamin E (Mixed Tocopherols) added to preserve freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (Sodium Ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), Vitamin B2 (Riboflavin), A B Vitamin (Folic Acid), Vitamin B12, Vitamin D3. Strawberry Mini Bites (WG): Whole Wheat Flour, Sugar, Shortening (Palm Oil, Canola Oil), Invert Syrup, Salt, Leavening (Sodium Bicarbonate, Ammonium Bicarbonate, Monocalcium Carbonate), Soy Lecithin, Natural Flavor, Egg, 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).

## 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 Peanuts - N

Eggs - C Tree - N

Soybean - C Fish - N

Wheat - C Shellfish - N

Sesame - N Crustaceans - N

AU - N Celery - N

Mustard - N Lupine - N

Molluscs - N

## MORE INFORMATION





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## NUTRITIONAL ANALYSIS



Calories	290
Protein	5 g
Total Carbohydrates	58 g
Sugars	25 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	6.5 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	12 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	3 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	345 mg
Calcium	87 mg
Iron	4 mg
Potassium	182 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



TRANS_FAT	FREE_FROM
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## MORE IMAGES

