

ES Foods

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

SERVING SUGGESTIONS

Serve with carton of milk.

HANDLING SUGGESTIONS

Store Dry. 34°F to 85°F.

PREPARATION & COOKING SUGGESTIONS

Ready-to-eat

MORE INFORMATION

Nutrition Facts

60 Servings per container

Serving Size

6.1 ounces

Amount Per Serving

Calories

290

% Daily Value*

Total Fat

5.5 g

7%

Saturated Fat

1.5 g

5%

Trans Fat

0 g

Cholesterol

0 mg

0%

Sodium

295 mg

12%

Total Carbohydrates

59 g

21%

Dietary Fiber

4 g

14%

Total Sugars

28 g

Includes 15 g Added Sugars

28%

Protein

4 g

Vitamin D

3 mcg

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.

INGREDIENTS

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

ES Foods

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.

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



TRANS_FAT	FREE_FROM
-----------	-----------