

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	TlxHI	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
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

Store Dry. 34°F to 85°F.

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
- Soybean - C
- Wheat - C
- Sesame - N
- AU - N
- Mustard - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N
- Celery - N
- Lupine - N

Nutrition Facts

60 Servings per container

Serving Size6.1 ounces

Amount Per ServingCalories290

% Daily Value*

Total Fat6.5 g7%

Saturated Fat1.5 g5%

Trans Fat0 g

Cholesterol0 mg0%

Sodium345 mg15%

Total Carbohydrates58 g21%

Dietary Fiber4 g14%

Total Sugars25 g

Includes 12 g Added Sugars24%

Protein5 g

Vitamin D3 mcg8%

Calcium87 mg9.4%

Iron4 mg25.5%

Potassium182 mg3.7%

* 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).

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PREPARATION & COOKING SUGGESTIONS

Ready-to-eat

SERVING SUGGESTIONS

Serve with carton of milk.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	290	Total Fat	6.5 g	Sodium	345 mg
Protein	5 g	Trans Fat	0 g	Calcium	87 mg
Total Carbohydrates	58 g	Saturated Fat	1.5 g	Iron	4 mg
Sugars	25 g	Added Sugars	12 g	Potassium	182 mg
Dietary Fiber	4 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)	0 0 iu	Vitamin D	3 mcg	Thiamin	
Vitamin A (RE)	0	Vitamin E		Niacin	
Vitamin C	0 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

TRANS_FAT	FREE_FROM
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