



Breakfast Breaks

Serving Size: 1 meal

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

Item 61101	60 count	Cocoa Puffs Reduced Sugar (WG)
Item 61102	60 count	Cheerios (WG)
Item 61103	60 count	Lucky Charms Breakfast (WG)
Item 61105	72 count	Honey Nut Cheerios Breakfast (WG)
Item 61106	72 count	Frosted Flakes Breakfast (WG)
Item 61112	72 count	Frosted Flakes Breakfast (WG) – Pouch Cereal
Item 61114	60 count	Trix Reduced Sugar Breakfast (WG)
Item 61115	72 count	Golden Grahams Breakfast (WG)
Item 61119	72 count	Reduced Sugar Cinnamon Toast Crunch (WG)
Item 61123	60 count	Reduced Sugar Froot Loops(WG)
Item 61124	60 count	Reduced Sugar Apple Jacks(WG) (* 1 oz equivalent grain and 1/2 cup fruit)
Item 61202	60 count	Cheerios (WG) with Craisins
Item 61219	72 count	Reduced Sugar Cinnamon Toast Crunch (WG) with applesauce

Whole Grain (WG) cereals contain whole grains \geq 51% of total grains.

Allergen information:

Contains Wheat and Soy, except:

61101/61106/61112/61202 contains Wheat, Milk and Soy

61105 contains Almond, Wheat, Milk and Soy

Each breakfast kit contains:

- Cereal
- Additional oz eq grain
- Fruit serving
- Spoon, straw and napkin

A trash bag is included in each master case.

72 meals per case

32 cases per pallet

28 pallets per truckload

TiHi: 4 x 8

Case dims: 23-5/8"x19-1/4"x11"

Cube: 2.90 ft³

Max. gross weight: 34.4 lbs

Best-If-Used-By : 4 months

60 meals per case

35 cases per pallet

28 pallets per truckload

TiHi: 7 x 5

Case dims: 19.813"x13.188"x17"

Cube: 2.57 ft³

Max. gross weight: 28.7 lbs

Best-If-Used-By : 4 months

I certify that the above information is correct

Johnny Pu

Technical Services & QA Manager



Breakfast Breaks Nutritional Information

Code	Component	Menu item	Serving Size	Component Value	Cal	Cal/Fat	Tot Fat g	Sat Fat g	Trans fat g	Chol mg	Sod mg	Total Carb g	Dietary Fiber g	Sugar g	Prot g	Vit A IU	Vit C mg	Calcium mg	Iron mg	Thiamin mg	Riboflavin mg	Niacin mg	Vit B6 mg	
61101	Cereal	Gen Mills Cocoa Puffs Reduced Sugar (WG)	1 cup (30g)	1 oz eq gr	110	15	1.5	0.0	0	0	160	25	2	8	2	500	6.0	100	4.50	0.38	0.43	5.00	0.50	
	Additional grain	Pepperidge Cheddar Goldfish (WG)	0.75 oz	1 oz eq gr	100	30	3.5	1.0	0	<5	170	14	1	0	3	0	0.0	20	0.36	0.00	0.00	0.00	0.00	
	Fruit serving	Fruit Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	13	0	60.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
	Total Nutritional Profile					270	45	5.0	1.0	0	0	340	54	3	21	5	500	66.0	120	4.86	0.38	0.43	5.00	0.50
61102	Cereal	Gen Mills Cheerios (WG)	1 cup (28g)	1 oz eq gr	100	20	2.0	0.3	0	0	140	20	3	1	3	500	6.0	100	8.10	0.38	0.43	5.00	0.50	
	Additional grain	Oat Crunch Bar, Maple (WG)	1.25 oz	1 oz eq gr	140	35	4.0	0.5	0	0	140	25	3	9	3	100	1.2	0	1.08	0.00	0.00	0.00	0.00	
	Fruit serving	Apple Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	12	0	60.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
	Total Nutritional Profile					300	55	6.0	0.8	0	0	290	60	6	22	6	600	67.2	100	9.18	0.38	0.43	5.00	0.50
61103	Cereal	Gen Mills Lucky Charms (WG)	1 cup (28g)	1 oz eq gr	110	10	1.0	0.0	0	0	180	23	2	10	2	500	6.0	100	4.50	0.38	0.43	5.00	0.50	
	Additional grain	Giant Goldfish Grahams, Cinnamon (WG)	0.9 oz	1 oz eq gr	120	35	4.0	1.0	0	0	110	19	1	6	1	0	0.0	100	0.72	0.10	0.10	1.31	0.00	
	Fruit serving	Fruit Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	13	0	60.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
	Total Nutritional Profile					290	45	5.0	1.0	0	0	300	57	3	29	3	500	66.0	200	5.22	0.47	0.52	6.31	0.50
61105	Cereal	Gen Mills Honey Nut Cheerios (WG)	1 oz (28g)	1 oz eq gr	110	10	1.5	0.0	0	0	160	22	2	9	2	500	6.0	100	4.50	0.38	0.43	5.00	0.50	
	Additional grain	Animal Crackers, 100% WG	1.1 oz	1 oz eq gr	120	40	4.5	0.0	0	0	115	20	2	6	2	0	0.0	0	0.72	0.00	0.00	0.00	0.00	
	Fruit serving	Apple Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	12	0	60.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
	Total Nutritional Profile					290	50	6.0	0.0	0	0	285	57	4	27	4	500	66.0	100	5.22	0.38	0.43	5.00	0.50
61106	Cereal	Kellogg's Reduced Sugar Frosted Flakes (WG)	1 oz (28g)	1 oz eq gr	100	0	0.0	0.0	0	0	160	24	2	7	2	750	21	0	8.10	0.53	0.60	7.00	0.70	
	Additional grain	Animal Crackers, 100% WG	1.1 oz	1 oz eq gr	120	40	4.5	0.0	0	0	115	20	2	6	2	0	0.0	0	0.72	0.00	0.00	0.00	0.00	
	Fruit serving	Apple Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	12	0	60.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
	Total Nutritional Profile					280	40	4.5	0.0	0	0	285	59	4	25	4	750	81.0	0	8.82	0.53	0.60	7.00	0.70
61112	Cereal	Kellogg's Frosted Flakes (WG) - Pouch Cereal	1 oz (28g)	1 oz eq gr	100	5	0.5	0.0	0	0	105	23	1	5	2	0	0	0	0.72	0.09	0.03	0.80	0.08	
	Additional grain	Animal Crackers, 100% WG	1.1 oz	1 oz eq gr	120	40	4.5	0.0	0	0	115	20	2	6	2	0	0	0	0.72	0.00	0.00	0.00	0.00	
	Fruit serving	Apple Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	12	0	60.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
	Total Nutritional Profile					280	45	5.0	0.0	0	0	230	58	3	23	4	0	60.0	0	1.44	0.09	0.03	0.80	0.08
61114	Cereal	Gen Mills Trix Reduced Sugar 25% Less (WG)	1 oz (28g)	1 oz eq gr	110	15	1.5	0.0	0	0	140	23	1	7	1	400	4.8	100	4.50	0.38	0.43	5.00	0.50	
	Additional grain	Grahams, Cinnamon (WG)	0.9 oz	1 oz eq gr	100	25	3.0	1.0	0	0	140	18	1	6	1	300	3.6	20	1.80	0.21	0.16	2.05	0.09	
	Fruit serving	Fruit Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	13	0	60.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
	Total Nutritional Profile					270	40	4.5	1.0	0	0	290	56	2	26	2	700	68.4	120	6.30	0.59	0.59	7.05	0.59
61115	Cereal	Gen Mills Golden Grahams (WG)	1 oz (28g)	1 oz eq gr	110	10	1.0	0.0	0	0	220	24	1	9	1	400	4.8	80	3.60	0.30	0.34	4.00	0.40	
	Additional grain	Oat Crunch Bar, Maple (WG)	1.25 oz	1 oz eq gr	140	35	4.0	0.5	0	0	140	25	3	9	3	100	1.2	0	1.08	0.00	0.00	0.00	0.00	
	Fruit serving	Apple Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	12	0	60.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
	Total Nutritional Profile					310	45	5.0	0.5	0	0	370	64	4	30	4	500	66.0	80	4.68	0.30	0.34	4.00	0.40
61119	Cereal	Gen Mills Cinnamon Toast Crunch 25% Less Sugar (WG)	1 oz (28g)	1 oz eq gr	110	25	3.0	0.5	0	0	200	22	3	6	1	400	4.8	200	3.60	0.30	0.34	4.00	0.40	
	Additional grain	Grahams, Cinnamon (WG)	0.9 oz	1 oz eq gr	100	25	3.0	1.0	0	0	140	18	1	6	1	300	3.6	20	1.80	0.21	0.16	2.05	0.09	
	Fruit serving	Apple Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	12	0	60.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
	Total Nutritional Profile					270	50	6.0	1.5	0	0	350	55	4	24	2	700	68.4	220	5.40	0.51	0.50	6.05	0.49
61123	Cereal	Kellogg's Reduced Sugar Froot Loops (WG)	1 oz (28g)	1 oz eq gr	110	10	1.0	0.5	0	0	170	24	3	8	2	400	12.0	0	3.60	0.30	0.34	4.00	0.40	
	Additional grain	Honey Graham, 3pk (WG)	0.9 oz	1 oz eq gr	100	25	3.0	0.0	0	0	130	18	1	6	1	240	3.1	6	1.74	0.21	0.16	2.00	0.00	
	Fruit serving	Fruit Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	13	0	60.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
	Total Nutritional Profile					270	35	4.0	0.5	0	0	310	57	4	27	3	640	75.1	6	5.34	0.51	0.50	6.00	0.40
61124	Cereal	Kellogg's Reduced Sugar Apple Jacks (WG)	1 oz (28g)	1 oz eq gr	110	10	1.0	0.5	0	0	160	24	3	8	2	400	12.0	0	3.60	0.30	0.34	4.00	0.40	
	Additional grain	Apple Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	12	0	60.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
	Total Nutritional Profile					170	10	1.0	0.5	0	0	170	39	3	20	2	400	72.0	0	3.60	0.30	0.34	4.00	0.40
61202	Cereal	Gen Mills Cheerios (WG)	1 cup (28g)	1 oz eq gr	100	20	2.0	0.3	0	0	140	20	3	1	3	500	6.0	100	8.10	0.38	0.43	5.00	0.50	
	Additional grain	Animal Crackers, 100% WG	1.1 oz	1 oz eq gr	120	40	4.5	0.0	0	0	115	20	2	6	2	0	0.0	0	0.72	0.00	0.00	0.00	0.00	
	Fruit serving	Craisins, Naturally Flavored	1.16 oz	1/2 cup f	110	0	0.0	0.0	0	0	0	28	3	24	0	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
	Total Nutritional Profile					330	60	6.5	0.3	0	0	255	68	8	31	5	500	6.0	100	8.82	0.38	0.43	5.00	0.50
61219	Cereal	Gen Mills Cinnamon Toast Crunch 25% Less Sugar (WG)	1 oz (28g)	1 oz eq gr	110	25	3.0	0.5	0	0	200	22	3	6	1	400	4.8	200	3.60	0.30	0.34	4.00	0.40	
	Additional grain	Honey Graham, 3pk (WG)	0.9 oz	1 oz eq gr	100	25	3.0	0.0	0	0	130	18	1	6	1	240	3.1	6	1.74	0.21	0.16	2.00	0.00	
	Fruit serving	Apple Sauce, Unsweetened	4.5 oz	1/2 cup f	50	0	0.0	0.0	0	0	10	14	2	10	0	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
	Total Nutritional Profile					260	50	6.0	0.5	0	0	340	54	6	22	2	640	7.9	206	5.34	0.51	0.50	6.00	0.40