



Breakfast Breaks

Serving Size: 1 meal

Each serving (1 meal) of Breakfast Breaks provides 2 ounce equivalent grain servings and ½ cup fruit based on the USDA Food Buying Guide Requirements.

Item 61101	60 count	Reduced Sugar Cocoa Puffs (WG)
Item 61103	60 count	Lucky Charms (WG)
Item 61105	72 count	Honey Nut Cheerios (WG)
Item 61106	72 count	Reduced Sugar Frosted Flakes (WG)
Item 61109	60 count	Multi Grain Cheerios (WG)
Item 61114	60 count	Reduced Sugar Trix (WG)
Item 61115	72 count	Golden Grahams (WG)
Item 61118	60 count	Reduced Sugar Apple Jacks (WG)
Item 61119	72 count	Reduced Sugar Cinnamon Toast Crunch (WG)
Item 61121	72 count	Frosted Mini-Wheats (WG)
Item 61123	60 count	Reduced Sugar Froot Loops (WG)
Item 61209	60 count	Multi Grain Cheerios (WG)
Item 61219	72 count	Reduced Sugar Cinnamon Toast Crunch (WG) with applesauce
Item 61238	48 count	Strawberry Oatmeal Bar (WG)
Item 61244	72 count	Pop Tart - Cinnamon (WG)
Item 61245	60 count	Reduced Sugar Gen Mills Cinnamon Toast Crunch Cereal Bar (WG)
Item 61246	60 count	Team Cheerios Cereal Bar (WG)
Item 61247	72 count	Pop Tart - Fudge (WG)
Item 61248	60 count	Chewy Granola Bar (WG)

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

Allergen information:

Contains Wheat and Soy, except:

61101/61109/61115/61121 contains Wheat, Milk and Soy

61106/61209/61245 contains Wheat, Egg and Soy

61105 contains Almond, Wheat, Egg and Soy

61238 contains Wheat, Egg, Milk, Soy

Each breakfast kit contains:

- 2 ounce equivalent grain servings

- Fruit serving

- Spoon, straw and napkin

A trash bag is included in each master case.

72 count meals

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: 34.9 lbs

Best-If-Used-By : 4 months

60 count meals except

61238/61244/61245/61246/61247

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: 27.8 lbs

Best-If-Used-By : 4 months

61238/61244/61245/61246/61247/
61248

56 cases per pallet

28 pallets per truckload

TiHi: 8 x 7

Case dims: 23.625" x 9.625" x 11"

Cube: 1.45 ft³

Max. gross weight: 30 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	Reduced Sugar Cocoa Puffs (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	15	0	15	0	13	0	60.0	0	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
61103	Cereal	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	15	0	15	0	13	0	60.0	0	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
61105	Cereal	Honey Nut Cheerios (WG) - Gluten Free	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	15	0	15	0	12	0	60.0	0	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
61106	Cereal	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	Cheez-It Cracker (WG)	0.75 oz	1 oz eq gr	100	30	3.5	1.0	0	<5	150	14	1	0	2	500	0.0	100	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	15	0	15	0	12	0	60.0	0	0.00	0.00	0.00	0.00	0.00
	Total Nutritional Profile					260	30	3.5	1.0	0	0	320	53	3	19	4	1250	81.0	100	8.82	0.53	0.60	7.00
61109	Cereal	MultiGrain Cheerios (WG) - Gluten Free	1 oz (28g)	1 oz eq gr	100	10	1.0	0.0	0	0	115	23	2	6	2	500	4.8	80	7.20	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	Apple Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	15	0	15	0	12	0	60.0	0	0.00	0.00	0.00	0.00	0.00
	Total Nutritional Profile					260	40	4.5	1.0	0	0	295	52	3	18	5	500	64.8	100	7.56	0.38	0.43	5.00
61114	Cereal	Reduced Sugar Trix (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	15	0	15	0	13	0	60.0	0	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
61115	Cereal	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	15	0	15	0	12	0	60.0	0	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
61118	Cereal	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	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	15	0	15	0	12	0	60.0	0	0.00	0.00	0.00	0.00	0.00
	Total Nutritional Profile					270	35	4.0	1.5	0	0	310	57	4	26	3	700	75.6	20	5.40	0.51	0.50	6.05
61119	Cereal	Reduced Sugar Cinnamon Toast Crunch (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	15	0	15	0	12	0	60.0	0	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
61121	Cereal	Frosted Mini-Wheats (WG)	1 oz (28g)	1 oz eq gr	100	0	0.0	0.0	0	0	24	3	6	3	0	0	0	0	8.10	0.15	0.17	2.00	0.20
	Additional grain	Cheez-It Cracker (WG)	0.75 oz	1 oz eq gr	100	30	3.5	1.0	0	<5	150	14	1	0	2	500	0.0	100	0.72	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	15	0	15	0	13	0	60.0	0	0.00	0.00	0.00	0.00	0.00
	Total Nutritional Profile					260	30	3.5	1.0	0	0	160	53	4	19	5	500	60.0	100	8.82	0.15	0.17	2.00
61123	Cereal	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	Apple Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	15	0	15	0	13	0	60.0	0	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
61209	Cereal	MultiGrain Cheerios (WG) - Gluten Free	1 oz (28g)	1 oz eq gr	100	10	1.0	0.0	0	0	115	23	2	6	2	500	4.8	80	7.20	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	Raisins	1.33 oz	1/2 cup f	120	0	0.2	0.0	0	0	5	29	2	27	1	0	0.0	20	1.08	0.00	0.00	0.00	0.00
	Total Nutritional Profile					340	50	5.7	0.0	0	0	235	72	6	39	5	500	4.8	100	9.00	0.38	0.43	5.00
61219	Cereal	Reduced Sugar Cinnamon Toast Crunch (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	14	2	10	0	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	<	



Product Formulation Statement (Product Analysis)

Product Name: Frosted Flakes Breakfast Breaks **Code No:** 61106

Case/Pack/Count/Portion/Size: 72 servings per case

Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount
		x		
Total Creditable Amount (A)				A

Alternate Protein Product (APP)

Description of APP, manufacture's name, & code number	Oz Dry APP per Portion	Multiply	% of Protein As-Is	Divide by 18	Creditable Amount
		x		÷ by 18	
Total Creditable Amount (B)					B
TOTAL M/MA CREDITABLE AMOUNT (A + B rounded down to nearest 1/4 oz)					oz.

Grains

Grain Description	Exhibit A Group	1 Serving Size (oz) =	Serving Size oz.	Grams of Flour	Divide by 16	Grain Servings
RTE breakfast cereal (cold, dry)	I	1	1		÷ by 16	1.00
Sweet crackers (Animal crackers)	B	1.1	1.1		÷ by 16	1.00
TOTAL OZ EQ GRAIN SERVINGS (rounded down to nearest 1/4)						2.00

Fruit/Vegetable

F/V Description	Net Wt oz. / Vol.	Net Vol. fl. oz.	Fruit / Vegetable Servings
Apple juice, 100% juice	--	4	0.5 cup
			cup
TOTAL CREDITABLE FRUIT/VEGETABLE SERVINGS (rounded down to nearest 1/8 cup)			0.500 cup

Total number of servings purchased	<u>72</u>	Total oz eq grain servings	<u>2.00</u>
Total oz of meat/meat alternate	<u>0.0 oz</u>	Total fruit servings	<u>0.5 cup(s)</u>
		Total vegetable servings	<u>0.0 cup(s)</u>

I certify that the above is true and accurate when prepared according to instructions. I further certify that any APP used in this product conforms to Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A)

Technical Services Manager

Title

Johnny Pu

01/09/15

516-682-5494

Printed Name

Date

Phone Number