



**Meal Breaks**

**Serving Size: 1 meal**

Each serving (1 meal) of Prepackaged Meal Breaks provides 2 oz equivalent meat/meat alternate servings, 1 oz eq grain serving, and 1 cup fruit OR ½ cup to ¾ cup veg AND ½ cup fruit based on the USDA Food Buying Guide Requirements.

Item 61401	Chicken Salad Meal	Item 61402	Peanut Butter & Jelly Meal
Item 61403	Tuna Salad Meal	Item 61405	Chicken BBQ Sauce Meal
Item 61406	White Cheddar with Beef Stick Meal	Item 61408	Cheese Stick with Pepperoni Stick
Item 61410	Cheese Cup Meal	Item 61411	Sun Butter Meal
Item 61417	Hummus & Apple Juice Meal	Item 61418	White Cheddar w/ Marinara Meal
Item 61419	Chips & Dips Meal	Item 61420	Fiesta Chili Lime Dippers Meal
Item 61421	Chicken Salad & Veg Juice Meal	Item 61438	Breakfast Super Snack RS FF

**Allergen Statement**

Item 61402	Peanuts, Milk, Wheat & Soy
Item 61401, 61405, 61421	Egg, Milk, Wheat & Soy
Item 61403	Fish, Milk, Egg, Wheat & Soy
Item 61406, 61410, 61430,	Milk, Wheat & Soy
Item 61408, 61411, 61417, 61418, 61419, 61420, 61438	Milk & Wheat

Each meal kit contains:	Case Count:	30 meals	
<ul style="list-style-type: none"> <li>▪ Protein component(s) (2 m/ma)</li> <li>▪ One oz eq grain component (minimum)</li> <li>▪ Two Fruit/Veg components</li> <li>▪ Spoon, napkin &amp; straw</li> </ul> A trash bag is included in each master case	Ti/Hi:	8 x 7 – all except 61421 & 61430	
		8 x 6 – 61421 & 61430	
		Cases/Pallet:	56 (48 – 61421 & 61430)
		Case Dims:	23.625” x 9.375” x 10.875”
		Cube:	1.45 ft <sup>3</sup>
	Gross Cs Wt.:	26 lb avg, 31 lb max	

Shelf Life: 4 months from date of ship      Carton Code: Julian Best By (YDDD)  
 Case Code: “USE BY “MMDDYY”  
 Storage: 34° to 85°F

**Product is best stored between 34°-85°F. Shelf life may be affected if stored beyond this range. For information, contact E S Foods.**

*I certify that the above information is correct*

  
 Kelly McKernan  
 QA Manager

# Meal Breaks Shelf Stable

# Nutritional Information

Code	Component	Menu item	Serving Size	Component Value	Calories	Calories from Fat	Total Fat g	Sat Fat g	Trans fat g	Chol mg	Sodium mg	Total Carb g	Dietary Fiber g	Sugar g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
61401	Protein	Chicken Salad	3 oz	2 m/ma	150	60	6.0	1.5	0	40	380	8	1.0	3	14	0	0.0	20	0.72
	Fruit/Veg	Just Juice Vegetable Juice Punch	4 oz	1/2 cup addl v	60	0	0.0	0.0	0	0	30	16	0.0	14	0	500	60.0	0	0.00
	Fruit/Veg	Apple Sauce, Strawberry	4.5 oz	1/2 cup f	60	0	0.0	0.0	0	0	17	15	1.0	13	0	0	60.0	0	0.36
	Grain	WG Wheat Cracker	1 oz	1.25 oz eq gr	110	4	0.0	0.0	0	0	170	19	2.0	3	2	0	0.0	20	4.50
	<b>Total Nutritional Profile</b>					<b>380</b>	<b>64</b>	<b>6.0</b>	<b>1.5</b>	<b>0</b>	<b>40</b>	<b>597</b>	<b>58</b>	<b>4.0</b>	<b>33</b>	<b>16</b>	<b>500</b>	<b>120.0</b>	<b>40</b>
61402	Protein	Skippy Peanut Butter Pack	1.12 oz	1 m/ma	200	150	16.0	3.0	0	0	160	6	2.0	3	8	0	0.0	20	0.36
	Protein	Sunflower Seeds - Roasted, Honey	1 oz (28g)	1 m/ma	170	130	14.0	1.5	0	0	110	6	2.0	3	5	0	0.0	20	1.80
	Fruit/Veg	Just Juice Vegetable Juice Punch	4 oz	1/2 cup addl v	60	0	0.0	0.0	0	0	30	16	0.0	14	0	500	60.0	0	0.00
	Fruit/Veg	Apple Sauce, Unsweetened	4.5 oz	1/2 cup f	50	0	0.0	0.0	0	0	10	14	2.0	10	0	0	0.0	0	0.00
	Grain	WG Wheat Cracker	1 oz	1.25 oz eq gr	110	4	0.0	0.0	0	0	170	19	2.0	3	2	0	0.0	20	4.50
	Extra	Grape Jelly Pack	1 oz	--	70	0	0.0	0.0	0	0	18	0.0	12	0	0	0.0	0	0.00	
	<b>Total Nutritional Profile</b>					<b>590</b>	<b>284</b>	<b>30.0</b>	<b>4.5</b>	<b>0</b>	<b>0</b>	<b>480</b>	<b>61</b>	<b>8.0</b>	<b>33</b>	<b>15</b>	<b>500</b>	<b>60.0</b>	<b>60</b>
61403	Protein	Tuna Salad	3 oz	2 m/ma	140	50	6.0	1.0	0	15	460	11	<1	5	11	300	1.2	40	0.72
	Fruit/Veg	Just Juice Vegetable Juice Punch	4 oz	1/2 cup addl v	60	0	0.0	0.0	0	0	30	16	0.0	14	0	500	60.0	0	0.00
	Fruit/Veg	Apple Sauce, Unsweetened	4.5 oz	1/2 cup f	50	0	0.0	0.0	0	0	10	14	2.0	10	0	0	0.0	0	0.00
	Grain	WG Wheat Cracker	1 oz	1.25 oz eq gr	110	4	0.0	0.0	0	0	170	19	2.0	3	2	0	0.0	20	4.50
	<b>Total Nutritional Profile</b>					<b>360</b>	<b>54</b>	<b>6.0</b>	<b>1.0</b>	<b>0</b>	<b>15</b>	<b>670</b>	<b>60</b>	<b>4.0</b>	<b>32</b>	<b>13</b>	<b>800</b>	<b>61.2</b>	<b>60</b>
61405	Protein	Chicken BBQ Sauce	3 oz	1 m/ma	140	30	3.0	1.0	0	35	240	15	1.0	10	12	135	6.0	40	1.08
	Protein	Sunflower Seeds - Roasted, Honey	1 oz (28g)	1 m/ma	170	130	14.0	1.5	0	0	110	6	2.0	3	5	0	0.0	20	1.80
	Fruit/Veg	Apple Sauce, Unsweetened	4.5 oz	1/2 cup f	50	0	0.0	0.0	0	0	10	14	2.0	10	0	0	0.0	0	0.00
	Fruit/Veg	Just Juice Vegetable Juice Punch	4 oz	1/2 cup addl v	60	0	0.0	0.0	0	0	30	16	0.0	14	0	500	60.0	0	0.00
	Grain	WG Wheat Cracker	1 oz	1.25 oz eq gr	110	4	0.0	0.0	0	0	170	19	2.0	3	2	0	0.0	20	4.50
	<b>Total Nutritional Profile</b>					<b>530</b>	<b>164</b>	<b>17.0</b>	<b>2.5</b>	<b>0</b>	<b>35</b>	<b>560</b>	<b>70</b>	<b>7.0</b>	<b>40</b>	<b>19</b>	<b>635</b>	<b>66.0</b>	<b>80</b>
61406	Protein	Trails Best Cheese Stick	2 oz	2 m/ma	200	140	16.0	12.0	0	50	720	2	0.0	0	12	0	0.0	366	0.00
	Protein	Beef Stick	0.25	--	35	30	3.5	1.0	0	10	110	0	0.0	0	1	0	0.0	0	0.00
	Fruit/Veg	Just Juice Vegetable Juice Punch	4 oz	1/2 cup addl v	60	0	0.0	0.0	0	0	30	16	0.0	14	0	500	60.0	0	0.00
	Fruit/Veg	Apple Sauce, Strawberry	4.5 oz	1/2 cup f	60	0	0.0	0.0	0	0	17	15	1.0	13	0	0	60.0	0	0.36
	Grain	Cheeze-It Cracker (WG)	0.75 oz	1 oz eq gr	100	30	3.5	1.0	0	<5	150	14	1.0	0	2	500	0.0	100	0.72
<b>Total Nutritional Profile</b>					<b>455</b>	<b>200</b>	<b>23.0</b>	<b>14.0</b>	<b>0</b>	<b>60</b>	<b>1027</b>	<b>47</b>	<b>2.0</b>	<b>27</b>	<b>15</b>	<b>1000</b>	<b>120.0</b>	<b>466</b>	<b>1.08</b>
61408	Protein	Trails Best Cheese Stick	1 oz	1 m/ma	100	70	8.0	6.0	0	25	360	1	0.0	0	6	0	0.0	183	0.00
	Protein	Pepperoni Flv Beef Sticks	0.25 oz	--	24	18	2.0	1.0	0	3	106	0	0.0	0	2	110	0.0	2	0.14
	Protein	Sunflower Seeds	1 oz	1 m/ma	170	150	16.0	1.5	0	0	110	4	2.0	1	6	0	0.0	20	1.80
	Fruit/Veg	Juice Breaks	6.75 oz	3/4 cup addl v	90	0	0.0	0.0	0	0	45	23	0.0	22	0	750	60.0	0	0.00
	Fruit/Veg	Apple Sauce, Unsweetened	4.5 oz	1/2 cup f	50	0	0.0	0.0	0	0	10	14	2.0	10	0	0	0.0	0	0.00
	Grain	WG Wheat Cracker	1 oz	1.25 oz eq gr	110	4	0.0	0.0	0	0	170	19	2.0	3	2	0	0.0	20	4.50
	<b>Total Nutritional Profile</b>					<b>544</b>	<b>242</b>	<b>26.0</b>	<b>8.5</b>	<b>0</b>	<b>28</b>	<b>801</b>	<b>61</b>	<b>6.0</b>	<b>36</b>	<b>16</b>	<b>860</b>	<b>60.0</b>	<b>225</b>
61410	Protein	Cheese Spread Cup	2 oz	1 m/ma	150	110	12.0	8.0	0	35	520	2	<1	<1	6	200	0.0	250	0.00
	Protein	Sunflower Seeds - Roasted, Honey	1 oz (28g)	1 m/ma	170	130	14.0	1.5	0	0	110	6	2.0	3	5	0	0.0	20	1.80
	Fruit/Veg	Raisins	1.33 oz	1/2 cup f	120	0	0.2	0.0	0	0	5	29	2.0	27	1	0	0.0	20	1.08
	Fruit/Veg	Apple Sauce, Strawberry	4.5 oz	1/2 cup f	60	0	0.0	0.0	0	0	17	15	1.0	13	0	0	60.0	0	0.36
	Grain	WG Wheat Cracker	1 oz	1.25 oz eq gr	110	4	0.0	0.0	0	0	170	19	2.0	3	2	0	0.0	20	4.50
	<b>Total Nutritional Profile</b>					<b>610</b>	<b>244</b>	<b>26.2</b>	<b>9.5</b>	<b>0</b>	<b>35</b>	<b>822</b>	<b>71</b>	<b>7.0</b>	<b>46</b>	<b>14</b>	<b>200</b>	<b>60.0</b>	<b>310</b>
61411	Protein	Sun Butter	1.1 oz	1 m/ma	200	140	16.0	2.0	0	0	120	7	4.0	3	7	0	0.0	20	1.44
	Protein	Trails Best Cheese Stick	1 oz	1 m/ma	100	70	8.0	6.0	0	25	360	1	0.0	0	6	0	0.0	183	0.00
	Fruit/Veg	Raisins	1.33 oz	1/2 cup f	120	0	0.2	0.0	0	0	5	29	2.0	27	1	0	0.0	20	1.08
	Fruit/Veg	Just Juice Vegetable Juice Punch	4 oz	1/2 cup addl v	60	0	0.0	0.0	0	0	30	16	0.0	14	0	500	60.0	0	0.00
	Grain	WG Wheat Cracker	1 oz	1.25 oz eq gr	110	4	0.0	0.0	0	0	170	19	2.0	3	2	0	0.0	20	4.50
	Extra	Jelly Pack	1 oz	--	70	0	0.0	0.0	0	0	10	18	0.0	12	0	0	0.0	0	0.00
	<b>Total Nutritional Profile</b>					<b>660</b>	<b>214</b>	<b>24.2</b>	<b>8.0</b>	<b>0</b>	<b>25</b>	<b>695</b>	<b>90</b>	<b>8.0</b>	<b>59</b>	<b>16</b>	<b>500</b>	<b>60.0</b>	<b>243</b>
61417	Protein	Hummus, Roasted Red Pepper	3 oz	1 m/ma	120	50	6.0	0.5	0	0	310	12	4.0	0	4	300	6.0	40	3.60
	Protein	Sunflower Seeds - Roasted, Honey	1 oz (28g)	1 m/ma	170	130	14.0	1.5	0	0	110	6	2.0	3	5	0	0.0	20	1.80
	Fruit/Veg	Just Juice Vegetable Juice Punch	4 oz	1/2 cup addl v	60	0	0.0	0.0	0	0	30	16	0.0	14	0	500	60.0	0	0.00
	Fruit/Veg	Raisins	1.33 oz	1/2 cup f	120	0	0.2	0.0	0	0	5	29	2.0	27	1	0	0.0	20	1.08
	Grain	WG Wheat Cracker	1 oz	1.25 oz eq gr	110	4	0.0	0.0	0	0	170	19	2.0	3	2	0	0.0	20	4.50
	<b>Total Nutritional Profile</b>					<b>580</b>	<b>184</b>	<b>20.2</b>	<b>2.0</b>	<b>0</b>	<b>0</b>	<b>625</b>	<b>82</b>	<b>10.0</b>	<b>47</b>	<b>12</b>	<b>800</b>	<b>66.0</b>	<b>100</b>



# Meal Breaks Shelf Stable

# Nutritional Information

Code	Component	Menu item	Serving Size	Component Value	Calories	Calories from Fat	Total Fat g	Sat Fat g	Trans fat g	Chol mg	Sodium mg	Total Carb g	Dietary Fiber g	Sugar g	Protein g	Vit A IU	Vit C mg	Calcium mg	Iron mg
61418	Protein	Trails Best Cheese Stick	2 oz	2 m/ma	200	140	16.0	12.0	0	50	720	2	0.0	0	12	0	0.0	366	0.00
	Fruit/Veg	Marinara Sauce, Red Gold	2 oz	1/2 cup red v	45	15	1.5	0.0	0	0	240	7	1.0	5	1	200	6.0	20	0.36
	Fruit/Veg	Apple Sauce, Strawberry	4.5 oz	1/2 cup f	60	0	0.0	0.0	0	0	17	15	1.0	13	0	0	60.0	0	0.36
	Grain	WG Wheat Cracker	1 oz	1.25 oz eq gr	110	4	0.0	0.0	0	0	170	19	2.0	3	2	0	0.0	20	4.50
	<b>Total Nutritional Profile</b>					<b>415</b>	<b>159</b>	<b>17.5</b>	<b>12.0</b>	<b>0</b>	<b>50</b>	<b>1147</b>	<b>43</b>	<b>4.0</b>	<b>21</b>	<b>15</b>	<b>200</b>	<b>66.0</b>	<b>406</b>
61419 Chips & Dips	Protein	Cheese Spread Cup	2 oz	1 m/ma	150	110	12.0	8.0	0	35	520	2	<1	<1	6	200	0.0	250	0.00
	Protein	Sunflower Seeds - Roasted, Honey	1 oz (28g)	1 m/ma	170	130	14.0	1.5	0	0	110	6	2.0	3	5	0	0.0	20	1.80
	Fruit/Veg	Salsa, Red Gold	2.6 oz	1/2 cup red v	25	0	0.0	0.0	0	0	175	5	0.0	3	0	100	2.4	0	0.36
	Fruit/Veg	Apple Juice, 100% Juice	4 fl oz	1/2 cup f *	60	0	0.0	0.0	0	0	10	15	0.0	12	0	0	60.0	0	0.00
	Grain	WG Wheat Cracker	1 oz	1.25 oz eq gr	110	4	0.0	0.0	0	0	170	19	2.0	3	2	0	0.0	20	4.50
<b>Total Nutritional Profile</b>					<b>515</b>	<b>244</b>	<b>26.0</b>	<b>9.5</b>	<b>0</b>	<b>35</b>	<b>985</b>	<b>47</b>	<b>4.0</b>	<b>21</b>	<b>13</b>	<b>300</b>	<b>62.4</b>	<b>290</b>	<b>6.66</b>
61420	Protein	Fiesta Chili Lime Dippers	2.9 oz	1 m/ma	150	45	5.0	1.0	0	5	280	20	7.0	2	6	500	0.0	100	1.80
	Protein	Trails Best Cheese Stick	1 oz	1 m/ma	100	70	8.0	6.0	0	25	360	1	0.0	0	6	0	0.0	183	0.00
	Fruit/Veg	Apple Sauce, Unsweetened	4.5 oz	1/2 cup f	50	0	0.0	0.0	0	0	10	14	2.0	10	0	0	0.0	0	0.00
	Fruit/Veg	Just Juice Vegetable Juice Punch	4 oz	1/2 cup addl v*	60	0	0.0	0.0	0	0	30	16	0.0	14	0	500	60.0	0	0.00
	Grain	WG Wheat Cracker	1 oz	1.25 oz eq gr	110	4	0.0	0.0	0	0	170	19	2.0	3	2	0	0.0	20	4.50
<b>Total Nutritional Profile</b>					<b>470</b>	<b>119</b>	<b>13.0</b>	<b>7.0</b>	<b>0</b>	<b>30</b>	<b>850</b>	<b>70</b>	<b>11.0</b>	<b>29</b>	<b>14</b>	<b>1000</b>	<b>60.0</b>	<b>303</b>	<b>6.30</b>
61421	Protein	Chicken Salad	3 oz	2 m/ma	150	60	6.0	1.5	0	40	380	8	1.0	3	14	0	0.0	20	0.72
	Fruit/Veg	Juice Breaks	6.75 oz	3/4 cup addl v*	90	0	0.0	0.0	0	0	45	23	0.0	22	0	750	60.0	0	0.00
	Fruit/Veg	Apple Sauce, Unsweetened	4.5 oz	1/2 cup f	50	0	0.0	0.0	0	0	10	14	2.0	10	0	0	0.0	0	0.00
	Grain	WG Wheat Cracker	1 oz	1.25 oz eq gr	110	4	0.0	0.0	0	0	170	19	2.0	3	2	0	0.0	20	4.50
	<b>Total Nutritional Profile</b>					<b>400</b>	<b>64</b>	<b>6.0</b>	<b>1.5</b>	<b>0</b>	<b>40</b>	<b>605</b>	<b>64</b>	<b>5.0</b>	<b>38</b>	<b>16</b>	<b>750</b>	<b>60.0</b>	<b>40</b>
61438 Breakfast Super Snack	Protein	Trails Best Cheese Stick	2 oz	2 m/ma	200	140	16.0	12.0	0	50	720	2	0.0	0	12	0	0.0	366	0.00
	Fruit/Veg	Raisins	1.33 oz	1/2 cup f	120	0	0.2	0.0	0	0	5	29	2.0	27	1	0	0.0	20	1.08
	Fruit/Veg	Just Juice Vegetable Juice Punch	4 oz	1/2 cup addl v*	60	0	0.0	0.0	0	0	30	16	0.0	14	0	500	60.0	0	0.00
	Grain	Reduced Sugar Frosted Flakes (WG)	1 oz (28g)	1 oz eq gr	100	0	0.0	0.0	0	0	160	24	2.0	7	2	750	21.0	0	8.10
	<b>Total Nutritional Profile</b>					<b>480</b>	<b>140</b>	<b>16.2</b>	<b>12.0</b>	<b>0</b>	<b>50</b>	<b>915</b>	<b>71</b>	<b>4.0</b>	<b>48</b>	<b>15</b>	<b>1250</b>	<b>81.0</b>	<b>386</b>



**Product Formulation Statement (Product Analysis)**

**Product Name:** Meal Breaks BBQ Chicken Meal **Code No:** 61405  
**Case/Pack/Count/Portion/Size:** 30 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
Cooked chicken	1.190	x	1.000	1.190
Sunflower seeds	1.000	x	1.000	1.000
<b>Total Creditable Amount (A)</b>			<b>A</b>	<b>2.190</b>

**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	
<b>Total Creditable Amount (B)</b>				<b>B</b>	<b>0.000</b>
<b>TOTAL M/MA CREDITABLE AMOUNT (A + B rounded down to nearest 1/4 oz)</b>					<b>2.00 oz.</b>

**Grains/Breads**

Grain Description	Exhibit A Group	1 Serving = (oz)	Serving Size (g)	Grams of Flour	Divide by 16	Grain Servings
Savory crackers (ESF 51% WG Wheat Cracker)	A	1				1.25
<b>TOTAL OZ EQ GRAIN SERVINGS (rounded down to nearest 1/4)</b>						<b>1.25</b>

**Fruit/Vegetable**

F/V Description	Net Wt oz.	Net Vol. fl. oz.	Fruit / Vegetable Servings
100% fruit juice		4	1/2 cup
Applesauce	4.5		1/2 cup
<b>TOTAL CREDITABLE FRUIT SERVINGS (rounded down to nearest 1/8 cup)</b>			<b>1.0 cup</b>
<b>TOTAL CREDITABLE VEGETABLE SERVINGS by type (rounded down to nearest 1/8 cup)</b>			<b>cup</b>

Total number of servings purchased	<u>30</u>	Total oz eq grain servings	<u>1.25 oz</u>
Total oz of meat/meat alternate	<u>2.0 oz</u>	Total fruit servings	<u>1.0 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)

  
Johnny Pu  
 Printed Name

Technical Services / QA Manager  
 Title  
07/01/15 516-682-5494  
 Date Phone Number