



61103 – Lucky Charms (WG) Breakfast Breaks

Serving Size: 1 meal

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

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	
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	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		
	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

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), B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), B Vitamin (Folic Acid), Vitamin B12, Vitamin D3. **Giant Goldfish Grahams, Cinnamon (WG):** Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Oils (Soybean, Palm), Fructose, Contains 2 Percent or Less of: Cinnamon, Calcium Carbonate, Salt, Baking Soda, Ferric Orthophosphate, Vitamin A Palmitate, Soy Lecithin. **100% Juice - Fruit Juice:** Pear Juice Concentrate, Vitamin C (Ascorbic Acid), Citric Acid, Natural Flavors. **Contains: Wheat and 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.

Shelf life: 4 months
 Case count: 60 meals per case
 TiHi: 7 x 5
 Pallets/truck: 28-30
 Case dimensions: 19.875" x 13.125" x 18.5"
 Case cube: 2.80 ft³
 Net wt: 22.8 lbs
 Gross wt: 28.7 lbs
 Case code: "Best-By" date
 GTIN: 106 93392 00009 2

I certify that the information above is correct

Kelly McKernan
 Kelly McKernan
 QA Manager