



## Item 61106 - Frosted Flakes (WG) 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.

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
61106	Cereal	<b>Frosted Flakes (Reduced Sugar ) (WG)</b>	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
	Additional grain	<b>Pepperidge Cheddar Goldfish (WG)</b>	0.75 oz	1 oz eq gr	100	35	4.0	0.5	0	0	170	14	1	0	2	0	0.0	20	0.36
	Fruit serving	<b>Apple Juice, 100% Juice</b>	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	12	0	0	60.0	0	0.00
<b>Total Nutritional Profile</b>					<b>260</b>	<b>35</b>	<b>4.0</b>	<b>0.5</b>	<b>0</b>	<b>0</b>	<b>340</b>	<b>53</b>	<b>3</b>	<b>19</b>	<b>4</b>	<b>750</b>	<b>81.0</b>	<b>20</b>	<b>8.46</b>

**INGREDIENTS: Frosted Flakes (Reduced Sugar):** Whole Grain Wheat, Rice, Sugar, Milled Corn, Wheat Bran, contains 2% of less of Soluble Wheat Fiber, Salt, Malt Flavor. Vitamins and Minerals: Vitamin C (Sodium Ascorbate and Ascorbic Acid), Reduced Iron, Niacinamide, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Vitamin A Palmitate, Folic Acid, Vitamin D, Vitamin B12. **Pepperidge Cheddar Goldfish (WG):** Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Canola And/or Sunflower Oil, Salt, Contains 2% Or Less Of: Yeast Extract, Paprika, Spices, Celery, Baking Soda, Monocalcium Phosphate, Onion Powder. **100% Juice - Apple Juice:** Water, Apple Juice Concentrate, Vitamin C (Ascorbic Acid). **Contains: Wheat.**


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, minimum (Shelf Stable 35°F-85°F)  
 Case count: 72 meals per case  
 TiHi: 4 x 8  
 Pallets/truck: 28-30  
 Case dimensions: 23.75" x 9.625" x 22.88"  
 Case cube: 3.03 ft<sup>3</sup>  
 Net wt: 25.8 lbs  
 Gross wt: 34.4 lbs  
 Case code: "Best-By" date  
 GTIN: 10693392000122

*I certify that the information above is correct*

  
**Kelly McKernan**  
 QA Manager