



Breakfast Breaks - NIICP

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 61106	72 count	Reduced Sugar Frosted Flakes (WG)
Item 61109	60 count	Multi Grain Cheerios (WG)
Item 61115	72 count	Golden Grahams (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 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:

61109/61115/61121 contains Wheat, Milk and Soy

61106/61245 contains Wheat, Egg 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.

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

61244/61245/61246/61247/61248

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

61244/61245/61246/61247/61248

56 cases per pallet

28 pallets per truckload

TiHi: 8 x 7

Case dims: 23.625" x9.625" x11"

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 - NIICP

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
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	10	15	0	12	0	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	0.70
61109	Cereal	MultiGrain Cheerios (WG)	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	10	15	0	12	0	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	0.50
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	10	15	0	12	0	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	0.40
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	10	15	0	12	0	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	0.49
61121	Cereal	Frosted Mini-Wheats (WG)	1 oz (28g)	1 oz eq gr	100	0	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	10	15	0	13	0	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	0.20
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	Fruit Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	13	0	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	0.40
61244	Grain	Pop Tart - Cinnamon (WG)	1.76 oz(50g)	1.25 oz eq gr	180	25	2.5	1.0	0	0	190	37	3	15	2	500	0.0	100	1.80	0.15	0.17	2.00	0.20
	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	0	60.0	0	0.00	0.00	0.00	0.00	0.00
	Total Nutritional Profile				340	50	5.5	2.0	0	0	340	70	4	33	3	800	63.6	120	3.60	0.36	0.33	4.05	0.29
61245	Grain	Cinnamon Toast Crunch Cereal Bar (WG)	1.42 oz (40g)	1 oz eq gr	150	30	3.0	0.5	0	0	115	30	3	8	3	0	0.0	200	1.80	0.00	0.14	1.60	0.16
	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	Fruit Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	13	0	0	60.0	0	0.00	0.00	0.00	0.00	0.00
	Total Nutritional Profile				330	70	7.5	0.5	0	0	240	65	5	27	5	0	60.0	200	2.52	0.00	0.14	1.60	0.16
61246	Grain	Gen Mills Team Cheerios Cereal Bar	1.42 oz (40g)	1 oz eq gr	150	30	3.5	0.5	0	0	85	30	3	9	2	100	1.2	200	2.70	0.12	0.10	1.20	0.12
	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	0	60.0	0	0.00	0.00	0.00	0.00	0.00
	Total Nutritional Profile				310	55	6.5	1.5	0	0	235	63	4	27	3	400	64.8	220	4.50	0.33	0.26	3.25	0.21
61247	Grain	Kellogg's Pop Tart (WG) - Fudge	1.76 oz(50g)	1.25 oz eq gr	180	25	3.0	1.0	0	0	190	38	3	15	3	500	0.0	100	1.80	0.15	0.17	2.00	0.20
	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	0	60.0	0	0.00	0.00	0.00	0.00	0.00
	Total Nutritional Profile				340	50	6.0	2.0	0	0	340	71	4	33	4	800	63.6	120	3.60	0.36	0.33	4.05	0.29
61248	Grain	Kellogg's Berry Krispies Chewy Granola Bar - Berry (WG)	1.27 oz (36g)	1 oz eq gr	140	25	3.0	0.5	0	0	105	27	3	9	2	500	0.0	100	0.72	0.15	0.17	2.00	0.20
	Additional grain	Honey Graham, 3pk (WG)	0.78 oz	1 oz eq gr	90	20	2.5	0.0	0	0	95	17	1	5	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	10	15	0	12	0	0	60.0	0	0.00	0.00	0.00	0.00	0.00
	Total Nutritional Profile				290	45	5.5	0.5	0	0	210	59	4	26	4	1000	60.0	200	1.44	0.15	0.17	2.00	0.20