

Meal BREAKS

Brings the food to the kids.

Meal BREAKS



Whether you're dealing with hungry children after school or need to provide meals on the go, Meal BREAKS are the answer to healthy eating. We offer quick, convenient choices with protein, whole grains, and with fruit and/or vegetable servings from national brands that you know and trust. Choose from Thaw & Serve, Shelf Stable or Heat & Serve options.

- Meal BREAKS makes after school and summer manageable, whether you're feeding 30 or 300.
- All of our meals provide protein, a fruit and/or vegetable serving, and whole grains. Meal BREAKS meet all USDA requirements.
- **Audit Proof your menu! Our meals meet at least 3 of 5 food components in required quantities.**
- Lets you feed children where they are.
- Nothing to prep, there's nothing to waste and nothing left over.
- Perfect for days with unpredictable meal counts—field trips, emergency, 1/2 days, before and after vacations.

Call [516.682.5494](tel:516.682.5494) to set up an appointment or visit esfoods.com.



Thaw & Serve

Item Code	Thaw & Serve Meal BREAKS	W/G	CN Equivalent	Serv/Case	Commodity Avail
61920S	Combo Hoagie Sandwich , Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 2 g, 1/2 c F, 1/2 c V	30 ct	Cheddar
61921	Crustless Peanut Butter & Grape Jelly Sandwich , String Cheese, Strawberry Applesauce (unsweetened), Cheez-Its®, Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 2 g, 1/2 c F, 1/2 c V	30 ct.	Mozzarella
61925	Turkey & Cheese Hoagie Sandwich , Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 2 g, 1/2 c F, 1/2 c V	30 ct	Cheddar
61938	Italian Combo Wrap , Strawberry Applesauce (unsweetened), Marinara Sauce	✓	2 m/ma, 1 g, 1/2 c F, 1/2 c V	30 ct	Cheddar
61948	Turkey Ham & Cheese on Split Wheat Bun , Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 1/2 g, 1/2 c F, 1/2 c V	30 ct	Cheddar
61949	Crustless SunButter & Grape Jelly Sandwich , String Cheese, Strawberry Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 1/2 g, 1/2 c F, 1/2 c V	30 ct	Mozzarella
61950	Breaded Chicken on Wheat Bun , Strawberry Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 3 g, 1/2 c F, 1/2 c V	30 ct	—
61952	Breaded Chicken on Waffle , String Cheese, Strawberry Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 1/2 g, 1/2 c F, 1/2 c V	30 ct	Mozzarella
61953	Turkey Pizza Sub Sandwich with Cheese & Sauce , Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 2 g, 1/2 c F, 1/2 c V	30 ct	Cheddar
61954	Crustless Peanut Butter & Strawberry Jelly Sandwich , String Cheese, Strawberry Bites, Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 2 g, 1/2 c F, 1/2 c V	30 ct.	Mozzarella

Shelf Stable

	Shelf Stable Meal BREAKS				
61401	Chicken Salad , Wheat Crackers, Strawberry Applesauce (unsweetened) Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 1/4 g, 1/2 c F, 1/2 c V	30 ct	—
61402	Skippy Peanut Butter and Jelly Pack , Sunflower Seeds, MJM Honey Grahams, Apple Sauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 g, 1/2 c F, 1/2 c V	30 ct	—
61404	Butterball Turkey Stick , Sunflower Seeds, Mini Cinnamon Grahams (WG), Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice,	✓	2 m/ma, 1 g, 1/2 c F, 1/2 c V	30 ct	—
61406	Cheese Stick , Beef Stick, Cheez-It® Crackers (WG), Strawberry Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 g, 1/2 c F, 1/2 c V	30 ct	Cheddar
61410	Cheese Cup , Sunflower Seeds, Wheat Crackers (WG), Raisins, Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 1/4 g, 1/2 c F, 1/2 c V	30 ct	Cheddar
61411	Sun Butter w/ Jelly Pack , Cheese Stick, Wheat Crackers (WG), Raisins, Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 1/4 g, 1/2 c F, 1/2 c V	30 ct	Cheddar
61417	Roasted Red Pepper Hummus , Sunflower Seeds, Wheat Crackers (WG), Raisins, Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 1/4 g, 1/2 c F, 1/2 c V	30 ct	—
61418	Cheese Stick w/ Marinara Sauce , Wheat Crackers (WG), Strawberry Applesauce (unsweetened)	✓	2 m/ma, 1 1/4 g, 1/2 c F, 1/2 c V	30 ct	Cheddar
61419	Cheese Cup w/ Salsa , Sunflower Seeds, Wheat Crackers (WG), Apple Juice 100% Juice Pouch	✓	2 m/ma, 1 1/4 g, 1/2 c F, 1/2 c V	30 ct	Cheddar
61435	Jack Links Sweet BBQ Chicken Bites (white meat) , Sunflower Seeds, Cheez-It® Crackers (WG), Raisins, Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 g, 1/2 c F, 1/2 c V	30 ct	—
61437	No Nut Butter , Sunflower Seeds, Strawberry Bites, Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 g, 1/2 c F, 1/2 c V	30 ct	—
61445	Beef Stick (clean label) , Sunflower Seeds, Cheez-Its®, Crackers (WG) Raisins, Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 g, 1/2 c F, 1/2 c V	30 ct	—

Heat & Serve

	Hot Meal BREAKS				
61853	Hot MB Macaroni & Cheese w/Carrots	✓	2 m/ma, 1 g, 1/2 c V	48 ct	Cheddar
61857	Hot MB Veggie Chili w/Spanish Rice	✓	2 m/ma, 1 1/4 g, 1/2 c V	48 ct	—
61860	Hot MB WG Penne Alfredo w/Carrots & Peas	✓	2 m/ma, 1 g, 1/2 c V	48 ct	Mozzarella
61862	Hot MB Lasagna with Veggie Sausage Crumbles (vegetarian)		2 m/ma, 1 g, 1/2 c V	48 ct	Mozzarella

Shelf Stable

	Shelf Stable Snack BREAKS				
61275	No Nut Butter , Strawberry Bites (WG)	✓	1 m/ma, 1 g	30 ct	—
61279	Roasted Red Pepper Hummus , Wheat Crackers (WG)	✓	1 m/ma, 1.25 g	30 ct	—
61280	Cheddar Cheese Stick , 6 oz. Apple Juice,		1 m/ma, 3/4 c F	30 ct	Cheddar
61282	Animal Crackers Original (WG), 6 oz Fruit Punch, 100% Juice	✓	1 g, 3/4 c F	30 ct	—
61288	Mini Cinnamon Animal Grahams (WG), 6 oz Apple juice	✓	1 g, 3/4 c F	30 ct	—
61289	Cheez-It® Cracker (WG), 6 oz Fruit Punch, 100% Juice	✓	1 g, 3/4 c F	30 ct	—
61290	Strawberry Bites (WG), 6 oz Apple Juice	✓	1 g, 3/4 c F	30 ct	—