



61109 - Multi Grain Cheerios (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
61109	Cereal	MultiGrain Cheerios (WG) - Gluten Free	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
	Additional grain	Pepperidge Cheddar Goldfish (WG)	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	Apple Juice, 100% Juice	4 fl oz	1/2 cup f	60	0	0.0	0.0	0	0	10	15	0	12	0	60.0	0	0.00	
Total Nutritional Profile					260	45	5.0	0.5	0	0	295	52	3	18	4	500	64.8	100	7.56

INGREDIENTS: Multigrain Cheerios: Whole Grain Oats, Whole Grain Corn, Sugar, Corn Starch, Corn Bran, Whole Grain Rice, Whole Grain Sorghum, Whole Grain Millet, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (Caramel Color and Annatto Extract). 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. **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 - Fruit Juice:** Pear Juice Concentrate, Vitamin C (Ascorbic Acid), Citric Acid, Natural Flavors.

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:	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 ft ³
Net wt:	24.5 lbs
Gross wt:	28.7 lbs
Case code:	"Best-By" date
GTIN:	10693392000474

I certify that the information above is correct

Kelly McKernan
QA Manager