

65004 – 7 Days Meal Kit (7 Breakfasts & 7 Lunches)

Serving Size: 1 kit

Three varieties of Breakfast Breaks: Cinnamon Toast Crunch (3), Frosted Flakes (2), and Trix (2). Each serving (1 meal) of Breakfast Breaks provides 2 ounce equivalent grain servings, and ½ cup fruit based on the USDA/SFSP Meal Pattern Requirements.

| Code | Component | Menu item | Serving Size | Component Value | Cal | Tot Fat g | Sat Fat g | Trans fat g | Chol mg | Sod mg | Potassium mg | Total Carb g | Dietary Fiber g | Sugar g | Added Sugar g | Prot g | Vit D mcg | Calcium mg | Iron mg |
|-------|---------------------------|---|--------------|-----------------|-----|-----------|-----------|-------------|---------|--------|--------------|--------------|-----------------|---------|---------------|--------|-----------|------------|---------|
| 61106 | Cereal | Frosted Flakes (Reduced Sugar) (WG) | 1 oz (28g) | 1 oz eq gr | 100 | 0.0 | 0.0 | 0 | 0 | 170 | 70 | 24 | 2 | 7 | 7 | 2 | 2.0 | 0.0 | 1.8 |
| | Additional grain | Cheez-It Cracker (WG) | 0.75 oz | 1 oz eq gr | 100 | 3.5 | 1.0 | 0 | <5 | 150 | 50 | 14 | 1 | 0 | 0 | 2 | 0.0 | 20.0 | 0.9 |
| | Fruit serving | Apple Juice, 100% Juice | 4 fl oz | 1/2 cup f | 60 | 0.0 | 0.0 | 0 | 0 | 10 | 119 | 15 | 0 | 12 | 0 | 0 | 0.0 | 0.0 | 0.0 |
| | Total Nutritional Profile | | | | | 260 | 3.5 | 1.0 | 0 | 0 | 330 | 239 | 53 | 3 | 19 | 7 | 4 | 2.0 | 20.0 |
| 61114 | Cereal | Trix (25% Less Sugar) (WG) | 1 oz (28g) | 1 oz eq gr | 110 | 1.5 | 0.0 | 0 | 0 | 140 | 0 | 24 | 1 | 7 | 7 | 1 | 1.2 | 130.0 | 2.7 |
| | Additional grain | Grahams, Mini Cinnamon (WG) | 0.9 oz | 1 oz eq gr | 100 | 3.0 | 0.0 | 0 | 0 | 45 | 33 | 18 | 1 | 7 | 6 | 1 | 0.0 | 8.0 | 1.0 |
| | Fruit serving | Fruit Juice, 100% Juice | 4 fl oz | 1/2 cup f | 60 | 0.0 | 0.0 | 0 | 0 | 10 | 119 | 15 | 0 | 13 | 0 | 0 | 0.0 | 0.0 | 0.0 |
| | Total Nutritional Profile | | | | | 270 | 4.5 | 0.0 | 0 | 0 | 195 | 152 | 57 | 2 | 27 | 13 | 2 | 1.2 | 138.0 |
| 61219 | Cereal | Cinnamon Toast Crunch (25% Less Sugar) (WG) | 1 oz (28g) | 1 oz eq gr | 120 | 2.5 | 0.0 | 0 | 0 | 160 | 0 | 22 | 3 | 6 | 6 | 1 | 1.4 | 90.0 | 2.5 |
| | Additional grain | Grahams, Mini Cinnamon (WG) | 0.9 oz | 1 oz eq gr | 100 | 3.0 | 0.0 | 0 | 0 | 45 | 33 | 18 | 1 | 7 | 6 | 1 | 0.0 | 8.0 | 1.0 |
| | Fruit serving | Apple Sauce, Unsweetened | 4.5 oz | 1/2 cup f | 50 | 0.0 | 0.0 | 0 | 0 | 0 | 93 | 14 | 1 | 12 | 0 | 0 | 0.0 | 5.0 | 0.3 |
| | Total Nutritional Profile | | | | | 270 | 5.5 | 0.0 | 0 | 0 | 205 | 126 | 54 | 5 | 25 | 12 | 2 | 1.4 | 103.0 |

INGREDIENTS:

- Breakfast Breaks - Frosted Flakes (Reduced Sugar):** Whole Grain Wheat, Rice, Sugar, Milled Corn, Wheat Bran, Contains 2% Of Less Of Salt, Malt Flavor. Vitamins and Minerals: Reduced Iron, Niacinamide, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Folic Acid, Vitamin D3, Vitamin B12. **Cheez-It Cracker (WG):** Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 [Thiamin Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), White Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Soybean Oil (with TBHQ For Freshness). Contains 2% Or Less Of Salt, Paprika, Yeast, Paprika Extract Color, Turmeric Extract Color, Annatto Extract Color, Soy Lecithin. **100% Juice - Apple Juice:** Water, Apple Juice Concentrate, Vitamin C (Ascorbic Acid). **Contains: Wheat, Milk and Soy.**
- Breakfast Breaks - Trix (25% Less Sugar):** Whole Grain Corn, Corn Meal, Sugar, Corn Syrup, Canola Oil, Salt, Color (Vegetable and Fruit Juice, Turmeric Extract and Annatto Extract), Trisodium Phosphate, Natural Flavor, Citric Acid, Malic Acid. Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (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. **Grahams, Mini Cinnamon (WG):** Whole Wheat Flour, Sugar, Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower Oil, Cinnamon, Honey, Molasses, Salt, Leavening (Sodium Bicarbonate), Soy Lecithin, Egg, Milk. **100% Juice - Fruit Juice:** Pear Juice From Concentrate (Pure Filtered Water and Concentrated Pear Juice), Grape Juice From Concentrate (Pure Filtered Water and Concentrated Grape Juice), Natural Flavors, Citric Acid, Vitamin C (Ascorbic Acid). **Contains: Wheat, Egg, Soy and Milk.**
- Breakfast Breaks - Cinnamon Toast Crunch 25% Less Sugar:** Whole Grain Wheat, Sugar, Rice Flour, Canola Oil, Maltodextrin, Fructose, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color. BHT Added To Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), A B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), A B Vitamin (Folic Acid), Vitamin B12, Vitamin D3. **Grahams, Mini Cinnamon (WG):** Whole Wheat Flour, Sugar, Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower Oil, Cinnamon, Honey, Molasses, Salt, Leavening (Sodium Bicarbonate), Soy Lecithin, Egg, Milk. **Apple Sauce, Unsweetened:** Apples, Water, Ascorbic Acid. **Contains: Wheat, Egg, Soy and Milk.**

65004 – 7 Days Meal Kit (7 Breakfasts & 7 Lunches)

Serving Size: 1 kit

Three varieties of Meal Breaks: Cheese Stick (3), Sweet BBQ Bites (2) and No Nut Butter (2). Each serving (1 meal) of Meal Breaks provides 2.0 oz equivalent meat alternate, 1.0oz equivalent grains, ½ cup vegetable and ½ cup fruit based on the USDA/ SFSP Meal Pattern Requirements.

| Code | Component | Menu item | Serving Size | Component Value | Cal | Tot Fat g | Sat Fat g | Trans fat g | Chol mg | Sod mg | Potassium mg | Total Carb g | Dietary Fiber g | Sugar g | Added Sugar g | Prot g | Vit D mcg | Calcium mg | Iron mg |
|----------------------------------|----------------------------------|--|--------------|----------------------|------------|-------------|-------------|-------------|-----------|------------|--------------|--------------|-----------------|------------|---------------|-----------|------------|-------------|--------------|
| 61418 | Protein | JUMBO White Cheddar Cheese Stick | 2 oz | 2 m/ma | 200 | 16.0 | 12.0 | 0 | 50 | 720 | 46 | 2 | 0.0 | 0 | 0 | 12 | 0.0 | 366.0 | 0.0 |
| | Fruit/Veg | Marinara Sauce, Red Gold | 2.5 oz | 1/2 cup red/orange v | 40 | 1.0 | 0.0 | 0 | 0 | 200 | 235 | 7 | 2.0 | 4 | 1 | 1 | 0.0 | 0.0 | 0.0 |
| | Fruit/Veg | Apple Sauce, Strawberry | 4.5 oz | 1/2 cup f | 60 | 0.0 | 0.0 | 0 | 0 | 0 | 92 | 15 | 1.0 | 12 | 0 | 0 | 0.0 | 5.0 | 0.0 |
| | Grain | WG Wheat Cracker | 1 oz | 1.25 oz eq gr | 110 | 3.5 | 0.5 | 0 | 0 | 160 | 84 | 19 | 2.0 | 2 | 2 | 2 | 0.0 | 5.0 | 5.0 |
| | Total Nutritional Profile | | | | | 410 | 20.5 | 12.5 | 0 | 50 | 1080 | 457 | 43 | 5.0 | 18 | 3 | 15 | 0.0 | 376.0 |
| 61435 | Protein | Sweet BBQ Chicken Bites | 1.0 oz | 1 m/ma | 80 | 1.0 | 0.0 | 0 | 30 | 180 | 160 | 7 | 0.0 | 6 | 6 | 9 | 0.0 | 10.0 | 0.2 |
| | Protein | Sunflower Seeds - Roasted, Honey | 1.2 oz | 1 m/ma | 190 | 15.0 | 1.5 | 0 | 0 | 65 | 249 | 11 | 3.0 | 5 | 4 | 6 | 0.0 | 21.0 | 1.0 |
| | Fruit/Veg | Juice Breaks Vegetable Juice Punch, 100% Juice | 4 fl oz | 1/2 cup addl v | 60 | 0.0 | 0.0 | 0 | 0 | 30 | 100 | 16 | 0.0 | 14 | 0 | 0 | 0.0 | 0.0 | 0.0 |
| | Fruit/Veg | Raisins | 1.33 oz | 1/2 cup f | 120 | 0.2 | 0.0 | 0 | 0 | 5 | 287 | 29 | 2.0 | 27 | 0 | 1 | 0.0 | 18.5 | 0.9 |
| | Grain | Cheez-It Cracker (WG) | 0.75 oz | 1 oz eq gr | 100 | 3.5 | 1.0 | 0 | <5 | 150 | 50 | 14 | 1.0 | 0 | 0 | 2 | 0.0 | 20.0 | 0.9 |
| Total Nutritional Profile | | | | | 550 | 19.7 | 2.5 | 0 | 30 | 430 | 846 | 77 | 6.0 | 52 | 10 | 18 | 0.0 | 69.5 | 3.0 |
| 61437 | Protein | Chocolate No Nut Butter | 1.05 oz | 1 m/ma | 170 | 11.0 | 1.0 | 0 | 0 | 105 | 0 | 14 | 3.0 | 8 | 8 | 3 | 0.0 | 0.0 | 0.0 |
| | Protein | Sunflower Seeds - Roasted, Honey | 1.2 oz | 1 m/ma | 190 | 15.0 | 1.5 | 0 | 0 | 65 | 249 | 11 | 3.0 | 5 | 4 | 6 | 0.0 | 21.0 | 1.0 |
| | Fruit/Veg | Juice Breaks Vegetable Juice Punch, 100% Juice | 4 fl oz | 1/2 cup addl v | 60 | 0.0 | 0.0 | 0 | 0 | 30 | 100 | 16 | 0.0 | 14 | 0 | 0 | 0.0 | 0.0 | 0.0 |
| | Fruit/Veg | Apple Sauce, Unsweetened | 4.5 oz | 1/2 cup f | 50 | 0.0 | 0.0 | 0 | 0 | 0 | 93 | 14 | 1.0 | 12 | 0 | 0 | 0.0 | 5.0 | 0.3 |
| | Grain | Strawberry Mini Bites (WG) | 1.1 oz | 1 oz eq gr | 120 | 4.5 | 0.0 | 0 | 0 | 90 | 59 | 20 | 2 | 6 | 5 | 2 | 0.0 | 12.0 | 1.0 |
| Total Nutritional Profile | | | | | 590 | 30.5 | 2.5 | 0 | 0 | 290 | 501 | 75 | 9 | 45 | 17 | 11 | 0.0 | 38.0 | 2.3 |

INGREDIENTS:

- Meal Breaks - Cheese Stick:** Cultured Pasteurized Milk, Water, Salt, Sodium Phosphate, Natural Flavoring, Sorbic Acid (Preservative), Enzymes. **Marinara Sauce, Red Gold:** Tomato Puree (Water, Tomato Paste), Diced Tomatoes, Sugar, Soybean Oil, Salt, Dried Garlic, Dried Onion, Spices, Parsley, Citric Acid. **Applesauce, Strawberry:** Apples, Water, Strawberry Puree, Natural Flavors, Ascorbic Acid (Vitamin C), Malic Acid, Citric Acid. **WG Wheat Cracker:** Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Salt, Sodium Bicarbonate, Malt Syrup, Molasses, Honey, Ammonium Bicarbonate, Onion Powder, Citric Acid, Cream of Tartar (Potassium Bitartrate), Sodium Acid Pyrophosphate, Honey Flavor, Garlic Powder. **Contains: Wheat and Milk.**
- Meal Breaks - Jack Links-Sweet BBQ Bites:** White Meat Chicken, Water, Brown Sugar, Sugar, Contains 2%or Less of Glycerin, Salt, Fructose, Flavors, Dehydrated Tomato, Citric Acid, Cultured Celery Extract, Natural Smoke Flavor, Maltodextrin. Treated with a solution of Fermented Oregano, Flaxseed and Plum to ensure freshness. **Sunflower Seeds, Honey Roasted:** Sunflower Kernels, Sugar, Sunflower Oil, Honey, Salt, Maltodextrin, Xanthan Gum. **Juice Breaks Vegetable Juice Punch:** Reconstituted Vegetable Juice (Water and Sweet Potato Conc.), Reconstituted Fruit Juice Blend (Water and Conc. Juices of Apple and White Grape), Natural Flavoring, Citric Acid, Ascorbic Acid. **Raisins:** California Seedless Raisins, less than 0.5% Canola Oil. **Cheez-It Cracker (WG):** Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 [Thiamin Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), White Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Soybean Oil (with TBHQ For Freshness).Contains 2% Or Less Of Salt, Paprika, Yeast, Paprika Extract Color, Turmeric Extract Color, Annatto Extract Color, Soy Lecithin. **Contains: Wheat, Soy and Milk.**
- Meal Breaks - Chocolate No Nut Butter:** Yellow Peas, Canola Oil, Sugar,(Contains Corn Starch), Palm Oil, Cocoa Powder, Salt, Mono and Diglycerides, Natural Vanilla. **Sunflower Seeds, Honey Roasted:** Sunflower Kernels, Sugar, Sunflower Oil, Honey, Salt, Maltodextrin, Xanthan Gum. **Juice Breaks Vegetable Juice Punch:** Reconstituted Vegetable Juice (Water and Sweet Potato Conc.), Reconstituted Fruit Juice Blend (Water, Conc. Juices of Apple and White Grape), Natural Flavoring, Citric Acid, Ascorbic Acid. **Apple Sauce, Unsweetened:** Apples, Water, Ascorbic Acid (Vitamin C). **Strawberry Mini Bites (WG):** Whole Wheat Flour, Sugar, Mid Oleic Sunflower Oil, Invert Syrup, Salt, Soy Lecithin (An Emulsifier), Leavenings (Monocalcium Phosphate, Ammonium Bicarbonate, Sodium Bicarbonate), Natural Flavors, Whole Egg Solids, Corn Syrup Solids, Milk. **Contains: Wheat, Egg, Soy and Milk.**

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Serving Size: 1 kit

BREAKFAST MENU

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-------------------------|---|---|---|---|---|---|---|
| Breakfast Breaks | Frosted Flakes Breakfast Break-61106 | Cinnamon Toast Crunch Breakfast Break- 61219 | Trix Breakfast Breaks-61114 | Frosted Flakes Breakfast Break-61106 | Cinnamon Toast Crunch Breakfast Break- 61219 | Trix Breakfast Breaks-61114 | Cinnamon Toast Crunch Breakfast Break- 61219 |
| Grain- 2 | 1oz Cereal Bowl Pack .75oz Cheez-It | 1oz Cereal Bowl Pack .9z Cinn Mini Grahams | 1oz Cereal Bowl Pack .9z Cinn Mini Grahams | 1oz Cereal Bowl Pack .75oz Cheez-It | 1oz Cereal Bowl Pack .9z Cinn Mini Grahams | 1oz Cereal Bowl Pack .9z Cinn Mini Grahams | 1oz Cereal Bowl Pack .9z Cinn Mini Grahams |
| Fruit- 1/2c | 4oz Apple Juice | 4.5oz Natural Apple Sauce | 4oz Fruit Juice | 4oz Apple Juice | 4.5oz Natural Apple Sauce | 4oz Fruit Juice | 4.5oz Natural Apple Sauce |
| Offer | Additional 1/2c Fruit | Additional 1/2c Fruit | Additional 1/2c Fruit | Additional 1/2c Fruit | Additional 1/2c Fruit | Additional 1/2c Fruit | Additional 1/2c Fruit |
| ADD | 8oz Shelf Stable Milk | 8oz Shelf Stable Milk | 8oz Shelf Stable Milk | 8oz Shelf Stable Milk | 8oz Shelf Stable Milk | 8oz Shelf Stable Milk | 8oz Shelf Stable Milk |

LUNCH MENU

| | Cheese Stick w Marinara-61418 | No Nut Butter-61437 | Cheese Stick w Marinara-61418 | Sweet BBQ Bites-61435 | No Nut Butter-61437 | Cheese Stick w Marinara-61418 | Sweet BBQ Bites-61435 |
|--------------------|-------------------------------|--|-------------------------------|--|--|-------------------------------|--|
| Meal Breaks | | | | | | | |
| M/MA-2 | 2oz-Jumbo White Cheddar Stick | 1.1oz Chocolate No Nut Butter 1.2oz Honey Roasted Sunflower Seeds | 2oz-Jumbo White Cheddar Stick | 1oz Sweet BBQ Chicken Bites 1.2oz Honey Roasted Sunflower Seeds | 1.1oz Chocolate No Nut Butter 1.2oz Honey Roasted Sunflower Seeds | 2oz-Jumbo White Cheddar Stick | 1oz Sweet BBQ Chicken Bites 1.2oz Honey Roasted Sunflower Seeds |
| Veggie-1/2c | 2.5oz Red Gold Marinara Cup | 4oz Veggie Punch 100% juice | 2.5oz Red Gold Marinara Cup | 4oz-Veggie Punch 100% juice | 4oz Veggie Punch 100% juice | 2.5oz Red Gold Marinara Cup | 4oz-Veggie Punch 100% juice |
| Fruit- 1/2c | 4.5oz Strawberry Apple Sauce | 4.5oz Natural Apple Sauce | 4.5oz Strawberry Apple Sauce | 1.33oz Raisins | 4.5oz Natural Apple Sauce | 4.5oz Strawberry Apple Sauce | 1.33oz Raisins |
| Grain- 1 | 1oz WG Wheat Cracker 1.25G | 1.1 oz Strawberry Bites 1.0G | 1oz WG Wheat Cracker 1.25G | Cheez-It Cracker .75oz | 1.1 oz Strawberry Bites 1.0G | 1oz WG Wheat Cracker 1.25G | Cheez-It Cracker .75oz |
| ADD | 8oz Shelf Stable Milk | 8oz Shelf Stable Milk | 8oz Shelf Stable Milk | 8oz Shelf Stable Milk | 8oz Shelf Stable Milk | 8oz Shelf Stable Milk | 8oz Shelf Stable Milk |

Each breakfast kit contains:

- 2 ounce equivalent grain servings
- Fruit serving
- Spoon, napkin & straw

Each meal kit contains:

- Protein component(s) (2 m/ma)
- 1 ounce equivalent grain serving
- One vegetable and one fruit serving
- Spoon, napkin & straw

Shelf life: 4 months, minimum (Shelf Stable 35°F-85°F)

Case count: 14

TiHi: 8 x 12

Case dimensions: 22.5" x 9.5" x 6.5"

Case cube: 0.8 ft³

Net wt: 7 lbs

Gross wt: 10 lbs

Case code: "Best used by" date

GTIN: 10693392006070