

251291



61417 - Roasted Red Pepper Hummus Meal Break

Serving Size: 1 meal

Each serving (1 meal) of Meal Breaks provides 2.00 oz equivalent meat alternate, 1.25 oz equivalent grains, 1/2 cup additional vegetable and 1/2 cup fruit based on the USDA Food Buying Guide 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 |
|-------|---------------------------|--|--------------|-----------------|-----|-----------|-----------|-------------|---------|--------|--------------|--------------|-----------------|---------|---------------|--------|-----------|------------|---------|
| 61417 | Protein | Hummus, Roasted Red Pepper | 3 oz | 1 m/ma | 120 | 7.0 | 0.5 | 0 | 0 | 310 | 150 | 12 | 4.0 | 2 | 0 | 4 | 0.0 | 50.0 | 1.4 |
| | Protein | Sunflower Seeds | 1 oz | 1 m/ma | 190 | 17.0 | 1.5 | 0 | 0 | 110 | 175 | 4 | 2.0 | 1 | 0 | 5 | 0.0 | 31.0 | 1.0 |
| | Fruit/Veg | Juice Breaks Vegetable Juice Punch, 100% Juice | 4 fl oz | 1/2 cup add'l 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 | 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 | | | | 600 | 27.7 | 2.5 | 0 | 0 | 615 | 796 | 80 | 10.0 | 46 | 2 | 12 | 0.0 | 104.5 | 8.3 |

INGREDIENTS: Hummus, Roasted Red Pepper: Chick Peas (Chick Peas, Water, Salt), Roasted Red Pepper Puree (Sweet Red Peppers, Water, Salt, Citric Acid), Ground Sesame Seed, Canola Oil, Contains 2% Or Less Garlic Powder, Onion Powder, Seasoning (Garlic And Onion Powder, Red Bell Pepper Flavor (Red Bell Pepper, Salt, Yeast Extract, Maltodextrin, Torula Yeast, Natural Hickory Smoke Flavor), Citric Acid, Paprika, Salt, Spice), Citric Acid, Paprika, Cumin. **Sunflower Seeds:** Sunflower Kernels, Sunflower Oil, Salt. **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. **Raisins:** California Seedless Raisins, less than 0.5% Canola Oil. **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 Sesame.**

- Each meal kit contains:
- Protein component(s) (2 m/ma)
 - One grain component
 - One vegetable and one fruit component
 - Spoon, napkin & straw
- A trash bag is included in each master case

Shelf life: 4 months, minimum (Shelf Stable 35°F-85°F)
 Case count: 30 meals per case
 TIH: 8 x 7
 Case dimensions: 23.75" x 9.75" x 11.375"
 Case cube: 1.52 ft³
 Net wt: 19.5 lbs
 Gross wt: 26 lbs
 Case code: "Best used by" date
 GTIN: 10693392001587

I certify that the information above is correct

Natalia Castro
 Technical Services/QA Director