

Ingredient	Calories	Carbs	Sodium mg	Total Fat g	Protein g	Fiber	Sugar	Milk	Egg	Fish	Soy	Wheat	Peanut Treenut	Dyes
<b>MEAL BREAK, SUN BUTTER AND JELLY</b>	<b>660</b>	<b>90</b>	<b>695</b>	<b>24</b>	<b>16</b>	<b>8</b>		yes			yes	yes		
Sun Butter	200	7	120	16	7	4	3							
Cheese Stick	100	1	360	70	6	0	0	yes						
Raisins	120	29	5	0.2	0	2	27							
Vegetable Juice	60	16	30	0	2	0	14							
Wheat crackers	110	19	170	0	2	2	3					yes		
Jelly pack	70	18	10	0	0	0	12							
<b>MEAL BREAK, CHEESE, BEEF STICK</b>	<b>455</b>	<b>47</b>	<b>1027</b>	<b>23</b>	<b>15</b>	<b>2</b>		yes				yes		
Cheese Stick	200	2	720	16	12	0	0	yes						
Beef stick	35	0	110	3.5	1	0	0							
Vegetable Juice	60	16	30	0	2	0	14							
Applesauce, strawberry	60	15	17	0	0	1	13							
Cheese-it -crackers	100	14	150	3.5	2	1	0				yes	yes		
<b>ANYTIMER, HAM (TURKEY) AND CHEESE</b>	<b>360</b>	<b>33</b>	<b>720</b>	<b>17</b>	<b>18</b>	<b>1</b>	<b>8</b>							
Turkey Ham Coins	50	0	280	2.5										
American Cheese	80	2												
Crackers	90	11												
Chocolate Chip Chortles	130	20												
<b>ANYTIMER, TURKEY AND CHEESE</b>	<b>360</b>	<b>37</b>	<b>910</b>	<b>16</b>	<b>18</b>	<b>0</b>	<b>11</b>							
Turkey Coins	50	1												
American Cheese	80	2												
Crackers	90	11												
Chocolate Chip Chortles	140	23												
<b>BREAKFAST BREAK CHEERIOS BAR</b>	<b>310</b>	<b>63</b>	<b>236</b>	<b>6.5</b>	<b>3</b>	<b>4</b>	<b>27</b>							
Cheerios cereal bar	150	30	85	3.5	2	3	9				yes	yes		
Apple juice	60	15	5	0	0	0	6							
Grahams, cinnamon	90	16	95	2.5	1	0	12	yes	yes		yes	yes		
<b>BREAKFAST BREAK CIN TST BAR</b>	<b>330</b>	<b>65</b>	<b>240</b>	<b>7.5</b>	<b>2</b>	<b>5</b>	<b>27</b>							
Cinnamon toast cereal bar	150	30	115	3	3	3	8				yes	yes		
Apple juice	60	15	5	0	0	0	13							
Animal Crackers	120	20	115	4.5	2	2	6	yes	yes		yes	yes		
<b>BREAKFAST BREAK CINNA TST CRU</b>	<b>270</b>	<b>55</b>	<b>350</b>	<b>6</b>	<b>2</b>	<b>4</b>	<b>25</b>							
Cinnamon toast cereal	110	22	200	3	1	3	6				yes	yes		

	Apple juice	60	15	5	0	0	0	12							
	Grahams, cinnamon	100	18	95	2.5	1	0	7	yes	yes		yes	yes		
<b>BREAKFAST BREAK GOLDEN GRAHAM</b>		<b>290</b>	<b>64</b>	<b>370</b>	<b>5</b>	<b>4</b>	<b>4</b>	<b>27</b>							
	Cereal, Golden Grahams	110	24	220	1	1	1	9				yes	yes		
	Apple juice	60	15	10	0	0	0	12							
	Animal Cracker	120	20	115	4.5	2	2	6	yes	yes		yes	yes		