

Meal BREAKS

Increase their appetite for learning.

Meal BREAKS



Whether you're dealing with hungry children after school or need to feed them on a field trip, 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.
- 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.



Why you'll want us to stick around after school.



Meal BREAKS

Thaw & Serve	Item Code	Thaw & Serve Meal BREAKS	W/G	CN Equivalent	Serv/Case	Commodity Avail
	61920S	Combo Hoagie Sandwich , Apple Sauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 2 g, 1/2 c F, 1/2 c V	30 ct	✓
	61925	Turkey & Cheese Hoagie Sandwich , Apple Sauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 2 g, 1/2 c F, 1/2 c V	30 ct	✓
	61938	Italian Combo Wrap , Strawberry Apple Sauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 g, 1/2 c F, 1/2 c V	30 ct	✓
	61948	Turkey Ham & Cheese on Wheat Sandwich Thin , Apple Sauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	NEW ✓	2 m/ma, 1 1/2 g, 1/2 c F, 1/2 c V	30 ct	✓
	61949	Crustless SunButter & Grape Jelly Sandwich , String Cheese, Strawberry Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	NEW ✓	2 m/ma, 1 1/2 g, 1/2 c F, 1/2 c V	30 ct	✓
	61950	Breaded Chicken on Wheat Bun , Strawberry Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	NEW ✓	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	NEW ✓	2 m/ma, 1 1/2 g, 1/2 c F, 1/2 c V	30 ct	✓
	61953	Turkey Pizza Sub Sandwich with Cheese & Sauce , Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	NEW ✓	2 m/ma, 2 g, 1/2 c F, 1/2 c V	30 ct	✓
Simple Choice Meal BREAKS (offer fruit, veg & milk for complete meal)						
61970	Butterball Turkey Stick , String Cheese, WG Wheat Cracker	NEW ✓	2 m/ma, 1 g,	60 ct	✓	

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, Wheat Crackers (WG), Apple Sauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 1/4 g, 1/2 c F, 1/2 c V	30 ct	
	61404	Butterball Turkey Stick , Sunflower Seeds, Juice Breaks Vegetable Juice, 100% Juice, Apple Sauce (unsweetened), Mini Cinnamon Grahams, WG	NEW ✓	2 m/ma, 1 g, 1/2 c F, 1/2 c V	30 ct	
	61406	Cheese Stick , Beef Stick, Cheez It Crackers, Strawberry Applesauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 g, 1/2 c F, 1/2 c V	30 ct	✓
	61410	Cheese Cup, Sunflower Seeds, Raisins, Wheat Crackers (WG) , Juice Breaks Vegetable Juice, 100% Juice	✓	2 m/ma, 1 1/4 g, 1/2 c F, 1/2 c V	30 ct	
	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	✓
	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	✓
	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	✓
	61435	Jack Links Sweet BBQ Chicken Bites (white meat) , Sunflower Seeds, Juice Breaks Vegetable Juice, 100% Juice, Raisins, Cheez It Crackers, WG	✓	2 m/ma, 1 g, 1/2 c F, 1/2 c V	30 ct	
	61437	No Nut Butter , Sunflower Seeds, Strawberry Bites, Apple Sauce (unsweetened), Juice Breaks Vegetable Juice, 100% Juice	NEW ✓	2 m/ma, 1 g, 1/2 c F, 1/2 c V	30 ct	
	61445	Beef Stick (clean label) , Sunflower Seeds, Cheez Its, Raisins, Juice Breaks Vegetable Juice, 100% Juice	NEW ✓	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	✓
	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	✓

Shelf Stable	Shelf Stable Snack BREAKS					
	61282	Animal Crackers , Original (WG), 6 oz Fruit Punch	✓	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	✓	1 g, 3/4 c F	30 ct	
	61290	Strawberry Bites , (WG), 6 oz Apple Juice	✓	1 g, 3/4 c F	30 ct	

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* Meat sticks (shelf stable) do not contribute to the meat/meat alternate serving, but are included as an additional or "extra" item in the meal.

