



Products

**ABCs of Nutrition**

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## **ABCs of Nutrition**

East Side Entrees Breakfast Breaks were created to help increase participation in school breakfast. Taking that a step further, East Side Entrees has created a "Gold Star" designation to help foodservice directors quickly identify healthy breakfast options that are low in sugar and fat and high in vitamins and minerals. The eight Breakfast Breaks designated as "Gold Star" contain less than 20% calories from fat; less than 5% calories from saturated fat; 25 grams or less of sugar and are rich in vitamins and minerals. Each kid-friendly kit contains a breakfast cereal, juice and snack. Just add milk for a balanced breakfast. For more information, visit [www.breakfastbreaks.com](http://www.breakfastbreaks.com).