



Total Time
25 MIN.

Serving & Size
SERVING (SEE INSTRUCTIONS)

Difficulty
EASY

Yields
1

Try Goldfish® made with Whole Grain Cheddar alongside whole grain chicken strips for a complete reimbursable lunch or after school supper combo that's grab-and-go friendly.

Nutrition Facts	
Serving Size	SERVING (SEE INSTRUCTIONS)
Amount Per Serving	
Calories 683	
% Daily Value	
Total Fat 18.4g	28%
Saturated Fat 4.2g	21%
Cholesterol 68mg	23%
Sodium 957mg	40%
Total Carbohydrate 96.8g	32%
Dietary Fiber 8.4g	34%
Protein 34.8g	70%
Vitamin A 17%	Vitamin C 8%
Calcium 28%	Iron 17%

INGREDIENTS **WEIGHT** **MEASURE**

whole grain breaded chicken strip	4 oz.	
frozen tater tots		1/4 cups
frozen whole kernel corn		1/2 cups
unsweetened applesauce		1/2 cups
Pepperidge Farm® Goldfish® Baked with Whole Grain Cheddar , 0.75 oz pouch		1 ea.
low fat (1%) milk		1/2 pt.
apple juice	4 oz.	

INSTRUCTIONS

1. Prepare chicken strips, tater tots and corn according to package directions.
CCP: Heat to a minimum internal temperature of 165°F for 1 minute. CCP: Hold for hot service at 140°F or higher until needed.
2. Portion 3 chicken strips into paper serving boat.
3. Using a #4 spoodle, portion ¼ cup tater tots into paper serving boat.
4. Using a # 8 scoop, portion ½ cup corn into serving cup.
3. In cardboard serving container, add chicken, tater tots, corn, applesauce and juice. Serve with milk and Pepperidge Farm® Goldfish® Baked with Whole Grain Cheddar. Serve immediately.

TIP

Serve with a packet of BBQ sauce and ketchup.

For away from school distribution, portion bulk foods separately in sealed bags or containers. Assemble all recipe items in a bag with preparation instructions where needed.

Please follow CDC and local authority guidelines when preparing and distributing food away from school.