



Total Time
5 MIN.

Serving & Size
SERVING (SEE INSTRUCTIONS)

Difficulty
EASY

Increase breakfast participation with our Goldfish® Breakfast Combo! This combo is reimbursable and can be packaged into a convenient grab-and-go format.

Yields
1

INGREDIENTS

WEIGHT

MEASURE



Pepperidge Farm® Goldfish® Baked with Whole Grain Cheddar, 0.75 oz pouch

1 ea.

low fat yogurt

1/2 cups

banana

1 ea.

orange juice

4 fl oz.

low fat (1%) milk

8 fl oz.

Nutrition Facts

Serving Size	SERVING (SEE INSTRUCTIONS)	
Amount Per Serving		
Calories 453		
	% Daily Value	
Total Fat 9.6g		15%
Saturated Fat 3.9g		20%
Cholesterol 25mg		8%
Sodium 436mg		18%
Total Carbohydrate 72.6g		24%
Dietary Fiber 4.5g		18%
Protein 19.3g		39%
Vitamin A 18%	Vitamin C 55%	
Calcium 44%	Iron 9%	

INSTRUCTIONS

Pair *Goldfish®* Baked With Whole Grain Cheddar (1 oz grain equivalence) with a small banana, 4 oz low-fat yogurt, 4 oz 100% orange juice and 8 oz of low-fat milk to form a reimbursable breakfast. Package it all the elements into a disposable container to make it a grab-and-go option.



TIP

Combo Variations:
0.75 ounce Goldfish® Baked with Whole Grain (any variety)
1/2 cup fruit
4 oz. juice
1 M/MA
8 oz. low fat milk