

GOLDFISH® GIANT GRAHAMS BAKED WITH WHOLE GRAIN CINNAMON BREAKFAST COMBO



Total Time
5 MIN.

Serving & Size
SERVING (SEE INSTRUCTIONS)

Difficulty
EASY


Add variety to your breakfast menu with this grab-and-go reimbursable breakfast option with Goldfish® Giant Grahams Baked with Whole Grain Cinnamon.

Yields
1

INGREDIENTS

WEIGHT

MEASURE

	Pepperidge Farm® Giant Goldfish® Grahams Made with Whole Grain Cinnamon each	1 ea.
	almonds	1 oz.
	mandarin oranges in light syrup, drained	1/2 cups
	orange juice	4 fl oz.
	fat free chocolate milk	8 fl oz.

INSTRUCTIONS

Pair *Goldfish®* Giant Grahams Baked with Whole Grain Cinnamon (1 oz grain equivalence) with 1/2 cup of mandarin oranges, 1 oz of almond, 4 oz 100% orange juice and 8 oz of plain, low fat milk to form a reimbursable breakfast. Packaging it all the elements into a disposable container to make it a grab-and-go option

Nutrition Facts

Serving Size	SERVING (SEE INSTRUCTIONS)	
Amount Per Serving		
Calories 584		
	% Daily Value	
Total Fat 18.2g		28%
Saturated Fat 2.1g		11%
Cholesterol 5mg		2%
Sodium 342mg		14%
Total Carbohydrate 92.6g		31%
Dietary Fiber 5.8g		23%
Protein 16.8g		34%
Vitamin A 6%	Vitamin C 77%	
Calcium 39%	Iron 24%	



TIP

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