



Total Time  
**5 MIN.**

Serving & Size  
**SERVING (SEE ATTACHED)**

Difficulty  
**EASY**


Yields  
**1**

French Toast flavored Goldfish® made with Whole grain Grahams bring breakfast-classic taste without the mess. Get a delicious and nutritious start to your students' day with this reimbursable omelet combo.

Nutrition Facts	
Serving Size	SERVING (SEE ATTACHED)
<b>Amount Per Serving</b>	
<b>Calories</b> 489	
	<b>% Daily Value</b>
<b>Total Fat</b> 18.5g	<b>28%</b>
<b>Saturated Fat</b> 6.1g	<b>31%</b>
<b>Cholesterol</b> 183mg	<b>61%</b>
<b>Sodium</b> 594mg	<b>25%</b>
<b>Total Carbohydrate</b> 64.9g	<b>22%</b>
<b>Dietary Fiber</b> 5.1g	<b>20%</b>
<b>Protein</b> 31.4g	<b>63%</b>
Vitamin A 16%	Vitamin C 99%
Calcium 36%	Iron 15%


**INGREDIENTS**

WEIGHT	MEASURE
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packaged omelet filled with cheddar cheese, 2 ounce(s)	1 ea.
 <b>Goldfish® Grahams Baked with Whole Grain French Toast</b>	1 pkg.
orange	1 ea.
low fat chocolate milk	1/2 pt.

**INSTRUCTIONS**

1. Prepare omelet according to package directions. **CCP: Heat to a minimum internal temperature of 165°F for 1 minute.**
2. Assemble omelet and grapes into container. Serve with milk and **Goldfish® Grahams Baked with Whole Grain French Toast**. Serve immediately.

 **TIP**

For away from school distribution, assemble all pre-portioned and packaged food items in a bag with preparation instructions where needed.

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