



Nutrition Facts

Serving Size SERVING (SEE INSTRUCTIONS)

Amount Per Serving

Calories 765

% Daily Value

Total Fat 28g **43%**

Saturated Fat 7.5g **38%**

Cholesterol 39mg **13%**

Sodium 626mg **26%**

Total Carbohydrate **33%**
98.8g

Dietary Fiber 12.1g **48%**

Protein 28.4g **57%**

Vitamin A 30% Vitamin C 97%

Calcium 50% Iron 19%

TIP

Serve with a side of ranch dressing.

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.



Total Time
15 MIN.

Serving & Size
SERVING (SEE INSTRUCTIONS)

Difficulty
EASY

A complete reimbursable lunch or after school supper featuring creamy low-fat yogurt, sunflower seeds, mixed berries and Goldfish® made with Whole Grain Cheddar.

Yields
1

INGREDIENTS	WEIGHT	MEASURE
low fat fruit flavored yogurt	4 oz.	
frozen mixed berries (blueberries, raspberries, strawberries)		1 cups
unsalted sunflower seeds	1 oz.	
whole grain bagel		1 ea.
low fat cream cheese	1 oz.	
broccoli		3/4 cups
Pepperidge Farm® Goldfish® Baked with Whole Grain Cheddar , 0.75 oz pouch		1 ea.
low fat (1%) milk		1/2 pt.

INSTRUCTIONS

1. Portion 1 cup berries in a cup container.
2. Portion ¾ cup broccoli florets into a cup container.
3. In cardboard serving container, assemble yogurt, fruit, bagel, cream cheese, broccoli and sunflower seeds. Serve with milk and **Pepperidge Farm® Goldfish® Cheddar Made with Whole Grain**. Serve immediately.
CCP: Hold for cold service at 41°F until needed.