



Nutrition Facts

Serving Size SERVING (SEE INSTRUCTIONS)

Amount Per Serving

Calories 446

% Daily Value

Total Fat 8.1g **12%**

Saturated Fat 2.8g **14%**

Cholesterol 12mg **4%**

Sodium 261mg **11%**

Total Carbohydrate **27%**
80.1g

Dietary Fiber 3.6g **14%**

Protein 12.5g **25%**

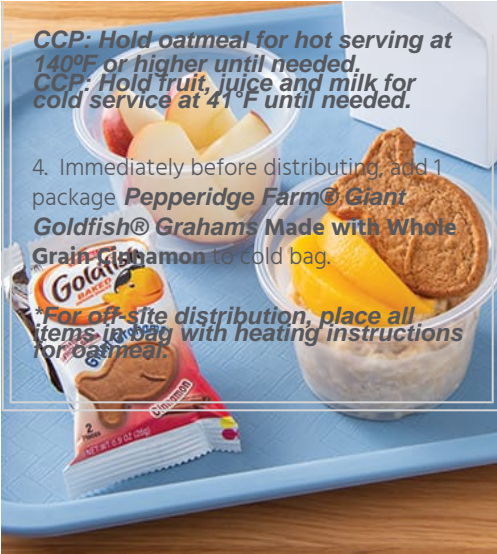
Vitamin A 17% Vitamin C 49%

Calcium 33% Iron 13%

TIP

1. Portion oatmeal, peaches and apple slices into individual containers.
2. Place hot oatmeal in bag (hot bag).
3. Place peaches, apple slices, juice and milk into separate bag (cold bag).

OATMEAL TOPPED WITH PEACHES AND GIANT GOLDFISH® MADE WITH WHOLE GRAIN GRAHAMS



**CCP: Hold oatmeal for hot serving at 140°F or higher until needed.
CCP: Hold fruit, juice and milk for cold service at 41°F until needed.**

4. Immediately before distributing, add 1 package **Pepperidge Farm® Giant Goldfish® Grahams Made with Whole Grain Cinnamon** to cold bag.

***For off-site distribution, place all items in bag with heating instructions for oatmeal.**

Total Time
20 MIN.


Serving & Size
SERVING (SEE INSTRUCTIONS)

Difficulty
EASY

Goldfish® made with Whole grain Grahams adds smiles to the top of this tasty and nutritious breakfast.

Yields
1

INGREDIENTS

	WEIGHT	MEASURE
cooked quick oats	4 oz.	1/2 cups
maple-flavored syrup		1 tbsp.
sliced peaches in juice, sliced, drained	2 oz.	1/4 cups
apple, sliced	1 oz.	1/4 cups
 Pepperidge Farm® Giant Goldfish® Grahams Made with Whole Grain Cinnamon , 0.9 ounce		1 pkg.
orange juice		4 fl oz.
low fat (1%) milk, 1/2 pint carton		1 ea.

INSTRUCTIONS

1. For each portion, layer the following into an individual serving cup:

- (1) #8 scoop, 1/2 cup cooked oatmeal topped with 1 Tbsp. syrup.
- 1/4 cup sliced peaches

2. Serve with 1/4 cup sliced apples, 1 package **Pepperidge Farm® Giant Goldfish® Grahams Made with Whole Grain Cinnamon**, 1/2 cup (4 fl oz) orange juice and 1 half-pint carton of low-fat milk. Serve immediately.

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CCP: Hold fruit, juice and milk for cold service at 41°F until needed.**