

Goldfish® Grahams

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43195
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN	1 Each		198472
CRACKER GLDFSH CINN	1 Package		194510
CRACKER GLDFSH GRHM FREN TST	1 Package		288252

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	123.33		
Fat	4.17g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	125.00mg		
Carbohydrates	19.67g		
Fiber	1.33g		
Sugar	7.00g		
Protein	1.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.91mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available
