

Product Name: Goldfish Baked Whole Grain Cinnamon Grahams
Manufacturer Code: 16831177
Availability: Target, Walmart, Costco

Allergens & Warnings:
CONTAINS: WHEAT, MILK, AND SOY.



Nutrition Facts	
Serving size 41 Pieces (30g/1.1oz.)	
About 6 Servings Per Container	
Amount per serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	6%
Total Sugars 8g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

INGREDIENTS

MADE WITH SMILES AND WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OILS (CANOLA, PALM KERNEL, PALM), CORNSTARCH, BROWN SUGAR (SUGAR, INVERT SUGAR, MOLASSES), SUGAR, INVERT SYRUP, CONTAINS 2 PERCENT OR LESS OF: CINNAMON, BAKING SODA, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SALT, NONFAT MILK, CORN SYRUP SOLIDS, SOY LECITHIN.

Product Name: Goldfish Baked Whole Grain Cinnamon Grahams
Manufacturer Code: 16831177

 **Your product is compliant!**

For future reference and report documentation, enter the brand, product name, and then print.


Brand:

PEPPERIDGE FARMS

Product:

GOLDFISH BKD CINN

Nutrition Facts


 Print

Competitive Snack

Whole Grain rich item

A whole grain is not the first ingredient, but the vendor has confirmed that the product is 51% or more whole grain by weight.

Serving Size	30	<input type="radio"/>	Ounces
		<input checked="" type="radio"/>	Grams (Use grams where available)
Servings Per Container	1		
Calories Per Serving	140	Calories from Fat	35
Total Fat (g)	4		
Saturated Fat (g)	1		
Trans Fat (g)	0		
Sodium (mg)	150		
Sugars (g)	8		

	Elementary School	Compliant
	Middle/High School	Compliant

Elementary School	Middle/High School
≤ 35% calories from fat.	≤ 35% calories from fat.
< 10% calories from saturated fat	< 10% calories from saturated fat
≤ 35% sugar by weight	≤ 35% sugar by weight
< 0.5 grams trans fat per serving	< 0.5 grams trans fat per serving
≤ 200 milligrams sodium	≤ 200 milligrams sodium
≤ 175 calories per item/container	≤ 200 calories per item/container