

Rockin'ola Yogurt Parfait-

Servings:	40.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Vanilla yogurt with strawberries & blueberries

Nutrition Information

Calories	302.50	Protein	11.25g
Fat	5.71g	SaturatedFat	0.75g
Trans Fat	0.00g	Cholesterol	3.75mg
Carbohydrates	52.75g	Fiber	5.17g
Sugar	31.58g	Sodium	112.08mg
Iron	8.20mg	Vitamin C	14.40mg
Vitamin A	750.00IU	Calcium	157.67mg

Ingredients

240 Ounce YOGURT VAN L/F PARFPR 6-4# YOPL

READY_TO_EAT

Ready to use with pouch & serving tip.

270 oz = 33.75 Cups or 4.22 bags

6 oz per parfait

40 Rockin'ola Pro granola

BAKE

pre-packaged 1.5 oz- 1 per student K-6

10 Cup BLUEBERRY IQF 4-5# GFS

THAW-Overnight

Place blueberries slotted 4" or 6" slotted steam pan

(place slotted pan inside solid steam pan)

cover pan and thaw overnight.

* 2 oz blueberries when mixed with another berry.

* 4oz blueberry when used alone in parfait

10 Cup STRAWBERRY WHL IQF 4-5# GFS

THAW-Overnight

Place Strawberries slotted 4" or 6" slotted steam pan

(place slotted pan inside solid steam pan)

cover pan and thaw overnight.

* 2 oz Strawberries when mixed with another berry.

* 4oz Strawberry when used alone in parfait

Preparation Instructions

1. USE 12OZ PARFAIT CLEAR CUP (WILKENS) WITH DOMED LID
2. PLACE 3 OZ OF VANILLA YOGURT (gfs#811500) IN BOTTOM OF PARFAIT CUP
3. ADD 2 OZ OF BERRIES (1OZ STRAWBERRIES & 1 OZ BLUEBERRIES OR 2 OZ ONE TYPE OF BERRIES)
4. PLACE 3 OZ OF VANILLA YOGURT (gfs#811500) ON TOP OF BERRIES
5. ADD 2 OZ OF BERRIES (1OZ STRAWBERRIES & 1 OZ BLUEBERRIES OR 2 OZ ONE TYPE OF BERRIES)
6. SERVE 1 BAG OF ROCKIN'OLA GRANOLA WITH EACH PARFAIT CUP!