

# Rockin'ola Yogurt Parfait-JHS/KHS

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 43.00            |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Entree           |
| <b>HACCP Process:</b> | Same Day Service |

Vanilla yogurt bowl with Strawberries

## Nutrition Information

|                      |           |                     |          |
|----------------------|-----------|---------------------|----------|
| <b>Calories</b>      | 608.88    | <b>Protein</b>      | 20.36g   |
| <b>Fat</b>           | 15.12g    | <b>SaturatedFat</b> | 2.33g    |
| <b>Trans Fat</b>     | 0.00g     | <b>Cholesterol</b>  | 4.13mg   |
| <b>Carbohydrates</b> | 101.69g   | <b>Fiber</b>        | 9.04g    |
| <b>Sugar</b>         | 46.45g    | <b>Sodium</b>       | 350.06mg |
| <b>Iron</b>          | 16.64mg   | <b>Vitamin C</b>    | 26.62mg  |
| <b>Vitamin A</b>     | 1494.36IU | <b>Calcium</b>      | 318.08mg |

## Ingredients

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

READY\_TO\_EAT

Ready to use with pouch & serving tip.

6 oz per bowl = 258oz= 4bags

### 86 Rockin'ola Pro granola

BAKE

pre-packaged 1.5 oz- 2 bags per student JHS/KHS or 3 oz portion

### 129 Fluid Ounce CRUMB CRACKER GRAHAM 10# KEEB

3oz of graham cracker crumbs per bowl

### 172 Fluid Ounce STRAWBERRY WHL IQF 4-5# GFS

4oz (#8 scoop) per bowl

### 1 2/25 Each CHEESE STRING MOZZ IW 168-1Z LOL

1 individually wrapped cheese stick per student

## Preparation Instructions

Use 16 oz square bowl w/ lid

1. Place in the bottom 3 oz of graham cracker crumbs
2. Add 3 oz of vanilla yogurt
3. Add 2 oz of sliced strawberries
4. Add 3 oz of vanilla yogurt
5. Add 2 oz of sliced strawberries
6. Top with 3 oz of Rockin'ola Granola (bulk) or 2 bags of Rockin'ola Granola
7. Put lid on top.

Serve 1 bowl with 1 mozz. string cheese.