

# 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 with Blueberries

## Nutrition Information

<b>Calories</b>	701.66	<b>Protein</b>	26.21g
<b>Fat</b>	21.46g	<b>SaturatedFat</b>	6.23g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	18.75mg
<b>Carbohydrates</b>	104.64g	<b>Fiber</b>	9.53g
<b>Sugar</b>	47.93g	<b>Sodium</b>	545.04mg
<b>Iron</b>	16.28mg	<b>Vitamin C</b>	1.77mg
<b>Vitamin A</b>	1689.34IU	<b>Calcium</b>	503.20mg

## Ingredients

### 86 Rockin'ola Pro granola

WILKENS

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

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

GFS#811500

READY\_TO\_EAT

Ready to use with pouch & serving tip.

6oz per serving-258 oz=4 bags

### 172 Fluid Ounce BLUEBERRY IQF 4-5# GFS

GFS#166720

4oz of Blueberries per serving

#8 scoop=1/2 cup= 4 oz

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

GFS#109568

3 oz per serving

#10 scoop

129 oz = 43 servings

**43 Each** CHEESE STRING MOZZ IW 168-1Z LOL

GFS#786580

SERVE 1 MOZZ. STRING CHEESE PER STUDENT

## Preparation Instructions

USE 16OZ SQUARE BOWL W/LID

1. PLACE IN BOTTOM OF BOWL 3 OZ OF GRAHAM CRACKER CRUMB
2. ADD 3 OZ OF VANILLA YOGURT ON TOP
3. PLACE 2 OZ OF BLUEBERRIES ON TOP OF YOGURT
4. ADD 3 OZ OF VANILLA YOGURT ON TOP OF FRUIT
5. PLACE 2 OZ OF BLUEBERRIES ON TOPOF YOGURT
6. TOP WITH 3 OZ OF ROCKIN'OLA GRANOLA OR 2 -1.5 OZ INDIVIDUAL BAGS.
7. PLACE LID ON TOP OF COMPLETED BOWL

SERVE WITH 1 MOZZ. STRING CHEESE W/ 1 BOWL OF YOGURT.