

# Rockin'ola Yogurt Parfait-

<b>Servings:</b>	40.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Vanilla yogurt with strawberries & blueberries

## Nutrition Information

<b>Calories</b>	510.65	<b>Protein</b>	19.22g
<b>Fat</b>	15.16g	<b>SaturatedFat</b>	5.74g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	18.75mg
<b>Carbohydrates</b>	76.42g	<b>Fiber</b>	6.15g
<b>Sugar</b>	38.48g	<b>Sodium</b>	445.16mg
<b>Iron</b>	9.26mg	<b>Vitamin C</b>	14.40mg
<b>Vitamin A</b>	1442.89IU	<b>Calcium</b>	456.25mg

## 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

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

Sliced Strawberry-Wilkens

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

#### **40 Each CHEESE STRING MOZZ IW 168-1Z LOL**

GFS#786580

1 PER STUDENT

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

GFS#109568

ADD 2OZ OF GRAHAM CRACKER CRUMB TO BOTTOM OF BOWL

## **Preparation Instructions**

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