Rockin'ola Yogurt Parfait-

Servings:	43.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

JHS/KHS Vanilla yogurt with strawberries & blueberries

Nutrition Information

Calories	630.65	**Protein**	25.22g
Fat	19.49g	**SaturatedFat**	5.74g
Trans Fat	0.00g	**Cholesterol**	18.75mg
Carbohydrates	92.42g	**Fiber**	8.82g
Sugar	43.82g	**Sodium**	478.50mg
Iron	15.93mg	**Vitamin C**	14.40mg
Vitamin A	1442.89IU	**Calcium**	458.91mg

Ingredients

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

READY_TO_EAT

Ready to use with pouch & serving tip.

258 oz = 33.25 Cups or 4

bags

6 oz per parfait

86 Rockin'ola Pro granola

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

10 3/4 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 3/4 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

43 Each CHEESE STRING MOZZ IW 168-1Z LOL

GFS#786580

1 PER STUDENT

86 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