

Rockin'ola Yogurt Parfait-Blueberries

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

JHS/KHS Vanilla Yogurt with Blueberries

Nutrition Information

Calories	637.58	Protein	25.22g
Fat	19.73g	SaturatedFat	5.74g
Trans Fat	0.00g	Cholesterol	18.75mg
Carbohydrates	93.30g	Fiber	9.04g
Sugar	44.48g	Sodium	478.50mg
Iron	15.75mg	Vitamin C	1.77mg
Vitamin A	1442.89IU	Calcium	453.91mg

Ingredients

86 Rockin'ola Pro granola

WILKENS

pre-packaged 1.5 oz- 2 per student JHS/KHS=3oz

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

86 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 2 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 BAGS.
7. PLACE LID ON TOP OF COMPLETED BOWL

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