

# Cookbook for Fennville Public Schools

Created by HPS Menu Planner

# Table of Contents

Carrots, Baby

Apple, Fresh

Orange, Fresh

Graham Crackers

Muffin, Blueberry and Cheese Stick

Muffin, Banana and Cheese Stick

Muffin, Chocolate/Chocolate Chip and Cheese Stick

WOW Butter and Jelly Sandwich

Juice, 100% Grape, Carton, Suncup

Juice, 100% Apple, Carton, Suncup

Juice, 100% Orange, Carton, Suncup

Parfait, Banana

Parfait, Strawberry

Parfait, Mandarin Orange

Parfait, Strawberry Banana

Parfait, Apple

Parfait, Peach

Parfait, Blueberry

Parfait, Pineapple

# Carrots, Baby

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	No Cook

Carrots, Baby

## Nutrition Information

<b>Calories</b>	46.22	<b>Protein</b>	0.89g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	10.67g	<b>Fiber</b>	3.56g
<b>Sugar</b>	5.33g	<b>Sodium</b>	78.22mg
<b>Iron</b>	0.32mg	<b>Vitamin C</b>	6.93mg
<b>Vitamin A</b>	19022.22IU	<b>Calcium</b>	35.56mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Ounce	768146	CARROT BABY WHL PETITE 4-5# RSS	READY FOR RAW USE OR IN A COOKING APPLICATION.

## Preparation Instructions

READY FOR RAW USE OR IN A COOKING APPLICATION.

12 Baby Carrots = 1 Cup = 1 Vegetable Equivalent

6 Baby Carrots = 1/2 Cup = 1/2 Vegetable Equivalent

PRODUCT OF USA AS OF 10/17

# Apple, Fresh

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Apple

## Nutrition Information

<b>Calories</b>	71.80	<b>Protein</b>	0.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	19.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	14.00g	<b>Sodium</b>	0.00mg
<b>Iron</b>	0.17mg	<b>Vitamin C</b>	6.35mg
<b>Vitamin A</b>	74.52IU	<b>Calcium</b>	8.28mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	742300	APPLE DELICIOUS RED MI 138CT MRKN	Rinse and Serve

## Preparation Instructions

RINSE AND SERVE

# Orange, Fresh

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Orange, Fresh

## Nutrition Information

<b>Calories</b>	80.00	<b>Protein</b>	1.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	21.00g	<b>Fiber</b>	7.00g
<b>Sugar</b>	14.00g	<b>Sodium</b>	0.00mg
<b>Iron</b>	0.36mg	<b>Vitamin C</b>	78.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	60.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	322326	ORANGES NAVEL/VALENCIA CHC 138CT MRKN	

## Preparation Instructions

STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE TEMPERATURE IS 45-50 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION.

KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES.

PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.

NO DEFINITIVE COUNTRY OF ORIGIN AS OF 10/17

# Graham Crackers

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Grain
<b>HACCP Process:</b>	No Cook

Graham Crackers

## Nutrition Information

<b>Calories</b>	60.00	<b>Protein</b>	1.00g
<b>Fat</b>	1.50g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	11.00g	<b>Fiber</b>	1.00g
<b>Sugar</b>	3.00g	<b>Sodium</b>	70.00mg
<b>Iron</b>	0.36mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	256137	CRACKER GRHM HNY L/F 200-2CT NAB	

## Preparation Instructions

# Muffin, Blueberry and Cheese Stick

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Blueberry Muffin and Cheese Stick

## Nutrition Information

<b>Calories</b>	270.00	<b>Protein</b>	9.00g
<b>Fat</b>	12.00g	<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	55.00mg
<b>Carbohydrates</b>	32.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	16.00g	<b>Sodium</b>	330.00mg
<b>Iron</b>	0.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	300.00IU	<b>Calcium</b>	220.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	557970	MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	
1 Each	786580	CHEESE STRING MOZZ IW 168-1Z LOL	

## Preparation Instructions

STRING CHEESE

PRODUCT OF USA AS OF 10/17

BLUEBERRY MUFFIN

PRODUCT OF USA AS OF 10/17

# Muffin, Banana and Cheese Stick

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Muffin, Banana and Cheese Stick

## Nutrition Information

<b>Calories</b>	270.00	<b>Protein</b>	9.00g
<b>Fat</b>	12.00g	<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	55.00mg
<b>Carbohydrates</b>	32.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	17.00g	<b>Sodium</b>	330.00mg
<b>Iron</b>	0.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	300.00IU	<b>Calcium</b>	240.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	786580	CHEESE STRING MOZZ IW 168-1Z LOL	
1 Each	557981	MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	

## Preparation Instructions

STRING CHEESE

PRODUCT OF USA AS OF 10/17

BANANA MUFFIN

PRODUCT OF USA AS OF 10/17



# Muffin, Chocolate/Chocolate Chip and Cheese Stick

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Muffin, Chocolate/Chocolate Chip and Cheese Stick

## Nutrition Information

<b>Calories</b>	280.00	<b>Protein</b>	10.00g
<b>Fat</b>	12.00g	<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	55.00mg
<b>Carbohydrates</b>	33.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	17.00g	<b>Sodium</b>	330.00mg
<b>Iron</b>	1.08mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	300.00IU	<b>Calcium</b>	240.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	557991	MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	
1 Each	786580	CHEESE STRING MOZZ IW 168-1Z LOL	

## Preparation Instructions

STRING CHEESE

PRODUCT OF USA AS OF 10/17

CHOCOLATE MUFFIN

PRODUCT OF USA AS OF 10/17

# WOW Butter and Jelly Sandwich

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

WOW Butter and Jelly Sandwich

## Nutrition Information

<b>Calories</b>	215.00	<b>Protein</b>	6.00g
<b>Fat</b>	8.50g	<b>SaturatedFat</b>	1.75g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	29.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	15.50g	<b>Sodium</b>	140.00mg
<b>Iron</b>	1.22mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	40.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Tablespoon	544231	SOY BUTTER NUT FREE 2-4.41# WOWBTR	
1 Tablespoon	100927	JELLY APPLE-GRAPE 6-10 GFS	
1 Each	710650	BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	

## Preparation Instructions

WOWBUTTER

READY TO USE AS A REPLACEMENT FOR PEANUT BUTTER

PRODUCT OF CANADA AS OF 10/17

JELLY

PRODUCT IS READY TO USE UPON OPENING.

PRODUCT OF USA AS OF 10/17

BREAD

THAW AND SERVE

PRODUCT OF USA AS OF 10/17

# Juice, 100% Grape, Carton, Suncup

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Juice, 100% Grape, Carton, Suncup

## Nutrition Information

<b>Calories</b>	80.00	<b>Protein</b>	0.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	19.00g	<b>Fiber</b>	0.00g
<b>Sugar</b>	18.00g	<b>Sodium</b>	20.00mg
<b>Iron</b>	0.36mg	<b>Vitamin C</b>	1.20mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	20.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	403040	JUICE GRP 100 70-4FLZ SNCUP	

## Preparation Instructions

ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.

PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS

PRODUCT OF USA AS OF 10/17

# Juice, 100% Apple, Carton, Suncup

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Juice, 100% Apple, Carton, Suncup

## Nutrition Information

<b>Calories</b>	50.00	<b>Protein</b>	0.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	13.00g	<b>Fiber</b>	0.00g
<b>Sugar</b>	12.00g	<b>Sodium</b>	0.00mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	1.20mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	207990	JUICE APPL 100 70-4FLZ SNCUP	

## Preparation Instructions

ALWAYS KEEP CHILLED/FROZEN AND USE BY 10 DAYS AFTER THAWING.

PRODUCT OF USA AS OF 10/17

# Juice, 100% Orange, Carton, Suncup

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Fruit
<b>HACCP Process:</b>	No Cook

Juice, 100% Orange, Carton, Suncup

## Nutrition Information

<b>Calories</b>	60.00	<b>Protein</b>	0.00g
<b>Fat</b>	0.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	13.00g	<b>Fiber</b>	0.00g
<b>Sugar</b>	12.00g	<b>Sodium</b>	0.00mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	42.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	207980	JUICE ORNG 100% 70-4FLZ SNCUP	

## Preparation Instructions

ALWAYS KEEP CHILLED AND USE BY 10 DAYS AFTER THAWING.

PRODUCT SHOULD DATED AND PLACED IN THE COOLER TO THAW. THAW APPROXIMATELY FOR 24 - 48 HOURS

PRODUCT OF USA AS OF 10/17

# Parfait, Banana

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Parfait, Banana

## Nutrition Information

<b>Calories</b>	335.83	<b>Protein</b>	9.54g
<b>Fat</b>	2.65g	<b>SaturatedFat</b>	1.05g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	70.68g	<b>Fiber</b>	4.07g
<b>Sugar</b>	41.82g	<b>Sodium</b>	141.58mg
<b>Iron</b>	2.50mg	<b>Vitamin C</b>	5.14mg
<b>Vitamin A</b>	1037.76IU	<b>Calcium</b>	202.95mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Each	197769	BANANA TURNING SNGL 150CT 40# P/L	

## Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

# Parfait, Strawberry

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Parfait, Strawberry

## Nutrition Information

<b>Calories</b>	308.33	<b>Protein</b>	8.89g
<b>Fat</b>	2.45g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	63.68g	<b>Fiber</b>	4.02g
<b>Sugar</b>	39.32g	<b>Sodium</b>	140.98mg
<b>Iron</b>	2.71mg	<b>Vitamin C</b>	27.00mg
<b>Vitamin A</b>	1000.00IU	<b>Calcium</b>	210.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Cup	244630	STRAWBERRY WHL IQF 4-5# GFS	

## Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.



# Parfait, Mandarin Orange

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Parfait, Mandarin Orange

## Nutrition Information

<b>Calories</b>	328.33	<b>Protein</b>	9.39g
<b>Fat</b>	2.45g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	57.18g	<b>Fiber</b>	2.52g
<b>Sugar</b>	44.32g	<b>Sodium</b>	145.98mg
<b>Iron</b>	3.35mg	<b>Vitamin C</b>	15.00mg
<b>Vitamin A</b>	1004.00IU	<b>Calcium</b>	200.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Cup	117897	ORANGES MAND WHL L/S 6-10 GFS	

## Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

# Parfait, Strawberry Banana

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Parfait, Strawberry Banana

## Nutrition Information

<b>Calories</b>	322.08	<b>Protein</b>	9.22g
<b>Fat</b>	2.55g	<b>SaturatedFat</b>	1.03g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	67.18g	<b>Fiber</b>	4.04g
<b>Sugar</b>	40.57g	<b>Sodium</b>	141.28mg
<b>Iron</b>	2.60mg	<b>Vitamin C</b>	16.07mg
<b>Vitamin A</b>	1018.88IU	<b>Calcium</b>	206.48mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/4 Each	197769	BANANA TURNING SNGL 150CT 40# P/L	
1/4 Cup	244630	STRAWBERRY WHL IQF 4-5# GFS	

## Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

# Parfait, Apple

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Parfait, Apple

## Nutrition Information

<b>Calories</b>	319.23	<b>Protein</b>	8.89g
<b>Fat</b>	2.45g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	66.68g	<b>Fiber</b>	4.02g
<b>Sugar</b>	41.82g	<b>Sodium</b>	140.98mg
<b>Iron</b>	2.43mg	<b>Vitamin C</b>	3.17mg
<b>Vitamin A</b>	1037.26IU	<b>Calcium</b>	204.14mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Each	742300	APPLE DELICIOUS RED MI 138CT MRKN	

## Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

# Parfait, Peach

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Parfait, Peach

## Nutrition Information

<b>Calories</b>	343.33	<b>Protein</b>	9.89g
<b>Fat</b>	2.45g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	71.18g	<b>Fiber</b>	3.52g
<b>Sugar</b>	47.82g	<b>Sodium</b>	150.98mg
<b>Iron</b>	2.35mg	<b>Vitamin C</b>	1.20mg
<b>Vitamin A</b>	1200.00IU	<b>Calcium</b>	200.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Cup	268348	PEACH DCD XL/S 6-10 GFS	

## Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

# Parfait, Blueberry

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Parfait, Blueberry

## Nutrition Information

<b>Calories</b>	323.33	<b>Protein</b>	8.89g
<b>Fat</b>	2.95g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	65.68g	<b>Fiber</b>	4.52g
<b>Sugar</b>	40.82g	<b>Sodium</b>	140.98mg
<b>Iron</b>	2.35mg	<b>Vitamin C</b>	1.80mg
<b>Vitamin A</b>	1000.00IU	<b>Calcium</b>	200.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Cup	119873	BLUEBERRY FREE-FLOW IQF 30# GFS	

## Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.

# Parfait, Pineapple

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Parfait, Pineapple

## Nutrition Information

<b>Calories</b>	353.33	<b>Protein</b>	8.89g
<b>Fat</b>	2.45g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	5.00mg
<b>Carbohydrates</b>	75.18g	<b>Fiber</b>	3.52g
<b>Sugar</b>	49.82g	<b>Sodium</b>	140.98mg
<b>Iron</b>	2.71mg	<b>Vitamin C</b>	9.00mg
<b>Vitamin A</b>	1000.00IU	<b>Calcium</b>	200.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
8 Ounce	811500	YOGURT VAN L/F PARFPR 6-4# YOPL	
1/4 Cup	812821	CEREAL GROLA CRNCHY CLUSTERS 4-50Z	
1/2 Cup	189979	PINEAPPLE TIDBITS IN JCE 6-10 GFS	

## Preparation Instructions

1. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. 2. Prepare parfaits in layers; yogurt, granola, yogurt, fruit.