

# K-6- Fruit Salad Entree

<b>Servings:</b>	10.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Fruit Salad w/Yogurt

## Nutrition Information

<b>Calories</b>	486.49	<b>Protein</b>	11.73g
<b>Fat</b>	3.17g	<b>SaturatedFat</b>	1.67g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	8.00mg
<b>Carbohydrates</b>	104.18g	<b>Fiber</b>	6.95g
<b>Sugar</b>	78.91g	<b>Sodium</b>	203.87mg
<b>Iron</b>	3.49mg	<b>Vitamin C</b>	94.00mg
<b>Vitamin A</b>	1745.36IU	<b>Calcium</b>	344.03mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
128 Ounce	811500	YOGURT VAN L/F PARFPR 6-4 YOPL	READY_TO_EAT Ready to use with pouch & serving tip. 2 pouches
5 Cup	166720	BLUEBERRY IQF 4-5 GFS	
5 Cup	244630	STRAWBERRY WHL IQF 4-5 GFS	Dice frozen strawberries
5 Cup	818895	APPLE SLCD RED PLD IQF 4-5 GFS	Dice frozen apples
5 Cup	197858	GRAPES GREEN SEEDLESS 17AVG P/L	Take green grapes off vine and wash
5 Ounce	121893	GRAPES RED LUNCH BUNCH 5 MRKN	Take red grapes off vine and wash

## Preparation Instructions

Make the day before

Place in 6" steam table pan

Blueberries, strawberries, apples, green and red grapes

Add two pouches of yogurt to the fruit mixture and

blend until all fruit is coated evenly with yogurt

Cover with plastic wrap and place lid on top

Place covered Fruit Salad in cooler to serve the next day.

1 serving per student

Place 2 cups of fruit salad in a 12oz square bowl with lid