

K-6- Fruit Salad Side

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| Servings: | 60.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Fruit |
| HACCP Process: | Same Day Service |

Side-Fruit Salad w/Yogurt

Nutrition Information

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|----------------------|----------|---------------------|---------|
| Calories | 61.08 | Protein | 1.26g |
| Fat | 0.38g | SaturatedFat | 0.18g |
| Trans Fat | 0.00g | Cholesterol | 0.83mg |
| Carbohydrates | 13.46g | Fiber | 1.06g |
| Sugar | 10.35g | Sodium | 23.48mg |
| Iron | 0.40mg | Vitamin C | 15.67mg |
| Vitamin A | 190.89IU | Calcium | 37.34mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-----------------|------------|---------------------------------|---|
| 80 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

1/2 bag Blueberries, 1/2 bag strawberries, 1/2 bag apples, 5 cups green and 5 cups red grapes

Add 1 1/4 (80oz/10 Cups) 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 1/2 cup of fruit salad in a 5oz cups with lid