

# K-6- Fruit Salad Entree

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 30.00            |
| <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>      | 244.33   | <b>Protein</b>      | 5.02g    |
| <b>Fat</b>           | 1.51g    | <b>SaturatedFat</b> | 0.71g    |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 3.33mg   |
| <b>Carbohydrates</b> | 53.85g   | <b>Fiber</b>        | 4.23g    |
| <b>Sugar</b>         | 41.40g   | <b>Sodium</b>       | 93.91mg  |
| <b>Iron</b>          | 1.60mg   | <b>Vitamin C</b>    | 62.67mg  |
| <b>Vitamin A</b>     | 763.58IU | <b>Calcium</b>      | 149.36mg |

## Ingredients

| Measurement      | DistPart # | Description                     | Preparation Instructions  |
|------------------|------------|---------------------------------|---|
| <b>160 Ounce</b> | 811500     | YOGURT VAN L/F PARFPR 6-4 YOPL  | READY_TO_EAT<br>Ready to use with pouch & serving tip.<br>2 1/2 pouches |
| <b>10 Cup</b>    | 166720     | BLUEBERRY IQF 4-5 GFS           | 1 bag of frozen blueberries   |
| <b>10 Cup</b>    | 244630     | STRAWBERRY WHL IQF 4-5 GFS      | 1 bag of Diced frozen strawberries                                      |
| <b>10 Cup</b>    | 818895     | APPLE SLCD RED PLD IQF 4-5 GFS  | 1 bag of Diced frozen apples  |
| <b>10 Cup</b>    | 197858     | GRAPES GREEN SEEDLESS 17AVG P/L | Take green grapes off vine and wash                                     |
| <b>10 Ounce</b>  | 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 bag Blueberries, 1 bag diced strawberries, 1 bag of diced apples, 10 cups green and 10 cups red grapes

Add 2 1/2 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