

K-6- Fruit Salad Entree

Servings:	40.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Fruit Salad w/Yogurt

Nutrition Information

Calories	195.75	Protein	4.20g
Fat	1.23g	SaturatedFat	0.60g
Trans Fat	0.00g	Cholesterol	2.81mg
Carbohydrates	42.83g	Fiber	3.24g
Sugar	32.80g	Sodium	77.00mg
Iron	1.32mg	Vitamin C	47.00mg
Vitamin A	635.18IU	Calcium	124.52mg

Ingredients

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