

Cookbook for The Grind

Created by HPS Menu Planner

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Yogurt Parfait



Servings:	20.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-55390

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	10 Cup		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	20 Ounce		569744
Blueberries - frozen	5 Cup		100243
Strawberries Sliced	5 Cup		

Preparation Instructions

- Step 1: Place 1/2 Cup of yogurt into a tumbler
- Step 2: Place 1/4 Cup of strawberries on top
- Step 3: Place 1/4 Cup of blueberries on top
- Step 4: Place 1oz of granola on top (or serve with an individual packet of granola)
- Step 5: Hold in cooler until service

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	1.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 20.000

Serving Size: 1.00

Amount Per Serving	
Calories	264.55
Fat	2.75g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	140.13mg
Carbohydrates	53.42g
Fiber	6.50g
Total Sugar	26.45g
Added Sugar	9.97g**
Protein	7.48g
Vitamin A 119.40mcg	Vitamin C 0.00mg
Calcium 164.18mg	Iron 0.00mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available