

Yogurt Parfait

Servings:	4.71	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27466
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT	1 Pint 8/15 Cup (3 8/15 Cup)	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR	1 Quart 5/7 Cup (4 5/7 Cup)	READY_TO_EAT Ready to use with pouch & serving tip.	811500
YOGURT STRAWB L/F PARFPR	1 Quart 5/7 Cup (4 5/7 Cup)	READY_TO_EAT Ready to use with pouch & serving tip.	811490
BLUEBERRY FREE-FLOW IQF 30 GCHC	1 Pint 5/14 Cup (2 5/14 Cup)		119873
STRAWBERRY DCD 1/2IN IQF	1 Pint 5/14 Cup (2 5/14 Cup)		621420

Preparation Instructions

You will be using one of each: 20oz cup #672292, Insert 4oz 819340 and Dome 820360

Start by placing 1/2 cup of Yogurt in the bottom of the cup

1/2 cup fruit (either blueberry or strawberry) on top of the yogurt

Then add another 1/2 cup of yogurt and 1/2 cup of fruit (either blueberry or strawberry)

You will measure 3/4 cup of granola into the insert and place it on top of the berries

Finish with placing a dome lid on top

label and keep in the cooler at 41 or below until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	4.108
Grain	1.742
Fruit	1.001
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00

Amount Per Serving	
Calories	873.56
Fat	16.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	14.94mg
Sodium	524.28mg
Carbohydrates	166.19g
Fiber	6.01g
Sugar	96.76g
Protein	21.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 537.80mg	Iron 2.70mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available