

Fruit & Yogurt Parfait w/ Granola & UBR

Servings:	7.14	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21350
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1 Quart 1 Pint 1 Cup 1 1/7 Fluid Ounce (57 1/7 Fluid Ounce)	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT	1 11/14 Cup	Ready to eat.	711664
STRAWBERRY IQF 30 COMM	1 11/14 Cup	Thaw the day before. Use non-slotted spoodle to add to parfait, so juice is included.	150450
Wild Blueberries fzn	1 11/14 Cup	Can put in parfait frozen so juice doesn't bleed.	100243
ROUND BKFST UBR IW	7 1/7 Each	Serve on top of parfait cup.	129001

Preparation Instructions

Place 1 cup of yogurt in parfait cup. Top with strawberries and blueberries.

Top off with 2 Tablespoons of granola.

Cover with lid and refrigerate.

Hold at 41F or less.

Serve UBR for 2 Grains

Cup- 672312

Insert- 656521

Lid- 792210

Meal Components (SLE)

Amount Per Serving

Meat	1.866
Grain	2.581
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 Each

Amount Per Serving	
Calories	690.26
Fat	15.50g
SaturatedFat	4.45g
Trans Fat	0.10g
Cholesterol	14.47mg
Sodium	423.87mg
Carbohydrates	125.32g
Fiber	8.90g
Sugar	65.86g
Protein	15.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 305.77mg	Iron 2.41mg

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

Nutrition - Per 100g

No 100g Conversion Available