

Strawberry Chocolate Parfait

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3877
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRINKLES CHOC DECOR	1 Pint 1 Tablespoon 1 0.030680172444744 Teaspoon (100 Teaspoon)	Sprinkle on top to finish	421600
SYRUP CHOC	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)	2 Tbsp per parfait	433941
YOGURT VAN L/F	3 Gallon 1 Pint (50 Cup)		541966
Strawberry Cup	3 Gallon 1 Pint (50 Cup)	Use USDA Commodity cup, or fresh strawberry or diced frozen strawberry 621420	100256
GRANOLA BAG IW	100	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare-- nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

Assemble ingredients in to- go parfait cup.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.056
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Serving

Amount Per Serving	
Calories	340.00
Fat	6.17g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	6.67mg
Sodium	155.00mg
Carbohydrates	66.11g
Fiber	4.22g
Sugar	46.00g
Protein	7.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 197.43mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available