

# Fruit & Yogurt Parfait w/ Granola & UBR

<b>Servings:</b>	7.14	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21350
<b>School:</b>	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

<b>Meat</b>	1.866
<b>Grain</b>	2.581
<b>Fruit</b>	0.250
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 Each

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

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

## Nutrition - Per 100g

No 100g Conversion Available