

VANILLA YOGURT WITH GRANOLA

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-4208
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.119
Grain	1.160
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	351.94
Fat	9.75g
SaturatedFat	1.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	249.70mg
Carbohydrates	61.13g
Fiber	2.00g
Sugar	30.42g
Protein	7.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 134.33mg	Iron 1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available