

Graham Crackers & Yogurt



| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 5.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41150 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-----------------------------|------------|
| YOGURT CHERRY TRPL L/F | 1 Each | Ready to eat single serving | 186911 |
| YOGURT STRAWB BAN BASH L/F | 1 Each | Ready to eat single serving | 551760 |
| YOGURT RASPB RNBW L/F | 1 Each | Ready to eat single serving | 551770 |
| YOGURT DANIMAL STRAWB BAN N/F | 1 Each | Ready to eat single serving | 869921 |
| YOGURT DANIMAL STRAWB N/F | 1 Each | Ready to eat single serving | 885750 |
| CRACKER GRHM HNY WGRAIN | 5 Package | | 282471 |

Preparation Instructions

This recipe shows the 5 different yogurt varieties that can be offered (or ordered one flavor at time.)
The recipe nutrient information shows one serving of a packet of graham crackers and a yogurt.
To Serve: One packet of graham crackers + one container of yogurt of choice.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 166.00 |
| Fat | 2.80g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 3.00mg |
| Sodium | 156.00mg |
| Carbohydrates | 31.60g |
| Fiber | 1.00g |
| Sugar | 13.40g |
| Protein | 6.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 124.00mg | Iron 0.72mg |

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

Nutrition - Per 100g

No 100g Conversion Available