

Blueberry Yogurt Parfait

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40186
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Wild Blueberries fzn	1/2 Cup	N/A	100243
YOGURT VAN L/F PARFPR	1 Fluid Ounce	N/A	811500
CEREAL GRANOLA TSTD OAT	1 Fluid Ounce	N/A	711664

Preparation Instructions

Layer ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	0.233
Grain	0.290
Fruit	0.500
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	127.99		
Fat	2.44g		
SaturatedFat	0.34g		
Trans Fat	0.00g		
Cholesterol	0.93mg		
Sodium	64.43mg		
Carbohydrates	25.28g		
Fiber	3.50g		
Sugar	12.60g		
Protein	2.93g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.58mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available
