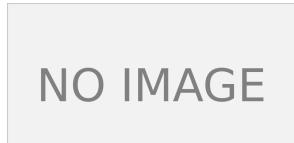
Fruit Parfait



Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50639
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	1 Quart 1 Pint (6 Cup)	Use any canned or frozen fruit of choice.	110860
YOGURT VAN L/F PARFPR	1 Quart 1 Pint (6 Cup)		811500

Preparation Instructions

1. Spoon 1/4 cup yogurt into bottom of 10-12 oz. cup.

2. Add 1/4 cup fruit.

3. Repeat layers.

4. Cover and chill until ready to serve.

Serve with 1 package of grahams.

Hold in cold pass thru until served.

Meal Components (SLE)

Amount	Per	Serving	

1.000	
0.000	
0.500	
0.000	
0.000	
0.000	
0.000	
0.000	
	0.000 0.500 0.000 0.000 0.000 0.000

Nutrition Facts

Servings Per Recipe: 12.00 Serving Size: 1.00 Each

Amount Per Serving				
Calories	150.94			
Fat	0.75g			
SaturatedFat	0.37g			
Trans Fat	0.00g			
Cholesterol	3.73mg			
Sodium	61.70mg			
Carbohydrates	33.13g			
Fiber	2.00g			
Sugar	21.42g			
Protein	3.73g			
Vitamin A 0.00IU	Vitamin C 0.00mg			
Calcium 134.33mg	Iron 0.00mg			

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

Nutrition - Per 100g

No 100g Conversion Available