

STRAWBERRIES AND YOGURT PARFAIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26291
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
STRAWBERRY DCD 1/2IN IQF	1/2 Cup	READY_TO_EAT Ready to Eat	621420
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

Preparation Instructions

Can substitute strawberries with 1/2 cup blueberries or diced mango.

Meal Components (SLE)

Amount Per Serving	
Meat	1.001
Grain	2.000
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		365.06	
Fat		9.67g	
SaturatedFat		1.33g	
Trans Fat*		0.00g	
Cholesterol		3.34mg	
Sodium		243.36mg	
Carbohydrates		65.18g	
Fiber		3.50g	
Sugar		31.68g	
Protein		7.84g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.07mg	Iron	2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available	
------------------------------	--