

VANILLA YOGURT WITH GRANOLA



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	2.000
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