

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	
Meat	1.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	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
