

Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15798
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY DCD 1/2IN IQF	1/2 Cup	thaw and drain	621420
CRACKER GRHM STCK SCOOPY	2 Package		859550

Preparation Instructions

8oz of yogurt in parfait cup, add 1/2 cup strawberries lid it. Cashiers will give two pks crackers

Meal Components (SLE)

Amount Per Serving

Meat	2.985
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		488.88	
Fat		8.49g	
SaturatedFat		2.75g	
Trans Fat*		0.00g	
Cholesterol		7.46mg	
Sodium		349.40mg	
Carbohydrates		94.77g	
Fiber		3.50g	
Sugar		51.84g	
Protein		11.96g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	268.66mg	Iron	2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available