

Lucky Charms Strawberry Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35596

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR	1 4 oz.	Ready To Eat	811490
CEREAL LUCKY CHARMS	1 Ounce	READY_TO_EAT Ready to eat	427829

Preparation Instructions

Layer-
Strawberry Yogurt
Lucky Charms
Clear Container- 792220
CCP- Hold for cold service at 41° or lower.

Meal Components (SLE)

Amount Per Serving

Meat	1.119
Grain	0.750
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 Serving

Amount Per Serving			
Calories		251.94	
Fat		2.25g	
SaturatedFat		0.37g	
Trans Fat*		0.00g	
Cholesterol		3.73mg	
Sodium		289.70mg	
Carbohydrates		53.13g	
Fiber		2.00g	
Sugar		28.42g	
Protein		6.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	264.33mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available