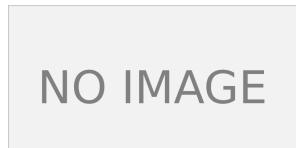
Fruit Parfait



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	6 Cup	Use any canned or frozen fruit of choice.	110860
YOGURT VAN L/F PARFPR	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	
Beans, Peas, and Lentils	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				
Saturated Fat	0.37g				
Trans Fat	0.00g				
Cholesterol	3.73mg				
Sodium	61.70mg				
Carbohydrates	33.13g				
Fiber	2.00g				
Sugar	21.42g				
Added Sugar	12.69g				
Protein	3.73g				
Vitamin A 0.00mcg	Vitamin C	0.00mg			
Calcium 134.33mg	Iron	0.00mg			

Nutrition - Per 100g

No 100g Conversion Available