

Vanilla Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28453
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BERRIES BURST O IQF	1/2 Cup	If the frozen fruit has been thawed, drain most of liquid. Canned fruit should also be drained prior to building the parfait. Other canned or frozen fruit may be used in place of the frozen berries.	244620
CEREAL GRANOLA TSTD OAT	1 Cup	1 cup granola = 2 oz grain	711664
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	8 Ounce	8 oz yogurt = 2 Meat Alt.	499989

Preparation Instructions

Use cup #557200 and lid #864194 (flat lid).

Build parfait in the following layers: 4 oz yogurt in the bottom of the cup, then 1/4 cup (2 oz) fruit , 1/2 cup granola. Repeat this for one more layer: 4 oz yogurt, then 1/4 cup (2 oz) fruit , 1/2 cup granola.

CCP: Hold for cold service at 41° or lower.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	4.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	689.10
Fat	19.74g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	529.25mg
Carbohydrates	116.34g
Fiber	6.50g
Total Sugar	52.90g
Added Sugar	39.94g
Protein	17.46g
Vitamin A 238.81mcg	Vitamin C 0.00mg
Calcium 341.86mg	Iron 2.90mg

Nutrition - Per 100g

No 100g Conversion Available