

Strawberry & Blueberry Yogurt Parfait w/Granola

| | | | |
|----------------------|-------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-20120 |
| School: | Wingo Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|--|------------|
| YOGURT VAN L/F PARFPR | 4 Ounce | READY_TO_EAT Ready to use with pouch & serving tip. | 811500 |
| CEREAL GRANOLA TSTD OAT | 2 Ounce | READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers | 711664 |
| STRAWBERRY DCD 1/2IN IQF | 1/4 Cup | READY_TO_EAT Ready to Eat | 621420 |
| BLUEBERRY FREE-FLOW IQF 30 GCHC | 1/4 Cup | | 119873 |

Preparation Instructions

READY_TO_EAT

Ready to use with pouch & serving tip.

Strawberries - Thaw and top yogurt

Granola

READY_TO_EAT

Ready to eat dry cereal packaged for cereal dispensers

Cup- 792260

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

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 1.119 |
| Grain | 1.000 |
| 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 | 227.13 |
| Fat | 5.25g |
| Saturated Fat | 0.87g |
| Trans Fat | 0.00g |
| Cholesterol | 3.73mg |
| Sodium | 154.70mg |
| Carbohydrates | 50.38g |
| Fiber | 2.50g |
| Total Sugar | 20.21g |
| Added Sugar | 19.69g |
| Protein | 6.23g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 134.33mg | Iron 1.05mg |

Nutrition - Per 100g

No 100g Conversion Available