

# Strawberry & Blueberry Yogurt Parfait w/Granola



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-20120
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	1.119
<b>Grain</b>	1.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	227.13		
<b>Fat</b>	5.25g		
<b>Saturated Fat</b>	0.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.73mg		
<b>Sodium</b>	154.70mg		
<b>Carbohydrates</b>	50.38g		
<b>Fiber</b>	2.50g		
<b>Total Sugar</b>	20.21g		
<b>Added Sugar</b>	19.69g		
<b>Protein</b>	6.23g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	134.33mg	<b>Iron</b>	1.05mg

## Nutrition - Per 100g

No 100g Conversion Available