

Strawberry Yogurt Parfait w/Granola



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8244
School:	Central 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	1/2 Cup	READY_TO_EAT Ready to Eat	621420

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- 773551

Meal Components

Amount Per Serving

<hr/>	
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 Each

<hr/>	
Amount Per Serving	
Calories	219.63
Fat	5.25g
Saturated Fat	0.87g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	154.70mg
Carbohydrates	48.63g
Fiber	2.50g
Total Sugar	18.21g
Added Sugar	19.69g
Protein	6.23g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 134.33mg	Iron 1.50mg

Nutrition - Per 100g

No 100g Conversion Available
