

Yogurt Bar



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41524
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	4 Ounce	Ready to Eat	499989

Preparation Instructions

Set up yogurt bar to include the following toppings.

Students will choose strawberry or vanilla.

Vanilla Yogurt- 499989

Banana- 686503

Diced Strawberries- 630480- 2 oz.

Blueberries-119873- 2 oz.

Raisins- 105686- 2 oz.

Mini Chocolate Chips- 583103- 1 Tablespoon

Clear 9 oz.- 792220

Lid- 792201

Meal Components

Amount Per Serving

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Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.000
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

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Amount Per Serving	
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Calories	89.55
Fat	0.75g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	74.63mg
Carbohydrates	16.42g
Fiber	0.00g
Total Sugar	10.45g
Added Sugar	5.97g
Protein	4.48g
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Vitamin A 119.40mcg	Vitamin C 0.00mg
Calcium 164.18mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available
