

Assorted Flavored Yogurt Cup

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40126
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F	1 Each		551770
YOGURT STRAWB BAN BASH L/F	1 Each		551760
YOGURT CHERRY TRPL L/F	1 Each		186911
YOGURT DANIMAL STRAWB N/F	1 Each		885750

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	77.50
Fat	0.38g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	3.75mg
Sodium	62.50mg
Carbohydrates	14.75g
Fiber	0.00g
Total Sugar	9.25g
Added Sugar	4.75g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 130.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available
