

Yogurt Parfait with toast



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52179
School:	Walton-Verona Intermediate 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
STRAWBERRY WHL IQF	1/2 Cup	Can you other variety of fruits	244630
GRANOLA OATHNY BULK	1 Ounce	READY_TO_EAT READY TO EAT	226671
Toast with Butter Option	1 Serving	Spray sheet pan with butter spray Place bread on a sheet pan spread liquid butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service.	R-44246

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.119
Grain	2.000
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

Amount Per Serving	
Calories	312.95
Fat	9.68g
Saturated Fat	1.81g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	296.64mg
Carbohydrates	60.29g
Fiber	3.62g
Total Sugar	20.54g
Added Sugar	21.52g
Protein	9.10g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 194.75mg	Iron 2.17mg

Nutrition - Per 100g

No 100g Conversion Available