

Yogurt Parfait



Servings:	20.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56853
School:	The Grind		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	20 Cup		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	10 Cup		569744
Blueberries - frozen	5 Cup	You also can use 1/2 cup bananas, peaches, or other fruit on hand	100243
Strawberries Sliced	5 Cup		

Preparation Instructions

- Step 1: Place 1 Cup of yogurt into a tumbler
- Step 2: Place 1/2 Cup of strawberries on top OR Place 1/2 Cup of blueberries on top
- Step 3: Place 2oz of granola on top (or serve with an individual packet of granola)
- Step 4: Hold in cooler until service

You can also use a 1/2 of bananas, peaches or other fruit on hand.

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	2.000
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: 20.000

Serving Size: 1.00 Each

Amount Per Serving	
Calories	455.30
Fat	5.33g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	274.55mg
Carbohydrates	89.16g
Fiber	10.18g
Total Sugar	41.50g
Added Sugar	19.62g
Protein	14.72g
Vitamin A 238.81mcg	Vitamin C 0.00mg
Calcium 328.36mg	Iron 0.00mg

Nutrition - Per 100g

Calories	836.49
Fat	9.80g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	13.71mg
Sodium	504.41mg
Carbohydrates	163.80g
Fiber	18.70g
Total Sugar	76.24g
Added Sugar	36.05g
Protein	27.03g
Vitamin A 438.74mcg	Vitamin C 0.00mg
Calcium 603.27mg	Iron 0.00mg