

Yogurt Cup Variety (Elementary)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49245

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F	1 Each		765020

Preparation Instructions

4 oz yogurt variety 1 single serve container per serving should be paired with a grain for complete meal (WG Muffin, WG Toast, WG Biscuit exct.)

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	50.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	60.00mg
Carbohydrates	10.00g
Fiber	0.00g
Total Sugar	7.00g
Added Sugar	3.00g
Protein	4.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 120.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available
