

Blueberry Yogurt Parfait

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40186
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Wild Blueberries fzn	1/2 Cup	USDA Brown Box Commodity	100243
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	2 Tablespoon		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	2 Tablespoon		569744

Preparation Instructions

Layer ingredients.

Updated 11.25.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.250
Grain	0.500
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	110.13
Fat	1.05g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.93mg
Sodium	48.87mg
Carbohydrates	23.22g
Fiber	4.74g
Total Sugar	9.78g
Added Sugar	3.23g
Protein	3.42g
Vitamin A 29.85mcg RAE	Vitamin C 0.00mg
Calcium 41.04mg	Iron 0.00mg

Nutrition - Per 100g

Calories	895.35
Fat	8.57g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	7.58mg
Sodium	397.29mg
Carbohydrates	188.77g
Fiber	38.50g
Total Sugar	79.53g
Added Sugar	26.25g
Protein	27.82g
Vitamin A 242.69mcg RAE	Vitamin C 0.00mg
Calcium 333.70mg	Iron 0.00mg