

Yogurt Parfait*

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28455
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	100 Cup	Updated for 25-26 School Year requirements or can use GFS#811490	499989
Blueberries, Frozen	25 Cup	N/A	110624
Strawberries, Whole fzn	25 Cup	BAKE	100253
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	50 Cup	Updated for 25-26 School Year requirements	569744

Preparation Instructions

Use 12 oz. cup. Layer 1/2 cup yogurt, 1/2 cup fruit, 1/2 cup yogurt add 1/2 cup granola on top in insert cover with lid.

Updated 2.25.26

Meal Components

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	404.84
Fat	5.38g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	260.80mg
Carbohydrates	78.39g
Fiber	8.77g
Total Sugar	35.36g
Added Sugar	18.71g
Protein	14.03g
Vitamin A 238.81mcg RAE	Vitamin C 0.00mg
Calcium 328.36mg	Iron 0.00mg

Nutrition - Per 100g

Calories	843.42
Fat	11.21g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	15.55mg
Sodium	543.34mg
Carbohydrates	163.31g
Fiber	18.28g
Total Sugar	73.67g
Added Sugar	38.98g
Protein	29.24g
Vitamin A 497.51mcg RAE	Vitamin C 0.00mg
Calcium 684.08mg	Iron 0.00mg