

# Breakfast Yogurt Parfait

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-58221
<b>School:</b>	Concord Jr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	64 Ounce	1 Container	499989
Blueberries, Frozen	4 Cup	N/A	110624
Strawberries, Whole fzn	4 Cup	N/A	100253
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	4 Cup		569744

## Preparation Instructions

In 12 oz. cup. Layer 1/4 cup yogurt, 1/4 cup fruit, 1/4 cup yogurt, 1/4 cup fruit add 1/4 cup granola on top in insert cover with lid.

Updated 5.27.26

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	212.26
<b>Fat</b>	2.86g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.32mg
<b>Sodium</b>	122.89mg
<b>Carbohydrates</b>	42.38g
<b>Fiber</b>	5.39g
<b>Total Sugar</b>	19.52g
<b>Added Sugar</b>	8.70g
<b>Protein</b>	6.52g
<b>Vitamin A</b> 106.19mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 146.01mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	154.48
<b>Fat</b>	2.08g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.42mg
<b>Sodium</b>	89.44mg
<b>Carbohydrates</b>	30.84g
<b>Fiber</b>	3.92g
<b>Total Sugar</b>	14.21g
<b>Added Sugar</b>	6.33g
<b>Protein</b>	4.75g
<b>Vitamin A</b> 77.28mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 106.27mg	<b>Iron</b> 0.00mg