

Banana Split Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58359
School:	Griffith Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1 Cup		499989
BANANA TURNING SNGL 150CT	1 Each		197769
Blueberries, Frozen	1/4 Cup	USDA Brown Box Commodity	110624
Strawberries IQF sliced	1/4 Cup	USDA Brown Box Commodity	110860
PINEAPPLE TIDBITS IN WTR	1/4 Cup		612464
TOPPING WHIP CHOC 10-16Z ONTOP - Richs On Top - M	1 Tablespoon		588679

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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Meat/Meat Alternate	2.000
Grain	0.000
Fruit	1.250
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

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Amount Per Serving	
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Calories	345.99**
Fat	1.99g**
Saturated Fat	0.00g**
Trans Fat	0.00g**
Cholesterol	7.46mg**
Sodium	150.75mg**
Carbohydrates	75.43g**
Fiber	5.37g**
Total Sugar	46.12g**
Added Sugar	11.94g**
Protein	9.96g**
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Vitamin A 314.33mcg RAE**	Vitamin C 10.27mg**
Calcium 336.87mg**	Iron 0.46mg**

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available
