

Yogurt Box (9-12)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54514
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	55.56

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F	3/4 Cup	881161
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	1/4 Cup	569744
SNACK MIX STRAWB YOG WGRAIN	1 Package	266020
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Each	680130

Preparation Instructions

Package all items together.

Offer with fruits, vegetables, and milk.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
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 Each

Amount Per Serving	
Calories	482.32
Fat	14.16g
Saturated Fat	6.12g
Trans Fat	0.00g
Cholesterol	31.19mg
Sodium	409.34mg
Carbohydrates	72.14g
Fiber	5.84g
Total Sugar	30.95g
Added Sugar	21.15g
Protein	18.60g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 429.07mg	Iron 0.70mg

Nutrition - Per 100g

Calories	868.10
Fat	25.48g
Saturated Fat	11.01g
Trans Fat	0.00g
Cholesterol	56.14mg
Sodium	736.75mg
Carbohydrates	129.85g
Fiber	10.51g
Total Sugar	55.70g
Added Sugar	38.07g
Protein	33.47g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 772.27mg	Iron 1.26mg