· **990072 - Fruit & Yogurt Parfait ~ Asteroid**

Recipe HACCP Process: #1 No Cook
Source: DSB
Number of Portions: 50
Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
902451	CEREAL, FROOT LOOPS REDUCED SUGAR GRAB 'N GO	3 LB + 2 oz	No Instructions Assigned
120441	6/10 Diced Peaches	12 LB + 8 oz	
001275	YOGURT,GREEK,NON FAT,VANILLA,CHOBANI	12 LB + 8 oz	**Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.** To Build the Parfait: Layer #16 scoop of yogurt,then #8 scoop of drained diced peaches,then #16 scoop of yogurt. Serve with Asteroids (Froot Loop Cereal Bowl). Students may still take a milk and an additional fruit/juice serving **CCP:** Hold for cold service at 41° F or lower. **CCP:** Refrigerate until served.

*Nutrients are based upon 1 Portion Size (EACH)

Calories[1]	238.578 kcal	Total Fat	1.384 g	Total Dietary Fiber	4.179 g	Vitamin C	*14.481* mg	5.219%	Calories from Total Fat
Saturated Fat[1]	0.655 g	Trans Fat[2]	0.014 g	Protein	12.990 g	Iron	4.054 mg	2.472%	Calories from Sat Fat
Sodium[1]	209.571 mg	Cholesterol	*0.000* mg	Vitamin A	*623.666* IU	Water	*93.729* g	0.051%	Calories from Trans Fat
Sugars	*8.630* g	Carbohydrate	45.733 g	Calcium	124.692 mg	Ash	*N/A* g	76.677%	Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	$0.000			21.779%	Calories from Protein
Type of Fat	-								

Components

Meat/Meat ALT 1 oz eq	Grain 1 oz eq	Fruit .5 cup	Vegetable cup	Milk cup

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
[1] - denotes required nutrient values
[2] - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.