



Sizing Prep Report

American Dairy Association North East

990059 - Fruit & Yogurt Parfait ~ Berry

Recipe HACCP Process: #1 No Cook

Source: DSB

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
121151	Muffins, Apple Cinnamon, Individually Wrapped	50 (2 OZ)	No Instructions Assigned
051543	Yogurt, High-Protein, Vanilla, Tubs	25 LB	
051486	Strawberries, Sliced, Frozen	12 LB + 8 oz	
902470	CEREAL, LOW FAT GRANOLA CRUNCHY CLUSTERS, BUL	3 qt + 1/2 CUP	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 #8 scoop of yogurt,then #8 scoop of berries,then #8 scoop of yogurt. Top with #16 scoop of granola. Serve with 1 grain equivalent muffin. Note: Blueberries,raspberries,blackberries (or a combination of) can be substituted for the strawberries. CCP: Hold for cold service at 41° F or lower. CCP: Refrigerate until served.
			Students can still take an additional juice/fruit serving and a milk.

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	518.387 kcal	Total Fat	7.010 g	Total Dietary Fiber	5.096 g	Vitamin C	*44.177* mg	12.171% Calories from Total Fat
Saturated Fat ¹	0.720 g	Trans Fat ²	0.154 g	Protein	25.004 g	Iron	1.833 mg	1.249% Calories from Sat Fat
Sodium ¹	329.961 mg	Cholesterol	20.024 mg	Vitamin A	*41.083* IU	Water	*0.549* g	0.267% Calories from Trans Fat
Sugars	*51.848* g	Carbohydrate	89.932 g	Calcium	301.592 mg	Ash	*N/A* g	69.394% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.294% 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.