



Sizing Prep Report

American Dairy Association North East

990100 - Yogurt Parfait ~ Strawberry Banana

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
009040	BANANAS,RAW	3 qt + 1/2 CUP (sliced)	
001275	YOGURT,GREEK,NON FAT,VANILLA,CHOBANI	25 LB	<p>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.</p> <p>Peel and slice the banana.</p> <p>To build the Parfait: Layer #8 scoop of yogurt,then #16 scoop of berries and 1/4 cup of banana slices,then #8 scoop of yogurt. Top with #16 scoop of granola.</p> <p>Serve with 1 grain equivalent muffin.</p> <p>Note: Blueberries,raspberries,blackberries (or a combination of) can be substituted for the strawberries.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>
051486	Strawberries, Sliced, Frozen	6 LB + 4 oz	
902470	CEREAL, LOW FAT GRANOLA CRUNCHY CLUSTERS, BUL	3 qt + 1/2 CUP	
			Students can still take an additional juice/fruit serving and a milk.

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	475.649 kcal	Total Fat	7.633 g	Total Dietary Fiber	5.538 g	Vitamin C	*25.571* mg	14.443% Calories from Total Fat
Saturated Fat ¹	1.165 g	Trans Fat ²	0.170 g	Protein	25.934 g	Iron	1.902 mg	2.205% Calories from Sat Fat
Sodium ¹	321.673 mg	Cholesterol	*10.000* mg	Vitamin A	*65.083* IU	Water	*214.681* g	0.321% Calories from Trans Fat
Sugars	*40.729* g	Carbohydrate	79.458 g	Calcium	274.868 mg	Ash	*N/A* g	66.821% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.809% Calories from Protein
Type of Fat	-							

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.

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

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