



261 Berry Blast Off Yogurt Parfait

Category: Breakfast Entree

Serves: 12 (Parfait)

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
processed in the same facility as tree nuts, soy, wheat,milk, Strawberries	None	None

PICKLIST
1 30# case of Blueberries, whole, bulk, frozen, 3 cup (s)s of Granola, Natural, 3 cup (s)s of Strawberries, Sliced, Bulk, Frozen (USDA), 6 1 cups of Yogurt, Lochmead Nonfat Plain

#	INGREDIENTS	INSTRUCTIONS
1	3 x Cup of Blueberries, whole, bulk, frozen 3 x Cup of Strawberries, Sliced, Bulk, Frozen (USDA)	Thaw frozen fruit the day before serving.
2	3 x Cup of Granola, Natural	Place 1/4 cup blueberries in the bottom of each cup. Place 1/2 cup yogurt into each cup on top of the blueberries. Top with 1/4 cup strawberries. Just before service add 1/4 cup granola over the strawberries. Hold for cold service at 41 degrees or lower. Control Measures: Cold Holding
3	6 x Cup of Yogurt, Lochmead Nonfat Plain	

NOTES

NUTRIENT	PARFAIT
Calories	202.5 kcals
Saturated Fat	0 g
Sodium	70 mg
Total Carbohydrate	40.5 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Parfait	1.000 oz Meats/Meat Alternates, 1.000 oz Grains, 1.000 oz Whole Grain-Rich (Grains), 0.500 cups Fruits, 0.500 cups Whole Fruit (Fruits)



357 Yogurt, Lochmead Nonfat Plain

Category: Breakfast Entree

Serves: 6 (Cup)

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

NUTRIENT	CUP
Calories	169.9999 kcals
Saturated Fat	0 g
Sodium	139.9999 mg
Total Carbohydrate	31.9999 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Cup	