

Recipe Prep Sheet

American Dairy Association North East

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
001297	YOGURT,GREEK,VANILLA,LOWFAT	12 1/2 LB	No Instructions Assigned
902451	CEREAL, FRUIT RINGS REDUCED SUGAR GRAB 'N GO	50 cup	
051477	Peaches, Diced, Extra Light Syrup, Canned	3 1/4 gal	
			<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>To Build the Parfait: Layer #16 scoop of yogurt,then #8 scoop of drained diced peaches,then #16 scoop of yogurt. Serve with Asteroids (Fruit Rings Reduced Sugar Cereal Bowl).</p> <p>Students may still take a milk and an additional fruit/juice serving</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	335.697 kcal	Total Fat	3.969 g	Total Dietary Fiber	4.990 g	Vitamin C	15.814 mg	10.641% Calories from Total Fat
Saturated Fat ¹	2.115 g	Trans Fat ²	0.006 g	Protein	11.584 g	Iron	4.043 mg	5.670% Calories from Sat Fat
Sodium ¹	215.345 mg	Cholesterol	5.670 mg	Vitamin A	1487.796 IU	Water	*90.021* g	0.015% Calories from Trans Fat
Sugars	*37.839* g	Carbohydrate	63.692 g	Calcium	113.398 mg	Ash	*N/A* g	75.892% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			13.803% 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.