

# Recipe Prep Sheet

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
001286	YOGURT,GREEK,VANILLA,NONFAT	25 LB	No Instructions Assigned
121151	Muffins, Apple Cinnamon (2 oz)	50 muffin (2 oz)	
009040	BANANAS,RAW	12 1/2 CUP, sliced	
051486	Strawberries, Sliced, Frozen	6 1/4 LB	<p><b>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.</b></p> <p>Defrost strawberries. Peel and slice the banana.</p> <p><b>To build the Parfait:</b> 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 muffin.</p> <p>Note: Blueberries,raspberries,blackberries (or a combination of) can be substituted for the strawberries.</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>CCP:</b> Refrigerate until served.</p>
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 <sup>1</sup>	491.525 kcal	Total Fat	7.542 g	Total Dietary Fiber	5.992 g	Vitamin C	*25.571* mg	13.810% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.063 g	Trans Fat <sup>2</sup>	0.163 g	Protein	24.959 g	Iron	1.879 mg	1.947% Calories from Sat Fat
Sodium <sup>1</sup>	317.137 mg	Cholesterol	16.804 mg	Vitamin A	*65.083* IU	Water	*210.667* g	0.298% Calories from Trans Fat
Sugars	*45.106* g	Carbohydrate	84.629 g	Calcium	258.992 mg	Ash	*N/A* g	68.870% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.311% 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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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	2 oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup

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