

Littleton Public Schools

002460 - Yogurt Parfait, MS : LPS 19	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 28 Size of Portion: EACH	Meat/Alt: 2 oz Grains: 1 oz Fruit: 0.5 cup Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903096 Yogurt, 5 LB Tub, Strawberry..... 903097 Yogurt, 5 LB Tub, Vanilla..... 903098 Granola, Bulk, Cinnamon..... 902611 BLUEBERRIES,WILD FRZ,UNSWTND..... 051487 Strawberries, Whole, Unsweetened, Frozen..... 902868 PEACHES, CND, EXTRA LIGHT SYRUP..... 902871 PEARS, CND, XTRA LIGHT SYRUP..... 902546 PINEAPPLE, CANNED, TIDBITS, SOLIDS AND L.... 902870 MIXED FRUIT, CND..... 902965 Apple Slices, Canned.....	7 lbs 7 lbs 1 qt + 3 cups 2 CUPS (thawed) 2 CUPS (THAWED) 2 cups 2 cups 2 cups 2 cups 2 cups	<p>CCP: **THERE IS TO BE NO BARE HAND CONTACT WITH READY TO EAT FOODS. MUST USE DISPOSABLE GLOVES, TONGS, TISSUES ETC.</p> <p>CCP: **ALWAYS WASH HANDS BEFORE PREPARING/SERVING FOOD. FOLLOW INSTRUCTIONS ON CHART POSTED BY HANDSINK.</p> <p>Preparation Instructions:</p> <ol style="list-style-type: none"> Choose yogurt and fruit flavors from those listed in the ingredients. You may mix and match. Fruit preparation: <ul style="list-style-type: none"> If using frozen strawberries or blueberries, thaw in cooler overnight in perforated pan to drain. If using canned fruit, drain well. Build parfaits using: <ul style="list-style-type: none"> 1/2 cup of fruit 8 oz yogurt scooped with a 8 oz spoodle 1/4 cup of granola <p>CCP: **ALL FOOD ITEMS HELD FOR SERVICE TO BE SERVED COLD WILL BE MAINTAINED AT 41°. IF ITEM RISES ABOVE 41°, IT MUST BE RETURNED TO COLD ATMOSPHERE SO TEMP A I CAN BE REDUCED TO 41°</p> <p>Serving Instructions:</p> <ul style="list-style-type: none"> 1 parfait = 1 serving Offer with muffin as indicated on menu worksheets <p>Serving Contributions:</p> <p>1 parfait = 2 MMA, 1/2 c fruit, 1 grain</p>

NOTICE: The data contained within this report and the NUTRIKIDS® 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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Recipe Sizing Report

		<p>Preparation Notes:</p> <ul style="list-style-type: none"> • # 10 can of fruit = approx. 9 cups drained • Use only the fruit listed in the ingredients. Do not use fresh fruit or dried fruit.
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*Nutrients are based upon 1 Portion Size (EACH)

Calories	314 kcal	Cholesterol	7 mg	Sugars	*42.2* g	Calcium	*470.39* mg	5.91%	Calories from Total Fat
Total Fat	2.06 g	Sodium	113 mg	Protein	8.73 g	Iron	*0.86* mg	0.00%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	66.96 g	Vitamin A	*88.0* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.00 g	Vitamin C	*6.7* mg	Ash ¹	*N/A* g	85.26%	Calories from Carbohydrates
								11.12%	Calories from Protein

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 optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.