

Recipe # :	81219	Student Count :	100
Yogurt Parfait : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
1619	YOGURT PARFAIT	100 QTY	SUB RECIPES: 1619 – YOGURT PARFAIT  1.MIX YOGURT, GRANOLA & FRUIT AS SHOWN IN RECIPE 1619, TO CREATE PARFAIT.  2.SERVE EACH 1 YOGURT PARFAIT.

Nutrients based on 1 Serving Size	
Calories	0 kcal
Total Fat	0 g
Sodium	0 mg
Carbs	0 mg

Components	
Meat/Alt:	2 oz. eq.
Grains:	2 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :

1619

Student Count :

100

Yogurt Parfait : NutriStudents K-12

Serving Size :

1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904705	YOGURT VANILLA - UPSTATE - 9886	100 CUP	COOKING METHOD: NO COOK  STEPS:  1.IN A LARGE BOWL MIX THE YOGURT, GRANOLA, & FRUIT UNTIL WELL BLENDED.  HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.  SERVICE: 1.SERVE EACH STUDENT 1 CUP OF YOGURT, 1 CUP OF GRANOLA, 1/8 CUP OF STRAWBERRIES & 1/8 CUP OF BLUE BERRIES.  CREDITABLE PRODUCTS: PRODUCT# UPSTATE 1 CUP, CREDITS AS 2 MEAT/MEAT ALTERNATIVE  PRODUCT# GENERAL MILLS 1 CUP, CREDITS AS 2 WHOLE GRAIN RICH EQUIVALENT.
904706	WHOLE GRAIN GRANOLA - GENERAL MILLS - 16000271118	100 CUP	
903989	STRAWBERRIES FRESH - GENERIC --	12 & 1/4 CUP + 1 Tbsp + 2 Tsp	
904712	BLUEBERRIES FROZEN - GENERIC --	12 & 1/4 CUP + 1 Tbsp + 2 Tsp	

## Nutrients based on 1 Serving Size

Calories	537 kcal
Total Fat	12.21 g
Sodium	363.15 mg
Carbs	94.04 mg

## Components

Meat/Alt:	2 oz. eq.
Grains:	2 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	1584	Student Count :	100
Whipped Cream : NutriStudents K-12		Serving Size :	2 TBSP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904684	CREAM WHIPPED - DAIRY STAR - 50232	12 & 1/4 CUP + 1 Tbsp + 2 Tsp	COOKING METHOD: NO COOK  HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.  SERVICE: 1.SERVE EACH STUDENT 2 TBSP.

Nutrients based on 1 Serving Size	
Calories	15 kcal
Total Fat	1 g
Sodium	0 mg
Carbs	1 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	900263	Student Count :	100
Ranch Dressing : NutriStudents K-12		Serving Size :	1 TBSP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD:
903940	*DRESSING RANCH FAT FREE - HIDDEN VALLEY - 85645-HVR	6 & 1/8 CUP + 1 Tbsp + 2 Tsp	
903943	*DRESSING RANCH LITE - HIDDEN VALLEY - 13449-HVR	6 & 1/8 CUP + 1 Tbsp + 2 Tsp	HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK.
			SERVICE:
			1.SERVE EACH STUDENT A TBSP EACH.

Nutrients based on 1 Serving Size	
Calories	19 kcal
Total Fat	0.88 g
Sodium	162.58 mg
Carbs	2.75 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	954	Student Count :	100
Fresh Red Pepper 3/4 CUP : NutriStudents K-12		Serving Size :	3/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904437	PEPPER RED BELL - GENERIC - -	75 CUP	<p>COOKING METHOD: NO COOK</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE: 1.SERVE EACH STUDENT 3/4 OF A CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:FRESH BELL PEPPER 3/4 OF A CUP EACH, CREDITS AS 3/4 OF A CUP OF RED VEGETABLE SUBGROUP</p>

Nutrients based on 1 Serving Size	
Calories	25 kcal
Total Fat	0.16 g
Sodium	4.11 mg
Carbs	5.75 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.75 cup eq.
Fruit:	0
Milk:	0

Recipe # :	942	Student Count :	100
Fresh Carrots 1/4 CUP : NutriStudents K-12		Serving Size :	1/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904213	CARROTS BABY PEELED - GENERIC - -	24 &3/4 CUP + 1 Tbsp + 2 Tsp	COOKING METHOD: NO COOK  HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.  SERVICE: 1.SERVE EACH STUDENT A 1/4 OF A CUP EACH.  CREDITABLE PRODUCTS: PRODUCT#:GRIMM 15376 1/4 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF RED VEGETABLE SUBGROUP

Nutrients based on 1 Serving Size	
Calories	19 kcal
Total Fat	0 g
Sodium	23.48 mg
Carbs	4.27 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.25 cup eq.
Fruit:	0
Milk:	0