

# CHOICE OF YOGURT-USDA FOODS



MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving

**RECIPE HACCP PROCESS:** #1 - No cook

| INGREDIENT                           | MEASURE (FOR 100 SERVINGS) |
|--------------------------------------|----------------------------|
| Yogurt, Blueberry, Nonfat, #110400   | 50 (4-ounce) cartons       |
| Yogurt, Strawberry, Nonfat, # 110401 | 50 (4-ounce) cartons       |

**DIRECTIONS**

1. Place a variety of yogurt cups on refrigerated line for service.
2. Portion one 4-ounce cup of yogurt for 1 oz. eq. of meat/meat alternate.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers .

**NUTRIENTS PER SERVING**

|               |         |               |        |           |          |           |        |
|---------------|---------|---------------|--------|-----------|----------|-----------|--------|
| Calories      | 100     | Dietary Fiber | 0.00 g | Sodium    | 45.00 mg | Sat. Fat  | 0.00 g |
| Carbohydrates | 16.00 g | Protein       | 9.00 g | Total Fat | 0.00 g   | Trans Fat | 0.00 g |