

YOGURT PARFAIT

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, ½ cup fruit

NUMBER OF PORTIONS: 16 **SIZE OF PORTION:** 1 parfait

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : WHOLE GRAINS : FRUITS

INGREDIENT	MEASURE (FOR 16 SERVINGS)
Peaches, Canned, Light Syrup, Sliced, #2412	2 quarts , slices
Yogurt, Vanilla, Low Fat, Bulk, #1323	2 quarts
Granola Low Fat, Bulk, WGR, #2107	1 pound

DIRECTIONS

1. Drain the fruit.
2. Use a #8 scoop or a 4-ounce spoodle to place ½ cup of chilled peaches in the bottom of a clear parfait cup.
3. Use a #8 scoop to place ½ cup of vanilla yogurt on top of the peaches in each cup.
4. Use a #16 scoop, or a 2-ounce spoodle to top the parfait with ¼ cup of granola and then cover the cup with a lid.
5. Cover the parfaits and refrigerate them until ready for service.

CCP: Cover and hold under refrigeration (41 degrees F. or lower) until ready for service.

6. Portion one parfait per serving. Each portion provides 1 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, and ½ cup fruit.

CCP: Maintain product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes. Discard any leftover assembled product.

PRODUCTION NOTES

Other fruits from Matrix Fruit Group B (50-74 calories) may be substituted for the canned peaches. If another fruit is used, check crediting information and re-calculate the nutrition analysis.

SERVING NOTES

Prepare the parfaits for just in time service. Batch cook: Prepare only what can be served in a 30-minute period to maintain maximum quality.

PURCHASING GUIDE

Refer to the USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.

MISCELLANEOUS NOTES

If changes are made in ingredients, check the crediting information and re-calculate the nutrition analysis.

NUTRIENTS PER SERVING

Calories	290	Dietary Fiber	3.81 g	Sodium	123.46 mg	Sat. Fat	0.28 g
Carbohydrates	59.84 g	Protein	6.71 g	Total Fat	2.26 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF YOGURT PARFAIT

1.



Using a #8 scoop or a 4 ounce spoodle, place $\frac{1}{2}$ cup chilled drained peaches in the bottom of clear parfait cup.

2.



Using a #8 scoop, place $\frac{1}{2}$ cup of vanilla flavored yogurt on top of peaches in the cup.

3.



Using a #16 scoop or a 2 ounce spoodle, top the parfait with $\frac{1}{4}$ cup granola.

4.



1 serving of Yogurt Parfait