

Washington County School District

Recipe: 000876 YOGURT STRAW PARFAIT

Recipe HACCP Process: #2 Same Day Service

Recipe Source:

Recipe Group: BREAKFAST

Alternate Recipe Name:

Number of Portions: 1

Size of Portion: PARFAIT

119118 Low Fat Granola Crunchy Clusters Bulk..... 900642 YOGURT, VANILLA; UPSTATE FARMS... 009319 STRAWBERRIES,FRZ,SWTND,WHL.....	1 OZ Layer Products: 4 OZ 4oz of Yogurt- Upstate Farms 2 OZ 2oz Strawberries Place Granola in 2 oz cup provided for top of parfait cup. Serve
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*Nutrients are based upon 1 Portion Size (PARFAIT)

Calories	243 kcal	Cholesterol	0.00 mg	Sugars	*10.55* g	Calcium	313.89 mg	5.02%	Calories from Total Fat
Total Fat	1.36 g	Sodium	122.91 mg	Protein	5.79 g	Iron	1.09 mg	0.75%	Calories from Saturated Fat
Saturated Fat	0.20 g	Carbohydrates	54.80 g	Vitamin A	17.01 IU	Water ¹	*44.25* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.26 g	Vitamin C	23.00 mg	Ash ¹	*0.17* g	90.27%	Calories from Carbohydrates
								9.54%	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
 - denotes optional nutrient values
 - Trans Fat values is provided for informational purposes only; not for monitoring purposes

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 1.000 oz				? - Milk
Grain..... 1.000 oz				? - Egg
Fruit..... 0.500 cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change..... 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

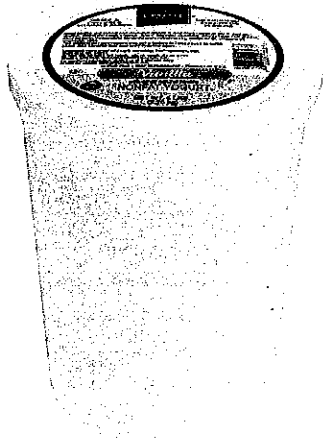
I/R	Ing #	Ingredient of Sub-Recipe	Measure	Measure	Rotund
I	119118	Low Fat Granola Crunchy Clusters Bulk			

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.



Upstate Farms Cooperative Inc**
00469886 - Yogurt, Vanilla

Contains Live and Active Cultures. Excellent Source of Protein and Calcium. Made with real fruit, and sweetened with real sugar, no HFCS, artificial colors or flavors or gelatin. Offers a smooth, delicious flavor without the tart aftertaste common in many other yogurts. 4oz. serving = one Meat Alternate.



Nutrition Facts

Serving Size: 170 Grams
Number of Servings per 52

Amount Per Serving
Calories: 130 **Calories from Fat:** 0 D70

% Daily Value*	
Total Fat 0	0%
Saturated Fat 0 GRM	0%
Trans Fat 0 GRM	
Cholesterol 5	1%
Sodium 80 MGM	3%
Total Carbohydrate 28 GRM	10%
Dietary Fiber 1 GRM	4%
Sugars 22	%
Protein 5	%

	Per Srv	Per Srv
Vitamin A	0%	Vitamin C 0%
Calcium 35%		Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			

Calories per gram		
Fat	Carbohydrate	Protein

Benefits

Ingredients

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Modified Corn Starch, Whey, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (for freshness), Natural Flavors, Citric Acid, Vitamin D3

Allergens

Contains:



Free From:

- shellfish
- eggs
- fish
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Product Specifications

Serving Suggestions

Ready to eat as is or delicious when mixed with fruit or granola. Our Upstate Farms Dispensing System makes parfait building easy by dispensing 1 oz. portions per pump.

Prep & Cooking Suggestions

Keep refrigerated until ready to serve.

Brand	Manufacturer	Product Category					
UPSTATE	Upstate Farms Cooperative Inc**	Yogurt					
MFG #	SPC #	GTIN	Pack	Pack Desc.			
11323	00469886	10078800113234		4/5 LB			
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition			
21 lb	20 lb	840					
Shipping Information							
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp	From/To
12.25 in	12.25	8.25	0.72 Cubic foot	12x6	75	34°F / 40°F	

Product Name	Low Fat Granola Crunchy Clusters
Flavor Descriptor	
NLI Description	Production
Brand	KELLOGG'S

Date Created	01-07-15
NLI #	11085
Kosher Status	K
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1.75
USDA Ounce Equivalents of Meat/Meat Alternate	
Carbohydrates	3
Fat	1/2
Protein	
Free	
Diet Exchange	
Whole Grains (g/serving)	30



Serving Size	1/2 Cup
Serving Size g	52
Serving Size oz	
Amount per Serving	with 1/2 cup skim milk
Calories	200
Calories from Fat	20

	% Daily Value*	% Daily Value*
Total Fat*	2.5 g 4 %	g 4 %
Saturated Fat	0 g 0 %	g 0 %
Trans Fat	0 g 0 %	g 0 %
Polysaturated Fat	1 g 2 %	g 2 %
Monounsaturated Fat	1 g 2 %	g 2 %
Cholesterol	0 mg 0 %	mg 1 %
Sodium	85 mg 4 %	mg 6 %
Potassium	135 mg 4 %	mg 9 %
Total Carbohydrate	43 g 14 %	g 16 %
Dietary Fiber	4 g 14 %	g 14 %
Soluble Fiber	g	g
Insoluble Fiber	g	g
Sugars	14 g	g
Sugar Alcohol	g	g
Other Carbohydrate	g	g
Protein	4 g	g
Vitamin A	0 %	4 %
Vitamin C	0 %	0 %
Calcium	0 %	15 %
Iron	8 %	10 %
Vitamin D	%	%
Vitamin E	%	%
Vitamin K	%	%
Thiamin	10 %	15 %
Riboflavin	6 %	20 %
Niacin	6 %	8 %
Vitamin B6	2 %	4 %
Folic Acid	6 %	8 %
Vitamin B12	%	%
Biotin	%	%
Pantothenic Acid	%	%
Phosphorus	10 %	25 %
Iodine	%	%
Magnesium	%	%
Zinc	%	%
Selenium	%	%
Copper	%	%
Manganese	%	%
Chromium	%	%
Molybdenum	%	%

Ingredients:

Whole grain oats, whole grain wheat, corn syrup, sugar, rice, contains 2% or less of modified corn starch, molasses, expeller pressed canola oil, salt, cinnamon, honey, natural flavor, malt flavor, mixed tocopherols for freshness, soy lecithin.

Vitamins and Minerals: Nicotinamide, reduced iron, vitamin B2 (riboflavin), folic acid.

ALLERGEN INFORMATION:

CONTAINS WHEAT AND SOY INGREDIENTS.

Other Required Statements:

*Amount in cereal: 1/2 cup skim milk adds 42 calories, 2mg cholesterol, 51mg sodium, 191mg potassium, 8g total carbohydrate (6g sugars), 4g protein.
 **Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	2,000	2,500	Print value (g)*
Total Fat	65g	80g	Y
Sat. Fat	20g	25g	Y
Cholesterol	300mg	300mg	Y
Sodium	2,400mg	2,400mg	Y
Potassium	3,500mg	3,500mg	Y
Total Carbohydrate	300g	375g	Y
Dietary Fiber	25g	30g	Y
Protein	50g	65g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Product information can change at any time.

Always refer to product package for current nutrition and ingredient information.

Julia M. Jursinic

Julia M. Jursinic, MS
 Sr. Director, Nutrition Labeling & Regulatory Compliance
 Kellogg Company

	Nutrient Contents Per 100g	
Calories	388	Vitamin A 6 IU
Calories from fat	41	Vitamin C 0 mg
Total Fat	4.6 g	Calcium 32.6 mg
Saturated Fat	0.8 g	Iron 3.2 mg
Polysaturated Fat	1.7 g	Vitamin D 0 IU
Monounsaturated Fat	1.8 g	Vitamin E 3 IU
Trans Fat	0.0 g	Thiamin 0.32 mg
Cholesterol	0 mg	Riboflavin 0.24 mg
Sodium	167 mg	Niacin 2.9 mg
Potassium	256 mg	Vitamin B6 0.11 mg
Total Carbohydrate	83.3 g	Folic Acid 57 mcg
Dietary Fiber	6.8 g	Vitamin B12 0.11 mcg
Soluble Fiber	2.0 g	Pantothenic Acid NA mg
Insoluble Fiber	4.8 g	Phosphorus 240 mg
Sugars	27.9 g	Magnesium 68 mg
Sugar Alcohols	NA g	Zinc 2.0 mg
Protein	8.2 g	Copper NA mg

NA = Database values for the nutrient do not exist or are incomplete.

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 38000 49834 3	Case	12.5 lb (5.67 kg)	About 109



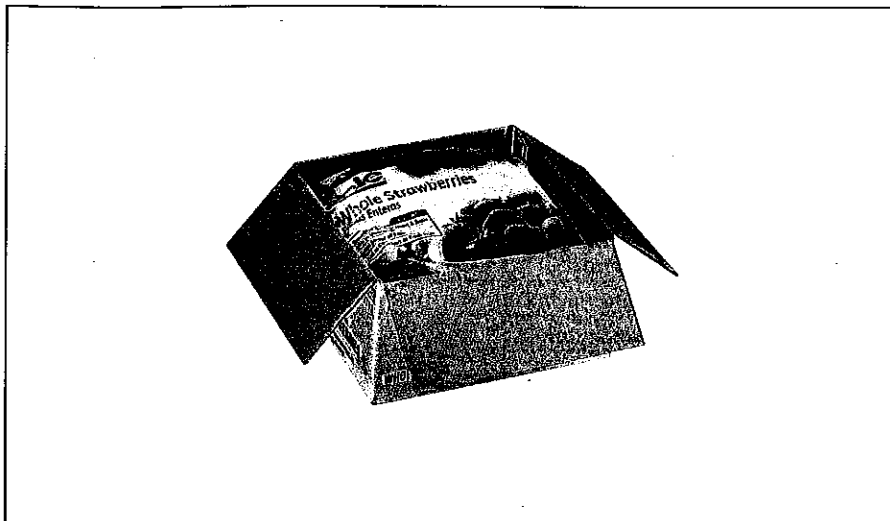
Dole Frozen Fruit
00032863 - Strawberries, Whl lqf

"Frozen DOLE® Whole Strawberries provide premium quality fruit, picked at the peak of ripeness and sliced for labor savings and ease of use. They are convenient, consistent, and ready-to-use, expanding your menu opportunities year round. Frozen DOLE Fruit offers the same benefits of all natural, fresh fruit with no added sugar."

I# 903562



NICHOLAS
AND COMPANY



Benefits

"Frozen DOLE® Whole Strawberries provide premium quality fruit, picked at the peak of ripeness and sliced for labor savings and ease of use. They are convenient, consistent, and ready-to-use, expanding your menu opportunities year round. Frozen DOLE Fruit offers the same benefits of all natural, fresh fruit with no added sugar."

Ingredients

Strawberries

Allergens

Free From:

- shellfish
- eggs
- dairy
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Serving Size: 140 GRM
Number of Servings per 16

Amount Per Serving

Calories: 50 **Calories from Fat:** 0

% Daily Value*

Total Fat		%
Saturated Fat 0 g		0%
Trans Fat 0 g		
Cholesterol		%
Sodium 0 mg		0%
Total Carbohydrate 13 g		4%
Dietary Fiber 3 g		12%
Sugars		%
Protein		%

	Per Srv		Per Srv
	%		%
Vitamin A		Vitamin C	
Calcium 2%		Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			

Calories per gram		
Fat	Carbohydrate	Protein

Handling Suggestions

Keep frozen. Store at 0F or below at all times. Handling & Storage: Baking: Do not thaw. Use fruit while frozen. Thawing: Place unopened bag on shelf rack, in refrigerator (36 to 38F) for 3 to 4 hours, turning over occasionally, until desired firmness or partially thawed. Serve slightly frozen for best results. Refrigerate any unused fruit in airtight container. Do not refreeze fruit.

Serving Suggestions

These joyful bursts of fruit are a great addition to jams, compotes, baking goods, toppings and beverage mixes. Strawberries are a versatile menu addition, but good enough to enjoy on their own.

Prep & Cooking Suggestions

Ready to Eat, Thaw

Product Specifications

Brand	Manufacturer	Product Category
DOLE	Dole Frozen Fruit	Fruit, Canned, Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
17711	00032863	10071202177118	1	2/5 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10 lb	10 lb	MX		

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11.31 in	10.31	6.63	0.45 FTQ	16x10	730	-10°F / 0°F