



Sizing Prep Report

American Dairy Association North East

· 990097 - Yogurt Bowl - Very Berry

Recipe HACCP Process: #1 No Cook

Source: DSB

Number of Portions: 50

Portion Size: each

Ingredient #	Ingredient Name	Measurements	Instructions
051543	Yogurt, High-Protein, Vanilla, Tubs	25 LB	<p>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</p> <p>Place 8 oz of yogurt in a 12 oz bowl. Top with the berries. Crumble the muffin and mix with the granola,then sprinkle on top of the bowl of yogurt and berries.</p> <p>Students may still select another fruit serving and a milk.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Hold at 135° F or higher.</p>
902470	CEREAL, LOW FAT GRANOLA CRUNCHY CLUSTERS, BUL	3 qt + 1/2 CUP	
121124	Muffins, Blueberry, Whole Grain, Individually	50 Muffin	
051776	Strawberries, Sliced, Unsweetened, IQF	25 (0.5 CUP)	
009048	BLACKBERRIES,FRZ,UNSWTND	3 qt + 1/2 CUP (unthawed)	

*Nutrients are based upon 1 Portion Size (each)

Calories ¹	462.155 kcal	Total Fat	5.173 g	Total Dietary Fiber	5.557 g	Vitamin C	*1.610* mg	10.074% Calories from Total Fat
Saturated Fat ¹	0.725 g	Trans Fat ²	0.154 g	Protein	24.450 g	Iron	*1.851* mg	1.412% Calories from Sat Fat
Sodium ¹	225.339 mg	Cholesterol	25.025 mg	Vitamin A	*84.118* IU	Water	*31.584* g	0.300% Calories from Trans Fat
Sugars	*44.609* g	Carbohydrate	79.728 g	Calcium	*289.346* mg	Ash	*N/A* g	69.005% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.162% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2 oz eq	Grain	1.5 oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup
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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 required nutrient values

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

NOTICE: The data contained within this report and the Mosaic® 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.