


# Yogurt Parfait - CACFP

## General Information

Recipe #	Category	Source
2031617	Breakfast Entree 	Local

## Ingredients

Name	Quantity	Quantity + 2
Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)	1 lbs., 8 oz.	
Strawberries, raw	9 1⁄8 oz.	
 Granola - CACFP	1 1⁄2 c.	
Quaker Old Fashioned Oats 42 Oz	8 2⁄3 oz.	
Cereals ready-to-eat, wheat germ, toasted, plain	1⁄4 c., 1 tbsp., 1⁄4 tsp.	
Sugars, brown	1 tbsp., 1 1⁄3 tsp. unpacked	
Honey	2 tbsp., 1 3⁄4 tsp.	
Spices, cinnamon, ground	1⁄4 tsp.	
Vegetable oil, palm kernel	2 tbsp., 1 3⁄4 tsp.	
Salt, table	1⁄4 tsp.	
Vanilla extract	1⁄4 tsp.	
Nuts, coconut meat, dried (desiccated), toasted	3⁄4 oz.	
Dried Cranberries	1 oz.	

## Preparation Instructions

HACCP Process: #4 - Non Potentially Hazardous

1. Portion 1/2 cup of yogurt into each cup.
2. Top with 1.5 oz strawberries and 1/4 cup granola

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: \* Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. \* Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.



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Serving Size	Yield
0.75 Cups	6.00

## Nutrition Facts

Serving Size 0.75 Cups (229 gm)

Amount Per Serving	
Calories	378.235

		% Daily Value*
Total Fat	11.669 gm	17.952%
Saturated Fat	6.901 gm	34.507%
Trans Fat	0.007* gm	
Cholesterol	5.670 mg	1.89%
Sodium	136.762 mg	5.698%
Total Carbohydrate	52.807 gm	17.602%
Dietary Fiber	6.195* gm	24.78%
Total Sugars	19.973* gm	

Includes 12.546 * gm of Added Sugars		
Protein	18.897 gm	37.795%
Vitamin A	1.879* mcg RAE	0.209%
Vitamin C	25.796* mg	42.993%
Vitamin D	0.000 mcg	
Calcium	159.645 mg	15.964%
Iron	2.508 mg	13.931%
Potassium	464.901 mg	9.892%
Saturated Fat % of Calories		16.422 %
Added Sugar % of Calories		13.268 %

\* Indicates missing Nutrient Information.  
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

## Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

Label, date, and refrigerate fresh-cut items.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41. In the event the temperature of the cold item rises above 41 it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 or below.

Fruits0.25 cups

Added Sugar Limitations ⓘ

✓ Meets Added Sugar Guidelines for Breakfast Cereal.

Dates

Last Updated	Created
12-10-2025	12-10-2025

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