


Cottage Cheese Parfait - CACFP

General Information

Recipe #	Category	Source
2040926	Breakfast Entree 	Local

Ingredients

Name	Quantity	+ Quantity 2
Cheese, cottage, lowfat, 1% milkfat	1 lbs., 8 oz.	
Mixed Berries, Diced, Cups, Frozen 96 / 4 oz.	1 pt., 1 c.	
Granola, Cinnamon, Whole Grain, Bulk	6 oz.	
Spices, cinnamon, ground	¼ tsp.	

Preparation Instructions

HACCP Process: #1 - No Cook

1. Prep Fruit

- Wash fresh fruit thoroughly. Drain well if using canned or thawed frozen fruit.
- If using larger fruit (peaches, pineapple), dice into bite-size pieces.

2. Assemble Parfaits

- Into each cup:

- Layer 1: ½ cup (No. 8 scoop) cottage cheese.
- Layer 2: ¼ cup (No. 16 scoop) fruit on top.
- Layer 3 (optional): Sprinkle 1 oz eq whole grain granola if grain component is desired.
- Dust lightly with cinnamon if using.

3. Hold for Service

- Cover and refrigerate at 41°F or below until service.
- Serve within 24 hours for best quality.

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



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Serving Size	Yield
1 Cup	6.00

Nutrition Facts

Serving Size 1 Cup (242 gm)

Amount Per Serving		
Calories		265.831
		% Daily Value*
Total Fat	5.212 gm	8.018%
Saturated Fat	0.732 gm	3.662%
Trans Fat	0.000* gm	
Cholesterol	4.536 mg	1.512%
Sodium	521.095 mg	21.712%
Total Carbohydrate	36.523 gm	12.174%
Dietary Fiber	4.178 gm	16.714%
Total Sugars	23.154 gm	
Includes 12.054 gm of Added Sugars		
Protein	17.099 gm	34.197%
Vitamin A	12.521* mcg RAE	1.391%
Vitamin C	0.012* mg	0.02%
Vitamin D	0.000 mcg	
Calcium	108.864 mg	10.886%
Iron	1.279 mg	7.106%
Potassium	295.869 mg	6.295%
Saturated Fat % of Calories		2.480%
Added Sugar % of Calories		18.138%

* 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

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.

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 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.

Dates

Last Updated
02-02-2026

Created
01-06-2026

daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz
Grains	1 oz
Fruits	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe