



Fruit and Yogurt Roll-Ups

Tortillas can be a part of any meal. In this simple recipe, a whole grain-rich tortilla is filled with fruit, yogurt, and granola (optional) for a cool and crunchy breakfast offering.

AGES: 3–5 years


PREP TIME: 45 minutes

COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

¼ cup fruit

¼ oz eq meat alternate

¾ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds.
Tortillas, whole-wheat (8" across, at least 42 g or 1 ½ oz each)	18¾ oz 525g	12½	37½ 1050 g	25	<ol style="list-style-type: none"> 2 Spread ¼ cup (#16 scoop) of yogurt on each tortilla.
Greek yogurt, non-fat, vanilla	1 lb 9 oz	3 cups + 2 Tbsp	3 lb 2 oz	1 qt + 2¼ cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Strawberries, fresh, ¼" diced* (gently wash strawberries under running water before cutting)	2 lb 10 oz	1 qt + 2¼ cups	5 lb 4 oz	3 qt + ½ cup	3 Top each tortilla with ½ cup diced (4 oz ladle) strawberries.
Granola (optional)		1½ cups + 1 Tbsp		3 cups + 2 Tbsp	4 Sprinkle each tortilla with 1 Tbsp granola (optional).
					5 Roll tortillas like a burrito.
					6 Cut in half on a bias (at an angle).
					7 Serve 1 half. Serve immediately, or keep cold at 40 °F or lower.

*See Marketing Guide




NUTRITION INFORMATION

1 half Fruit and Yogurt Roll-Up (without granola)

Nutrients	Amount
Calories	99
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Total Fat	2 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	140 mg
Total Carbohydrate	15 g
Dietary Fiber	4 g
Total Sugars	5 g
Includes Added Sugars	N/A
Protein	6 g
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Vitamin D	N/A
Calcium	87 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains milk (yogurt), wheat (tortillas and granola; optional).**
- Sesame can appear as an ingredient in food where it might not be expected (tortillas) and may be included in the ingredient statements as “spice” or “flavoring.”
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Optional ingredients will change the nutrition information and may change the CACFP crediting information.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- **Choking Risk:** Granola may be a choking risk for children under the age of 4.
- The  symbol indicates the recipe is whole grain-rich.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Meats and meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 5 lb 1 oz	Weight: 10 lb 3 oz
Yield: 25 fruit and yogurt roll-up halves	Yield: 50 fruit and yogurt roll-up halves

*MARKETING GUIDE

Food as Purchased for:	25 Servings	50 Servings
Strawberries, fresh	2 lb 15¾ oz	5 lb 15½ oz

