



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 for a cool and crunchy breakfast offering.

AGES: 6–18 years


PREP TIME: 45 minutes

COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

½ cup fruit

½ oz eq meat alternate

1½ 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 1½ oz each)	37½ oz 1050 g	25	75 oz 2100 g	50	<ol style="list-style-type: none"> 2 Spread ¼ (#16 scoop) cup of yogurt on each tortilla.
Greek yogurt, non-fat, vanilla	3 lb 2 oz	1 qt + 2¼ cups	6 lb 4 oz	3 qt + ½ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Strawberries, fresh, ½" diced* (gently wash strawberries under running water before cutting)	5 lb 4 oz	3 qt + ½ cup	10 lb 8 oz	1 gal + 2 qt + 1 cup	
					3 Top each tortilla with ½ cup diced (4 oz ladle) strawberries.
Granola		1½ cups + 1 Tbsp		3 cups + 2 Tbsp	4 Sprinkle each tortilla with 1 Tbsp granola.
					5 Roll tortillas like a burrito.
					6 Cut in half on a bias (at an angle).
					7 Serve 2 halves. Serve immediately, or keep cold at 40 °F or lower.

*See Marketing Guide




NUTRITION INFORMATION

2 halves Fruit and Yogurt Roll-Up

Nutrients	Amount
Calories	239
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	311 mg
Total Carbohydrate	38 g
Dietary Fiber	7 g
Total Sugars	9 g
Includes Added Sugars	N/A
Protein	11 g
Vitamin D	N/A
Calcium	188 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains milk (yogurt), wheat (tortillas and granola).**
- 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.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- 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.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 10 lb 2 oz	Weight: 20 lb 5 oz
Yield: 50 fruit and yogurt roll-up halves	Yield: 100 fruit and yogurt roll-up halves

***MARKETING GUIDE**

Food as Purchased for:	25 Servings	50 Servings
Strawberries, fresh	5 lb 15½ oz	11 lb 15 oz

