



Strawberry Pancake Yogurt Parfait

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Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients

Low Fat Vanilla Yogurt	1 gal + 2 qt + 1 cup
Frozen Strawberries, diced	1 gal + 2 qt + 1 cup
Frozen WG Mini Pancakes w/Maple Flavor	200

Measure

Directions

1. If strawberries are frozen in syrup, thaw and drain in colander.
Frozen diced or sliced berries do not need thawed before adding
2. to cup.
Thaw pancakes. Use 4 pancakes per parfait.
In a 12-oz cup layer:
 - » 2 pancakes
 - » ¼ cup yogurt
 - » ¼ cup strawberries
 - » Repeat layering
3. Cover and keep refrigerated until service.
4. Serve chilled, can be held overnight.

Notes:

Can substitute raspberries or blueberries, or medley of berries for strawberries.

Meal Components

1 serving provides 1 oz of meat/meat alternate, 1 oz of whole grain rich and .5 cup of fruit.

Yield

50 servings

Nutrients Per Serving

Calories	196.20 kcal	Sodium	212.547 mg	Iron	1.74 mg
Total Fat	1.64 gm	Carbohydrates	40.24 gm	Calcium	127.868 mg
Saturated Fat	.5 gm	Dietary Fiber	3.278 gm	Vitamin A	994.894 iu
Cholesterol	6.947 mg	Protein	5.281 gm	Vitamin C	30 mg

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