

M! Breakfast



Parfaits: Build Your Own Bar



**Layers of yogurt, fruit and cereal make an easy breakfast or lunch component.
Create a build-yourself parfait bar. Allow students to serve up a parfait of their choosing.**

Basic recipe:

Four ounces of yogurt layered with 1 cup of total fruit, 1 grain serving of cereal, and ½ pint of milk makes an easy reimbursable breakfast.

- 4 ounces (or ½ cup) of yogurt provides a 1 ounce meat alternate for breakfast and lunch.
- 6 ounces (or ¾ cup) of yogurt provides a 1.5 ounce meat alternate.
- 8 ounces (or 1 cup) of yogurt provides a 2 ounce meat alternate.
- Plain or flavored, sweetened or unsweetened, regular or Greek commercially prepared yogurt qualifies.

Ingredients to consider including on a parfait bar:

- 2 or more choices of yogurt: vanilla or strawberry or Greek
- Fruit choices: strawberries, blueberries, diced peaches, grapes, pineapple, raspberries, fresh apple slices, dried cherries, raisins, blackberries, mandarin oranges. Fresh, frozen, canned or dried fruit work.
- Whole grain cereal choices: granola, whole grain oat O's, reduced-sugar fruit cereal puffs, honey corn puffs cereal, cinnamon-sugar squares, puffed rice, chocolate puff cereal, fruit oat O's, honey squares cereal, and more.
- A little extra seasoning: have a shaker of cinnamon or nutmeg.
- Add a half pint of milk and you have a reimbursable meal!

Equipment:

- Yogurt needs to be served on ice or served in a refrigerated serving line.
- Be sure to use portion control spoodles or dippers to ensure proper serving sizes.
 - 4 ounce dipper for yogurt (or use 2 ounces and promote '2 scoops').
 - 1 cup for fruit (or ½ cup and promote '2 scoops' or 1/3 cup and promote "3 scoops").
 - 8 ounce spoodle for cereal (check with cereal manufacturer to verify 1 grain serving size).
- Use fourth (quarter), sixth, or eighth size pans or crocks for toppings.
- Don't forget sneeze guards.
- Serve in clear plastic 16 oz cups.



Yogurt Quantities

Pack size	Number of 4 oz or ½ cup servings per pack	Number of 8 oz or 1 cup servings per pack
32 ounce tub of yogurt	8	4
4 pound bag of yogurt	16	8
5 pound tub of yogurt	20	10
6 pound bag of yogurt	24	12

Needed for 50, 4 ounce servings:

Yogurt: 12.5 pounds

Fruit: 50 cups (weight depends on fruit)

Cereal: 50 grain servings (depends on brand)

