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 spooodles 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

<table>
<thead>
<tr>
<th>Pack size</th>
<th>Number of 4 oz or ½ cup servings per pack</th>
<th>Number of 8 oz or 1 cup servings per pack</th>
</tr>
</thead>
<tbody>
<tr>
<td>32 ounce tub of yogurt</td>
<td>8</td>
<td>4</td>
</tr>
<tr>
<td>4 pound bag of yogurt</td>
<td>16</td>
<td>8</td>
</tr>
<tr>
<td>5 pound tub of yogurt</td>
<td>20</td>
<td>10</td>
</tr>
<tr>
<td>6 pound bag of yogurt</td>
<td>24</td>
<td>12</td>
</tr>
</tbody>
</table>

Needed for 50, 4 ounce servings:
- **Yogurt**: 12.5 pounds
- **Fruit**: 50 cups (weight depends on fruit)
- **Cereal**: 50 grain servings (depends on brand)