



825141 - Yogurt and Fruit Bistro Box

Source: K12 Culinary

Number of Portions: 32

Size of Portion: each

Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit: 0.5 cup

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Whole Grain Rich

Vegetable, Other

Attributes:

Meat/Meat Alter

Vegetables

Fruits

Grain

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
825795 Pretzel, Soft, Mini WW, J&J 30113.....	32 each, 1 oz (CN=1G)	Thaw mini pretzels at room temperature overnight.
825081R Granola.....	2 qts	CCP: No bare hand contact with ready to eat food. Prepare school made granola according to the recipe. Measure the amount needed for the bistro box assembly and scoop 1/4 cup into 2 oz. portion cups using a no. 16 disher. Seal each cup with a lid. Transfer and unused granola to airtight container and store at room temperature for up to three weeks.
050386 PEANUT BUTTER, SMOOTH, WITH ADDED SALT....	1 qt	CCP: No bare hand contact with ready to eat food. Using a #30 disher place 2 Tbsp. of peanut butter into 2 oz. portion cup and seal with lid.
050359 ORANGES, ASSORTED VARIETIES, RAW.....	21 medium (2-5/8" dia)	CCP: No bare hand contact with ready to eat food. Rinse oranges under running water. Place in a colander to drain and air dry. Using a Sunkist sectionizer fitted with the 6-wedge blade, cut each orange into 6 wedges. Place wedged oranges into a container. Cover and refrigerate until ready to assemble bistro boxes.
011143 CELERY,RAW.....	5 lbs + 4 OZS (sticks)	CCP: No bare hand contact with ready to eat food. If needed, Trim the ends (tip) of pre-cut celery sticks. Place sticks into a container, cover, and refrigerate until needed for assembly. Note: If pre-cut celery sticks are not available, rinse the separated celery stalks under running water. Trim top and the bottom of the celery. Cut the celery stalks into sticks 4-inches long and about ½ inch wide.

825774 Yogurt, Strawb, FF, 4oz, Ext. shelf, Ups.....	32 each, 4 oz	<p>Follow the steps below to assemble bistro boxes:</p> <ul style="list-style-type: none"> • Set out 3-compartment clear plastic containers. • Place a deli sheet in the large compartment, then place 1 pretzel on the paper. • Place the granola cup, peanut butter cup and yogurt under the paper allowing the paper to prevent cross contact between pretzel and the other foods. • Place 6 orange wedges in one of the small compartments. • Place 6 celery sticks in the other small compartment. • Place lid over the portioned food and hold refrigerated until service. <p>CCP: Hold and Serve at 41 degrees F. or lower.</p>
		<p>Notes:</p> <p>Bistro boxes are best quality when assembled as needed for just in time service.</p> <p>This bistro box includes 1/2 cup vegetable. Be sure to allow students to select additional vegetables as required by the meal pattern if they desire. For non-OVS meals, plan the meals to include a total of 3/4 cup vegetable at grades K-8 and 1 cup vegetable at grades 9-12.).</p>

*Nutrients are based upon 1 Portion Size (each)

Calories	545 kcal	Cholesterol	0 mg	Sugars	*28.6* g	Calcium	396.62 mg	35.32%	Calories from Total Fat
Total Fat	21.39 g	Sodium	364 mg	Protein	15.96 g	Iron	2.42 mg	5.84%	Calories from Saturated Fat
Saturated Fat	3.54 g	Carbohydrates	76.12 g	Vitamin A	606.5 IU	Water ¹	*73.03* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	8.13 g	Vitamin C	49.3 mg	Ash ¹	*0.61* g	55.86%	Calories from Carbohydrates
								11.71%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.