

YOGURT FRUIT CUP

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
90 cal	21 g	2 g	0 g	1 mg	16 mg	50 mg

Ingredient

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED
 CHERRIES,MARASCHINO,WHOLE
 ORANGE,FRESH,SECTIONS
 GRAPES,FRESH,CUT IN HALVES
 BANANA,FRESH,SLICED
 MARSHMALLOWS,MINIATURE
 YOGURT,PLAIN,LOWFAT

Weight

7-7/8 lbs
 1-2/3 lbs
 4 lbs
 2-7/8 lbs
 4-1/3 lbs
 1 lbs
 4 lbs

Measure

1 gal 1/2 qts
 3 cup
 2 qts 2-1/8 cup
 2 qts 1/8 cup
 3 qts 1-1/8 cup
 2 qts 1 cup
 1 qts 3-1/2 cup

Issue

5-1/2 lbs
 3 lbs
 6-2/3 lbs

Method

- 1 Drain pineapple. Drain cherries; cut into halves.
- 2 Combine pineapple, cherries, oranges, grapes, bananas and marshmallows; mix well. Set aside for use in Step 3.
- 3 Fold yogurt into mixed fruit. Mix lightly until just combined.
- 4 Refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.