



# Chef Brenda

Standardizing Recipes for Child Nutrition Programs

<b>Recipe Name:</b>	Strawberry- Pear Banana Split K-12
<b>Category:</b>	Breakfast Entrée
<b>Portion Size(s):</b>	1 each
<b>Meal Components:</b>	1 oz eq meat/meat alternate; 1 oz eq grain; 1 cup fruit

## Directions:

1. Prepare Ingredients: In a large plastic container, place pears in water prepared with lemon to keep from browning. Allow them to soak for 15-20 minutes and drain. Peel bananas and slice in half lengthwise. CCP: Hold at 40 °F or lower.
2. Build banana splits: Place bananas in individual banana split containers or boats with the cut side facing up. Top each banana with 4 oz (1/2 cup or #8 scoop) of yogurt. Line ¼ cup (#16 scoop) sliced strawberries on one side and ¼ cup (#16 scoop) diced pears on the other side. Place ¼ cup (#16 scoop) granola down the center. CCP: Hold at 40 °F or lower.
3. Serve chilled. Do not allow to sit longer than 1 hour. CCP: Hold at 40 °F or lower.

Ingredients:	100 Portions	
	Weight	Measure
Pears, fresh, ¼" diced	7 lbs 13 oz	1 gal 2 qts 1 cup
Lemon juice, bottled		1 ¾ cup
Water, tap		1 gal 2 qts 1 cup
Banana, fresh, large (150 count, 7 to 7/8 inch, whole)	56 lbs	100 each

Yogurt, high protein, vanilla, nonfat (USDA or Commercial)	25 lbs	12 ½ - 32 oz containers OR 3 gal 2 cups
Strawberries, fresh, ¼" diced	9 lbs 9 oz	1 gal 2 qts 1 cup
Granola	6 lbs 4 oz	1 gal 2 qts 1 cup

### Nutrients Per One Serving (K-8):

<b>Calories</b> 458 kcal	<b>Total Fat</b> 3 g	<b>Total Dietary Fiber</b> 10 g	<b>Vitamin C</b> 51 mg
<b>Saturated Fat</b> 1 g	<b>Trans Fat</b> 0 g	<b>Protein</b> 15 g	<b>Iron</b> 1.7 mg
<b>Sodium</b> 88 mg	<b>Cholesterol</b> 5 mg	<b>Vitamin A</b> 177 IU	
<b>Sugars</b> 60 g	<b>Carbohydrate</b> 100 g	<b>Calcium</b> 167 mg	

### Components Per One Serving (K-8):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
1 oz. eq.	1 oz. eq.	0 cups(s)	1 cup(s)	0 cup(s)

### Serving Size:

<b>Serving Size:</b> 1 each	<b>Yield:</b> 100 each
<b>NSLP/SBP Crediting Information:</b>	
K-8:	1 oz eq meat/meat alternate; 1 oz eq grain; 1 cup fruit
9-12:	1 oz eq meat/meat alternate; 1 oz eq grain; 1 cup fruit