

Cereal Peach Strawberry Banana Split



Category: Breakfast or Lunch Entrée
Portion Size(s): 1 Banana Split
Meal Components: 1 oz eq meat/meat alternate; 1 oz eq grain;
1 cup fruit

Ingredients:	100 Portions	
	Weight	Measure
Banana, fresh, large (150 count, 7 to 7/8 inch, whole)	56 lbs	100 each
Yogurt, high protein, strawberry, nonfat (USDA or Commercial)	25 lbs	12 ½ - 32 oz containers OR 3 gal 2 cups
Peaches, canned, diced, extra light syrup, drained well (USDA or Commercial*)	24 lbs 8 oz	3 gal 2 cups OR 5-3/4 #10 cans
Ready to eat cereal, variety (at least 1 oz eq whole grain rich)	6 lbs 4 oz	

Directions:

1. Prepare Bananas: Peel bananas and slice in half longways. 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) diced peach on one side (1/2 cup total). Place 1 oz eq whole grain-rich cereal 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.

For Grab n Go Service: Place banana, yogurt, and peaches in individual plastic containers, such as banana split containers. CCP: Hold and serve at 40 °F or lower. Serve individually packaged cereal on the side.



Cereal Peach Banana Split with Cinnamon Toast Crunch



Cereal Peach Banana Split with Lucky Charms

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Nutrients Per One Serving (K-12):

Calories	494 kcal	Total Fat	4 g	Total Dietary Fiber	10 g	Vitamin C	23 mg
Saturated Fat	7 g	Trans Fat	0 g	Protein	13 g	Iron	3 mg
Sodium	203 mg	Cholesterol	0 mg	Vitamin A	427 IU		
Sugars	63 g	Carbohydrates	196	Calcium	215 mg		

Components Per One Serving (K-12):

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

Serving Size:

Serving Size: 1 Banana Split	Yield: 100 Banana Splits
NSLP/SBP Crediting Information	
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

Yield Study:

Peaches, diced, extra light syrup, canned, drained = 24.5 lbs = 50 cups, this provides 1/2 cup fruit each serving.
