

Recipe Prep Sheet

BLT Food and Nutrition LLC

990169 - Cereal Peach Strawberry Banana Split

Recipe HACCP Process: #1 No Cook
 Source:
 Number of Portions: 100
 Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
009040	BANANAS,RAW	896 oz	No Instructions Assigned
001281	YOGURT,GREEK,NON FAT,STRAWBERRY,CHOBANI	25 LB	
051477	Peaches, Diced, Extra Light Syrup, Canned	392 oz	
990456	Cereal, Cinnamon Toast Crunch	100 oz	

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	494.159 kcal	Total Fat	3.740 g	Total Dietary Fiber	9.659 g	Vitamin C	*23.495* mg	6.812% Calories from Total Fat
Saturated Fat ¹	*0.401* g	Trans Fat ²	*0.000* g	Protein	13.257 g	Iron	3.286 mg	*0.731%* Calories from Sat Fat
Sodium ¹	203.396 mg	Cholesterol	*0.000* mg	Vitamin A	*427.157* IU	Water	*280.568* g	*0.000%* Calories from Trans Fat
Sugars	63.136 g	Carbohydrate	106.358 g	Calcium	214.853 mg	Ash	*N/A* g	86.092% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			10.731% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens							
Soy	Wheat						

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

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.





USDA Foods in Schools

100220 - Peaches, Diced, Extra Light Syrup, Canned
Category: **Fruit**



Product Description

- This item is U.S. Grade B canned diced peaches packed in extra light syrup or fruit juice. This product is available in cases containing six #10 cans.

Crediting/Yield

- One case yields about 106 1/2-cup servings of drained, diced peaches.
- CN Crediting: 1/2 cup diced peaches credit as 1/2 cup fruit.

Culinary Tips and Recipes

- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or afterschool snack.
- Use diced peaches to make a peach sauce or glaze for chicken.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (124g) peaches, diced, extra light syrup, canned

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 14g

Dietary Fiber 0g

Sugars 13g

Protein 0g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.