

Breakfast Banana Split



1 Serving Provides:

CACFP: 1 ounce equivalents Grains, 1 ounce Meat/Meat Alternate, ¾ cup Fruit

NSLP: 1 ounce equivalents Grains, 1 ounce Meat/Meat Alternate, ¾ cup Fruit

SFSP: 1 ounce equivalents Grains, 1 ounce Meat/Meat Alternate, ¾ cup Fruit

HACCP Process #1 No Cook Preparation

Ingredients	8 Servings		16 Servings	
	Weight	Measure	Weight	Measure
Bananas, 150-count size		8		16
Granola cereal		2 cups		1 quart
Low-fat yogurt, vanilla or strawberry		1 quart		2 quarts
Honey (optional)		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Pineapple tidbits or chunks		2 cups		1 quart



Directions

1. For each serving peel and slice each banana in half lengthwise. Place 2 halves in a portion container.
2. Sprinkle ¼ cup granola over banana, reserving some for topping.
3. Spoon ½ cup yogurt between the 2 banana halves and drizzle with ½ teaspoon of optional honey.
4. Place ¼ cup pineapple on top of the yogurt.
5. Decorate with reserved granola. Serve immediately.

CCP: Hold for cold service at 41°F or below.
Serve 1 portion per person.

Serving	Yield	Volume
1 each	8 servings 16 servings	N/A

Nutrients Per Serving					
Calories	369	Sodium	126 mg	Vitamin A	148 IU
Total Fat	4.4 g	Carbohydrate	77 g	Vitamin C	16 mg
Saturated Fat	1.3 g	Dietary Fiber	6 g	Iron	2 mg
Cholesterol	6 mg	Protein	10 g	Calcium	224 mg