

Super Sundae



1 Serving Provides:

CACFP: ½ cup Fruit, 1 ounce equivalent Meat/Meat Alternate, 1 ounce equivalent Grains

NSLP: ½ cup Fruit, 1 ounce equivalent Meat/Meat Alternate, 1 ounce equivalent Grains

SFSP: ½ cup Fruit, 1 ounce equivalent Meat/Meat Alternate, 1 ounce equivalent Grains

HACCP Process #1 No Cook Preparation

Ingredients	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Peaches, diced, canned in light syrup or juice	1 #10 can		2 #10 cans	
Low-fat vanilla yogurt		1 gallon + 2 quarts		3 gallons
Blueberries, fresh or frozen		3 quarts		1 gallon + 2 quarts
Whole grain granola		3 quarts		1 gallon + 2 quarts



Directions

1. Set out 48 or 96 10–12 ounce clear cups.
2. Place ¼ cup diced peaches with juice in the bottom of each cup.
3. Place ½ cup yogurt into each cup on top of the peaches.
4. Top with ¼ cup blueberries.
5. Just before service add ¼ cup granola over the blueberries.

CCP: Hold for cold service at 41°F or lower.

Serving	Yield	Volume
1 sundae	48 or 96 servings each	48 or 96 servings each

Nutrients Per Serving					
Calories	280	Sodium	133 mg	Vitamin A	241 IU
Total Fat	4.3 g	Carbohydrate	53 g	Vitamin C	4 mg
Saturated Fat	1.4 g	Dietary Fiber	3.8 g	Iron	1.4 mg
Cholesterol	6 mg	Protein	9 g	Calcium	232 mg