

## Yogurt Parfait, Vanilla w/ Blueberries

### Nutrition Facts

Serving Size: Each

### **ALLERGENS**

Milk

Amount Per Serving

Calories: 242

Calories from Fat: 16

<b>Total Fat:</b>	<b>1.7g</b>
Saturated Fat:	1.0g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>5mg</b>
<b>Sodium:</b>	<b>106mg</b>
<b>Total Carbohydrate:</b>	<b>49.7g</b>
Dietary Fiber:	1.8g
Sugars:	35.4g
<b>Protein:</b>	<b>7.6g</b>

Vitamin A: 1,040RE    Vitamin C: 7.2mg    Calcium: 204.4mg    Iron: .2mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

### Ingredients

BLUEBERRIES,RAW (mfg label): BLUEBERRIES, RAW [009050]

Yogurt Vanilla Parfait Pouch (mfg label): CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, MODIFIED CORN STARCH, KOSHER GELATIN, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, VITAMIN A ACETATE, VITAMIN D3. CONTAINS: MILK [903220]