

NOURISH
KIDS for
WHAT'S NEXT &

CRUNCH FOR LUNCH

RECIPES

SHAKE IT UP WITH CEREAL

TRIX PARFAITS

16 PARFAITS

***25% Less Sugar than Original Trix™. No reduction in calories.**
Sugar content has been reduced from 17g to 12g per serving.

PB YOGURT	WEIGHT	MEASURE
Yoplait® ParfaitPro® Low-fat Vanilla Yogurt (16632)	4 lb	1 bag
Peanut butter, creamy*	1 lb 2 oz	2 cups
ASSEMBLY		
Mixed berries, frozen	4 lb	16 cups
25% Less Sugar Trix™ Cereal Cup 2oz Eq Grain (19567)	2 lb	16 each

Nutrition/Ingredient Tips

For crediting in USDA Child Nutrition Programs, 1 serving (1 parfait with cereal cup) = 2 Meat/ Meat Alternative, 2 oz equivalent Grain and 1 cup Fruit

PB Yogurt

1. Add yogurt and peanut butter to a mixing bowl fitted with a whisk attachment; mix on medium speed until well-combined, approx. 3 minutes.
2. Stop mixer, scrape down sides with rubber spatula; transfer to air-tight container and refrigerate until needed.

Assembly

1. Add 1 cup mixed berries into 16 oz parfait cups.
2. Add 2-#16 scoops (5 oz) PB Yogurt on top, then cover and refrigerate.
3. Serve cold with 25% Less Sugar Trix Cup on the side for students to add as desired.

Method Tips

For a more layered look, add ½ cup berries, 1-#16 scoop PB Yogurt, an additional ½ cup berries and an additional #16 scoop PB Yogurt if desired.



For more on this product or other 2oz Eq Grain varieties, please visit our website or reach out to your local General Mills Representative

BEES ON A BRANCH DIY MEAL KIT

1 SERVING

ITEMS	AMOUNT	MEAL COMPONENTS
Honey Cheerios™ Cereal Cup 2oz Eq Grain (18448)	2 oz Cup	2 grain
Nut or seed butter	2 Tbsp	1 MA
Sunflower seeds	1 oz	1 MA
Raisins	¼ cup	½ cup fruit
Apple slices	½ cup	½ cup fruit
Carrots and Celery Sticks	1 cup	½ cup red/orange veg ½ cup other veg

DIRECTIONS

1. Package and serve items together for students to create their own Bees on a Branch!



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CINNAMON TOAST CRUNCH™ SUNDAE

1 SERVING

INGREDIENTS	AMOUNT	MEAL COMPONENTS
Cinnamon Toast Crunch™ Cereal Cup 2oz Eq Grain (28932)	2 oz cup	2 grain
Yoplait® Vanilla ParfaitPro® Yogurt (16632)	8 oz	2 MA
Peaches, canned	½ cup	½ cup fruit
Strawberries, sliced	¼ cup	¼ cup fruit
Whipped Topping	1 Tbsp	
Sprinkles	½ tsp	
Maraschino Cherries	1	

DIRECTIONS

1. Portion 8 oz of yogurt into each cup.
2. Arrange peaches and strawberries across the yogurt.
3. Add whipped topping, sprinkles, and a cherry on top.
4. Serve with Cinnamon Toast Crunch™ on the side for students to top their own sundaes.



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COCOA PUFFS™ TRAIL MIX DIY KIT

1 SERVING

ITEMS COMPONENTS	AMOUNT	MEAL COMPONENTS
Cocoa Puffs™ Cereal Cup 2oz Eq Grain (14885)	2 oz cup	2 grain
Craisins	¼ cup	½ cup fruit
Sunflower seeds	1 oz	1 MA
Marshmallows (optional)	1 Tbsp	
White Chocolate chips (optional)	1 Tbsp	

DIRECTIONS

1. Package and serve items together for students to create their own Trail Mix

TIP: SERVE WITH
BABY CARROTS
AND A PINEAPPLE
STRAWBERRY
SMOOTHIE FOR
ADDITIONAL MEAT
ALTERNATE WITH A
½ CUP FRUIT JUICE!



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BLUEBERRY SALAD

1 SERVING

Ingredients	Amount	Meal Components
Blueberry Chex™ Cereal Cup 2oz Eq Grain (17262)	2 oz cup	2 grain
Romaine Lettuce, chopped	2 cups	1 cup dark green veg
Cucumber, sliced	¼ cup	¼ cup other veg
Blueberries	½ cup	½ cup fruit
Chicken strips	1 oz	1 Meat
Boiled Egg, diced	½ ea	1 MA
Your favorite Ranch Dressing recipe*	2 oz	

Directions

1. Portion 2 cups of romaine into each tray.
2. Arrange cucumber, blueberries, egg and chicken across the top
3. Serve dressing with salad and Blueberry Chex™ on side for croutons.



TIP: *CREATE BLUEBERRY RANCH DRESSING BY ADDING 2 TBSP OF FROZEN BLUEBERRIES TO EACH CUP OF RANCH DRESSING AND STIRRING TO MIX.



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UNICORN PARFAIT

24 SERVINGS 2 Meat Alternate | ½ cup fruit | 2 grains

INGREDIENTS	WEIGHT	MEASURE
Yoplait® ParfaitPro® Blueberry Yogurt (16067)	64 oz	1 bag
Yoplait® ParfaitPro® Vanilla Yogurt (16632)	64 oz	1 bag
Yoplait® ParfaitPro® Strawberry Yogurt (16631)	64 oz	1 bag
Blueberries, fresh	2 lb 1oz	6 cups
Green apples, diced	1 lb 11 oz	6 cups
Mandarin Oranges, canned, drained	4 lb 2 oz	6 cups
Strawberries, fresh, sliced	1 lb 4 oz	6 cups
Sugar Cones	8 oz	24 each
Lucky Charms™ Cereal Cup 2oz Eq Grain (14884)	48 oz	24 each

DIRECTIONS FOR EACH PARFAIT

1. Place #16 scoop of blueberry yogurt in the bottom of serving cup. Layer with ⅛ cup of blueberries and ⅛ cup of green apples.
2. Place #16 scoop of vanilla yogurt on green apples. Add ⅛ cup of mandarin oranges and ⅛ cup of strawberries.
3. Layer #16 scoop of strawberry yogurt onto the strawberries and finish with sugar cone.
4. Serve with Lucky Charms™ Cup on the side.



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