

Banana Bobs



1 Serving Provides:

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

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

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

HACCP Process #1 No Cook Preparation

Ingredients	8 Servings		16 Servings	
	Weight	Measure	Weight	Measure
Bananas, 150-count size		8		16
Low fat yogurt, vanilla or strawberry		1 quart		2 quarts
Granola cereal		2 cups		1 quart



Directions

1. For each serving peel and slice each banana into ½ inch slices. Place sliced banana in a portion container.
2. Using a #8 scoop portion ½ cup yogurt into a 4–5 ounce portion cup. Place ½ cup yogurt next to the banana.
3. Using a #16 scoop portion ¼ cup granola into a 2–3 ounce portion cup. Place ¼ cup granola in the portion container with the banana slices and yogurt.
4. Instruct children to use a fork to pick up a slice of banana and dip it into the yogurt, and then into the granola.

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	332	Sodium	125 mg	Vitamin A	125 IU
Total Fat	4.3 g	Carbohydrate	67 g	Vitamin C	11 mg
Saturated Fat	1.4 g	Dietary Fiber	5 g	Iron	1 mg
Cholesterol	6 mg	Protein	10 g	Calcium	216 mg