

CRUNCH for LUNCH

RECIPES



SHAKE IT
UP **WITH** CEREAL!
FOR LUNCH!

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.

Tip:

**Swap other non-nut or nut butters for variety or dietary needs and serve with your favorite side of veggies and 8 oz serving of milk to complete this meal.*



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.

Tip:

Don't forget to
serve with a side
of veggies to
complete this
meal!



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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.

Tip:

Complete your meal offering with a garden salad and 8 oz serving of milk.



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