

# Crave & Rave

Featured in *School Nutrition* (March 2020)

## Restaurant-Worthy School Breakfast Items on the Menu

1 SERVING



### WILDCAT WAFFLE PARFAIT

#### INGREDIENTS

4 ozs.	Plain yogurt, non-fat
1/2 cup	Banana (or any fruit)
1 oz.	Whole-grain waffle
1 oz.	General Mills Trix Cereal



1. In a bowl, add the yogurt.
2. Slice the banana and set aside.
3. In a 350° F oven, cook the waffle for 3 to 5 minutes until warmed and golden.
4. Once the waffle is cooked, top the yogurt with the fruit, waffle and cereal.

*Ossipee Central School, New Hampshire*