

Meat Alternate and Fruit- Meal Component Smoothies

HACCP Category: No Cook
Banana Split Smoothie

Yield/Number of Portions: 182 oz- 13 Lunch Smoothies / 190 oz- 19 Breakfast Smoothies

Servings-Portion Size: 13- 14 oz Lunch Smoothies/ 19- 10 oz Breakfast Smoothies

Each meal serving provides: 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 1/2 cup fruit

Ingredients	1 Serving	13 Lunch (14 oz) Number of Servings	19 Breakfast (10 oz) Number of Servings	Preparation Instructions
Skim Milk	2 oz	26 oz	38 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate -sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	96 oz	76 oz	
Bananas, Sliced, Frozen	1/4 cup	3 1/4 cups	4 3/4 cups	
Strawberries, Sliced, Frozen	1/8 cup	1 5/8 cups	2 3/8 cups	
Pineapple, Tidbits, Canned	1/8 cup	1 5/8 cups	2 3/8 cups	

Nutrients per serving (14 oz / 10 oz)

Calories	285/ 209	Fat, total (gm)	1/ .7	Vit C (mg)	23/ 23	Sodium (mg)	128/ 86
Protein (grams)	10/ 7	Fat, sat (gm)	.04/ .04	Calcium(mg)	253/ 168	Dietary Fiber (grams)	2/ 2
Carbohydrates (grams)	59/ 44	Vitamin A (IU)	1080/ 657	Iron (mg)	.5/ .5		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Chocolate Banana Smoothie

Yield/Number of Portions: 182 oz- 13 Lunch Smoothies / 190 oz- 19 Breakfast Smoothies

Servings-Portion Size: 13- 14 oz Lunch Smoothies/ 19- 10 oz Breakfast Smoothies

Each meal serving provides: 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 1/2 cup fruit

Ingredients	1 Serving	13 Lunch (14 oz) Number of Servings	19 Breakfast (10 oz) Number of Servings	Preparation Instructions
Skim Milk, Chocolate	2 oz	26 oz	38 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate -sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	96 oz	76 oz	
Bananas, Sliced, Frozen	1/2 cup	6.5 cups	9.5 cups	
Cocoa, Powder, Unsweetened	1 Tbsp	3/4 cup + 1 Tbsp	1 cup + 3 Tbsp	

Nutrients per serving (14 oz / 10 oz)

Calories	278/ 202	Fat, total (gm)	2/ 1.5	Vit C (mg)	7/ 7	Sodium (mg)	137/ 94
Protein (grams)	11/ 8	Fat, sat (gm)	.5/ .5	Calcium(mg)	270/ 186	Dietary Fiber (grams)	4/ 4
Carbohydrates (grams)	58/ 43	Vitamin A (IU)	1096/ 673	Iron (mg)	1/ 1		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Strawberry Banana Smoothie

Yield/Number of Portions: 182 oz- 13 Lunch Smoothies / 190 oz- 19 Breakfast Smoothies

Servings-Portion Size: 13- 14 oz Lunch Smoothies/ 19- 10 oz Breakfast Smoothies

Each meal serving provides: 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 1/2 cup fruit

Ingredients	1 Serving	13 Lunch (14 oz) Number of Servings	19 Breakfast (10 oz) Number of Servings	Preparation Instructions
Skim Milk	2 oz	26 oz	38 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate-sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	96 oz	76 oz	
Bananas, Sliced, Frozen	1/4 cup	3 ¼ cups	4 ¾ cups	
Strawberries, Sliced, Frozen	1/4 cup	3 ¼ cups	4 ¾ cups	

Nutrients per serving (14 oz / 10 oz)

Calories	283/ 207	Fat, total (gm)	1/ .7	Vit C (mg)	30/ 30	Sodium (mg)	125/ 82
Protein (grams)	10/ 7	Fat, sat (gm)	.05/ .05	Calcium(mg)	256/ 171	Dietary Fiber (grams)	2/ 2
Carbohydrates (grams)	55/ 45	Vitamin A (IU)	1087/ 664	Iron (mg)	.5/ .5		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Strawberry Smoothie

Yield/Number of Portions: 182 oz- 13 Lunch Smoothies / 190 oz- 19 Breakfast Smoothies

Servings-Portion Size: 13- 14 oz Lunch Smoothies/ 19- 10 oz Breakfast Smoothies

Each meal serving provides: 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 1/2 cup fruit

Ingredients	1 Serving	13 Lunch (14 oz) Number of Servings	19 Breakfast (10 oz) Number of Servings	Preparation Instructions
Skim Milk	2 oz	26 oz	38 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate-sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	96 oz	76 oz	
Strawberries, Sliced, Frozen	1/2 cup	6.5 cups	9.5 cups	

Nutrients per serving (14 oz / 10 oz)

Calories	311/ 235	Fat, total (gm)	1/ .7	Vit C (mg)	53/ 53	Sodium (mg)	126/ 84
Protein (grams)	10/ 7	Fat, sat (gm)	.01/ .01	Calcium(mg)	261/ 177	Dietary Fiber (grams)	2.4/ 2.4
Carbohydrates (grams)	67/ 53	Vitamin A (IU)	1079/ 656	Iron (mg)	.8/ .8		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

Reimbursable Meal Deal Smoothies

HACCP Category: No Cook
Basic Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 3/4 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate - sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Frozen Fruit (Sliced strawberries used for nutrient analysis)	3/4 cup	6 cups	7.5 cups	7.5 cups	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	453 /363 /291	Fat, total (gm)	1.3 / .8 / .8	Vit C (mg)	82/ 82/ 54	Sodium (mg)	226/176/ 142
Protein (grams)	17/ 13/ 11	Fat, sat (gm)	.02 / .02 / .01	Calcium(mg)	471/ 370/ 295	Dietary Fiber (grams)	3.6/ 3.6/ 2.4
Carbohydrates (grams)	95 /78 /61	Vitamin A (IU)	1547/ 1046/ 969	Iron (mg)	1/ 1/ .8		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook

Nutty Strawberry Banana Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1.5 oz (breakfast) or 2.5 oz (lunch) Meat Alternate; ¾ cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate-sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	3 oz (breakfast) 7 oz (Lunch)	56 oz	30 oz	30 oz	
Peanut Butter	2 Tablespoons	1 cup	1 ¼ cups	1 ¼ cups	
Banana, Sliced, Frozen	½ cup	4 cups	5 cups	5 cups	
Strawberries, Sliced, Frozen	1/4 cup	2 cups	2 1/2 cups	2 1/2 cups	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	575 /493 /411	Fat, total (gm)	17 /17 /14	Vit C (mg)	35/ 31/ 26	Sodium (mg)	360/308/ 257
Protein (grams)	22/ 18/ 15	Fat, sat (gm)	4 /4 /3	Calcium(mg)	456/ 358/ 298	Dietary Fiber (grams)	5/ 5/ 4
Carbohydrates (grams)	82 /66 /55	Vitamin A (IU)	1439/ 923/ 769	Iron (mg)	.9/ .7/ .6		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts	YES	Shellfish		Wheat	

HACCP Category: No Cook
Orangeroo Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 3/4 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate-sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Orange Juice	2 oz	16 oz	20 oz	20 oz	
Orange Juice, Concentrate Frozen	2 Tablespoons	1 cup	1 ¼ cups	1 ¼ cups	
Ice	3 oz	24 oz	30 oz	30 oz	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	351 /261 /218	Fat, total (gm)	1 /.6 /.5	Vit C (mg)	72/ 72/ 60	Sodium (mg)	229/179/ 149
Protein (grams)	17/ 13/ 11	Fat, sat (gm)	.01 /.01 /.01	Calcium(mg)	461/ 361/ 301	Dietary Fiber (grams)	.3/ .3/ .2
Carbohydrates (grams)	65 /48 /40	Vitamin A (IU)	1635/ 1135/ 945	Iron (mg)	.1/ .1/ .1		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Oh Yeah! Tropic Delight Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 1 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate -sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Apple Slices, Frozen	3/8 cup	3 cups	3 ¾ cups	3 ¾ cups	
Pineapple Tidbits, Canned	3/8 cup	3 cups	3 ¾ cups	3 ¾ cups	
Orange Juice Concentrate	1 Tablespoons	½ cup	½ cup + 2 Tbsp	½ cup + 2 Tbsp	
Lemon Juice	1 Tablespoon	½ cup	½ cup + 2 Tbsp	½ cup + 2 Tbsp	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	377 /287 /237	Fat, total (gm)	1.2 / .7 / .5	Vit C (mg)	41 / 41/ 34	Sodium (mg)	231/181/ 148
Protein (grams)	18/ 13/ 11	Fat, sat (gm)	.02 / .02 / .01	Calcium(mg)	460/ 360/ 299	Dietary Fiber (grams)	2.2/ 1.6/ 1.6
Carbohydrates (grams)	72 /55 /45	Vitamin A (IU)	1591/ 1091/ 907	Iron (mg)	.4 / .4/ .3		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Tutti Fruity, Oh Rudy Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 3/4 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate-sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Pineapple, Tidbits, Canned	¼ cup	2 cups	2 ½ cups	2 ½ cups	
Cherries, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	
Strawberries, sliced, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	384 /339 /283	Fat, total (gm)	1.3 /1.3 /1	Vit C (mg)	35/ 34/ 29	Sodium (mg)	227/167/ 139
Protein (grams)	17/ 13/ 11	Fat, sat (gm)	.04 / .04 / .04	Calcium(mg)	462/ 337/ 281	Dietary Fiber (grams)	2.3/ 2.3 / 2
Carbohydrates (grams)	74 /69 /57	Vitamin A (IU)	1852/ 1602/ 1335	Iron (mg)	.8/ .7 / .6		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Smoothie Punch

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 1 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate- sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Orange Juice Concentrate, Frozen	1 Tablespoon	½ cup	½ cup	½ cup	
Banana, Sliced, Frozen	3/8 cup	2 ¾ cups	3 ½ cups	3 ½ cups	
Peaches, Sliced, Frozen	3/8 cup	2 ¾ cups	3 ½ cups	3 ½ cups	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	425/ 332 / 276	Fat, total (gm)	1.3 / .8 / .7	Vit C (mg)	112/ 109/ 91	Sodium (mg)	226/176/ 147
Protein (grams)	18/ 13/ 11	Fat, sat (gm)	.07 / .07 / .06	Calcium(mg)	461/ 360/ 300	Dietary Fiber (grams)	3/ 3/ 2.5
Carbohydrates (grams)	84 /66 /55	Vitamin A (IU)	1844/ 1336/ 1113	Iron (mg)	.5/ .5/ .4		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Berr-i-licious Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 7/8 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate- sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Banana, Sliced, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	
Blueberries, Frozen	3/8 cup	3 cups	3 ½ cups	3 ½ cups	
Raspberries, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	408 /318 /265	Fat, total (gm)	1.6 /1.1 /1	Vit C (mg)	18/ 18/ 15	Sodium (mg)	222/172/ 143
Protein (grams)	17/ 13/ 11	Fat, sat (gm)	.09 / .09 / .08	Calcium(mg)	466/ 366/ 305	Dietary Fiber (grams)	5.5/ 5.5/ 5
Carbohydrates (grams)	80 /63 /52	Vitamin A (IU)	1596/ 1096/ 914	Iron (mg)	.6/ .6/ .5		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Strawberry Peach Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 1 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate- sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Peaches, Sliced, Frozen	3/8 cup	3 cups	3 ¾ cups	3 ¾ cups	
Strawberries, Sliced Frozen	3/8 cup	3 cups	3 ¾ cups	3 ¾ cups	
Orange Juice Concentrate, Frozen	1 Tablespoon	½ cup	½ cup + 2 Tbsp	½ cup + 2 Tbsp	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	478 /388 /323	Fat, total (gm)	1.3 / .8 / .7	Vit C (mg)	155/ 155/ 129	Sodium (mg)	229/179/ 149
Protein (grams)	17.5/ 13.5/ 11	Fat, sat (gm)	.02 / .02 / .02	Calcium(mg)	469/ 369/ 308	Dietary Fiber (grams)	3.7/ 3.7/ 3
Carbohydrates (grams)	99 /82 /68	Vitamin A (IU)	1856/ 1356/ 1130	Iron (mg)	1/ 1/ .8		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Apple of your Eye Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 3/4 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate -sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Applesauce	1/2 cup	4 cups	5 cups	5 cups	
Apple, Slices	1/4 cup	2 cups	2 1/2 cups	2 1/2 cups	
Cinnamon	3/4 tsp	2 Tablespoons	2 1/2 Tablespoons	2 1/2 Tablespoons	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	339 /249 /208	Fat, total (gm)	1 / .54 / .5	Vit C (mg)	7/ 7/ 6	Sodium (mg)	240/190/ 158
Protein (grams)	16/ 12/ 10	Fat, sat (gm)	.01 / .01 / .00	Calcium(mg)	471/ 371/ 309	Dietary Fiber (grams)	3.3/ 3.3/ 2.8
Carbohydrates (grams)	63 /46 /39	Vitamin A (IU)	1798/ 1298/ 1082	Iron (mg)	.4/ .4/ .3		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Grape Strawberry Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 3/4 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate- sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Bananas, Sliced, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	
Grapes, Purple, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	
Strawberries, sliced, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	380 /290 /242	Fat, total (gm)	1.3 /.8 /.7	Vit C (mg)	33/ 33/ 27	Sodium (mg)	223/173/ 144
Protein (grams)	17/ 13/ 11	Fat, sat (gm)	.07 /.07 /.06	Calcium(mg)	462/ 362/ 302	Dietary Fiber (grams)	2.4/ 2.4/ 2
Carbohydrates (grams)	74 /57 /48	Vitamin A (IU)	1562/ 1062/ 885	Iron (mg)	.5/ .5/ .5		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Apple Pineapple Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 3/4 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate -sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Apples, Sliced, Frozen	1/2 cup	4 cups	5 cups	5 cups	
Pineapple, Tidbits, Canned	1/4 cup	2 cups	2 1/2 cups	2 1/2 cups	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	331 / 241 / 201	Fat, total (gm)	1 / .6 / .5	Vit C (mg)	11/ 11/ 9	Sodium (mg)	220/175/ 146
Protein (grams)	16/ 12/ 10	Fat, sat (gm)	.01 / .01 / .01	Calcium(mg)	453/ 353/ 294	Dietary Fiber (grams)	1.2/ 1.2/ 1
Carbohydrates (grams)	61 /44 /36	Vitamin A (IU)	1521/ 1021/ 851	Iron (mg)	.2/ .2/ .2		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Yo Yo Yum Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 3/4 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate- sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Pineapple, Tidbits, Canned	¼ cup	2 cup	2 ½ cups	2 ½ cups	
Strawberries, Sliced, Frozen	1/4 cup	2 cups	2 ½ cups	2 ½ cups	
Bananas, Sliced, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	
Lime Juice	1 Tablespoon	½ cup	½ cup + 2 Tbsp	½ cup + 2 Tbsp	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	403 /358 /298	Fat, total (gm)	1.2 /1 /1	Vit C (mg)	39/ 38/ 32	Sodium (mg)	230/170/ 141
Protein (grams)	17/ 13/ 11	Fat, sat (gm)	.05 / .05 / .04	Calcium(mg)	461/ 336/ 280	Dietary Fiber (grams)	2.8/ 2.8/ 2.3
Carbohydrates (grams)	80 /74 /62	Vitamin A (IU)	1542/ 1292/ 1076	Iron (mg)	.7/ .7/ .6		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook

Peaches Banana Strawberry Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 3/4 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate -sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Peaches, Sliced, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	
Strawberries, Sliced, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	
Bananas, Sliced, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	428 /333 /278	Fat, total (gm)	1.3 /.8 /.7	Vit C (mg)	91/ 91/ 76	Sodium (mg)	269/176/ 147
Protein (grams)	17/ 13/ 11	Fat, sat (gm)	.05 /.05 /.04	Calcium(mg)	468/ 361/ 301	Dietary Fiber (grams)	3.3/ 3.3/ 2.7
Carbohydrates (grams)	86 /68 /57	Vitamin A (IU)	1740/ 1217/ 1014	Iron (mg)	.7/.7/ .6		

Allergens

Milk and dairy Eggs	YES	Tree nuts Peanuts	Fish Shellfish	Soy Wheat	
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HACCP Category: No Cook
Razzle Dazzle Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 3/4 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate- sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Raspberries, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	
Strawberries, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	
Blueberries, Frozen	¼ cup	2 cups	2 ½ cups	2 ½ cups	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	420 /325 /271	Fat, total (gm)	1.5 / .9 / .8	Vit C (mg)	40/ 40/ 33	Sodium (mg)	226/173/ 144
Protein (grams)	17/ 13/ 11	Fat, sat (gm)	.03/.03 / .02	Calcium(mg)	477/ 369/ 308	Dietary Fiber (grams)	5/ 5/ 4
Carbohydrates (grams)	83 /66 /55	Vitamin A (IU)	1594/ 1071/ 892	Iron (mg)	.9/ .9/ .7		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Raspbanana Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 3/4 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate -sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Banana, Sliced, Frozen	1/4 cup	2 cups	2.5 cups	2.5 cups	
Raspberries, Frozen	1/2 cup	4 cups	5 cups	5 cups	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	432 /342 /285	Fat, total (gm)	1.3 /.8 /.7	Vit C (mg)	26/ 26/ 22	Sodium (mg)	222/172/ 143
Protein (grams)	17/ 13/ 11	Fat, sat (gm)	.05 /.05 / .04	Calcium(mg)	471/ 371/ 309	Dietary Fiber (grams)	6.5/ 6.5/ 5.4
Carbohydrates (grams)	86 /69 /58	Vitamin A (IU)	1599/ 1099/ 916	Iron (mg)	.9/ .9/ .8		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Purple People Eater Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 3/4 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate -sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Strawberries, Sliced, Frozen	1/8 cup	1 cups	1 1/4 cups	1 1/4 cups	
Purple Grapes, Frozen	1/2 cup	4 cups	5 cups	5 cups	
Peaches, Frozen	1/8 cup	1 cups	1 1/4 cups	1 1/4 cups	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	361 /271 /226	Fat, total (gm)	1.2 /.7 /.6	Vit C (mg)	47/ 47/ 39	Sodium (mg)	224/174/ 145
Protein (grams)	17/ 13/ 11	Fat, sat (gm)	.06 /.06 / .05	Calcium(mg)	461/ 361/ 301	Dietary Fiber (grams)	1.6/ 1.6/ 1.3
Carbohydrates (grams)	69 /52 /43	Vitamin A (IU)	1642/ 1142/ 952	Iron (mg)	.4/ .4/ .4		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook
Cherry Cherry Smoothie

Recipe Number DAIRY-21

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 3/4 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate- sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Cherries, Frozen	½ cup	4 cups	5 cups	5 cups	
Apples, Sliced, Frozen	1/8 cup	1 cups	1 ¼ cups	1 ¼ cups	
Strawberries, Sliced, Frozen	1/8 cup	1 cups	1 ¼ cups	1 ¼ cups	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	422 /332 /277	Fat, total (gm)	1.2 /.7 /.6	Vit C (mg)	17/ 17/ 15	Sodium (mg)	222/172/ 144
Protein (grams)	18/ 14/ 11	Fat, sat (gm)	.04 /.04 /.04	Calcium(mg)	470/ 370/ 308	Dietary Fiber (grams)	3.5/ 3.5/ 3
Carbohydrates (grams)	84 /67 /56	Vitamin A (IU)	1758/ 1258/ 1048	Iron (mg)	.7/ .7/ .5		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

HACCP Category: No Cook

Cherry Chocolate Lover Smoothie

Yield/Number of Portions: 176 oz- 8 Lunch Smoothies / 180 oz- 10 Breakfast Smoothies/ 180 oz- 12 A La Carte

Servings-Portion Size: 8- 22 oz Lunch Smoothies/ 10- 18 oz Breakfast Smoothies /12- 15 oz A La Carte Smoothies

Each meal serving provides: 8 fluid oz milk; 1 oz (breakfast) or 2 oz (lunch) Meat Alternate; 3/4 cup fruit

Ingredients	1 Serving Reimbursable Meal	8 Lunch (22 oz) Servings	10 Breakfast (18 oz) Servings	12 A la Carte (15 oz) Servings	Preparation Instructions
Skim Milk	8 oz	64 oz	80 oz	80 oz	1. Place all ingredients in blender. Add ice to increase volume and creaminess if needed. 2. Pulse until smooth. 3. Pour into appropriate -sized cups. CCP: Refrigerate until service. CCP: Hold for cold service below 41 F or lower.
Low-Fat Vanilla Yogurt	4 oz (breakfast) 8 oz (Lunch)	64 oz	40 oz	40 oz	
Cherries, Frozen	¾ cup	6 cups	7.5 cups	7.5 cups	
Chocolate Syrup	2 Tablespoons	½ cup	¾ cup	¾ cup	

Nutrients per serving (22 oz / 18 oz / 15 oz)

Calories	470 /385 /321	Fat, total (gm)	1.4 /1 / .8	Vit C (mg)	82/ 4/ 4	Sodium (mg)	239/193/ 161
Protein (grams)	18/ 15/ 12	Fat, sat (gm)	.06 / .06/.05	Calcium(mg)	475/ 376/ 313	Dietary Fiber (grams)	4/ 4/ 3.4
Carbohydrates (grams)	94 /79 /66	Vitamin A (IU)	1867/ 1367/ 1139	Iron (mg)	.7/ .7/ .6		

Allergens

Milk and dairy	YES	Tree nuts		Fish		Soy	
Eggs		Peanuts		Shellfish		Wheat	

Try these frozen fruit or fruit blends using the basic smoothie recipe:

Blueberry/Blackberry/Raspberry

Apple/Raspberry

Cranberry/Blackberry

Grape/Apple

Cranberry/Grape

Cranberry/Raspberry

Mango/Peach

Pineapple/Grapefruit

Pineapple/Strawberry

Apple/Pineapple/Strawberry/Lime