

BC Breakfast Smoothie

Servings:	1.00
Serving Size:	0.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Complex Food Prep

BC Breakfast Smoothie

Nutrition Information

Calories	159.50	Protein	3.50g
Fat	0.75g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	2.50mg
Carbohydrates	34.50g	Fiber	1.15g
Sugar	28.00g	Sodium	61.45mg
Iron	1.15mg	Vitamin C	30.00mg
Vitamin A	500.00IU	Calcium	104.50mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Ounce	811500	YOGURT VAN L/F PARFPR 6-4 YOPL	READY_TO_EAT Ready to use with pouch & serving tip.
4 Fluid Ounce	194313	CONC BLUE RASP 100% 4+1 6-64FLZ	

Preparation Instructions

Mix yogurt and concentrate together serve 8 oz. for 1 M/MA and 1 fruit

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.