

Cookbook for Benton Elementary School

Created by HPS Menu Planner

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Smoothie

Smoothie

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE PINEAP 100 12-46FLZ HV	1/20 Gallon		100676
STRAWBERRY SLCD 4+1 30 GFS	1/16 Gallon		278726
YOGURT STRAWB L/F PARFPR 6-4 YOPL	3/40 Package	READY_TO_EAT Ready to use with pouch & serving tip.	811490

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.22
Grain	0.00
Fruit	1.01
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	233.65		
Fat	0.12g		
SaturatedFat	0.12g		
Trans Fat	0.00g		
Cholesterol	0.60mg		
Sodium	9.58mg		
Carbohydrates	58.34g		
Fiber	2.87g		
Sugar	50.08g		
Protein	0.60g		
Vitamin A	0.00IU	Vitamin C	69.91mg

Calcium 21.78mg **Iron** 1.03mg