

Fruit Smoothie-w graham crax HS Portion

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45624
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
IQF Frozen Sliced Strawberries	1/2 Cup	or other frozen fruit option	110860
CRACKER GRHM WGRAIN IW	1 Package		529974
Fat Free Skim Milk	8 Ounce	BAKE	51801

Preparation Instructions

Pulse until smooth

Pour into cups

Refrigerate until service Hold cold 41 F or below

10-16oz Smoothies

80oz milk- low fat or fat free

40oz yogurt

5 cups frozen fruit

Meal Components (SLE)

Amount Per Serving

Meat	1.119
Grain	0.750
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	934.44
Fat	2.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	43.73mg
Sodium	1214.70mg
Carbohydrates	146.63g
Fiber	2.00g
Sugar	119.92g
Protein	68.73g
Vitamin A 80.00IU	Vitamin C 32.00mg
Calcium 384.33mg	Iron 0.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available