

# Fruit Smoothie-w graham crax HS Portion

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45624
<b>School:</b>	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

<b>Meat</b>	1.119
<b>Grain</b>	0.750
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

## Nutrition - Per 100g

No 100g Conversion Available