

Strawberry Banana Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50633
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	1 Quart		110860
BANANA TURNING SNGL 150CT	8 Each		197769
YOGURT VAN L/F	2 Quart		881161
1% Low Fat White Milk*	2 Quart		13871

Preparation Instructions

1. Add all ingredients to blender.
 2. Pulse until smooth. Pour into cups.
 3. Refrigerate until serve. Hold for cold service at 41 degrees F or below.
- Please note that the fruit in the smoothie counts as juice. A student should not be able to take both a smoothie and juice at breakfast.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		228.98	
Fat		2.94g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		14.96mg	
Sodium		131.90mg	
Carbohydrates		42.66g	
Fiber		2.50g	
Sugar		28.43g	
Protein		8.98g	
Vitamin A	107.76IU	Vitamin C	5.14mg
Calcium	302.43mg	Iron	0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available