

Fruit Smoothie-w graham crax HS Portion

NO IMAGE

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

Amount Per Serving

Meat/Meat Alternate	1.119
Grain	0.750
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	934.44
Fat	2.75g
Saturated Fat	0.37g
Trans Fat	0.00g
Cholesterol	43.73mg
Sodium	1214.70mg
Carbohydrates	146.63g
Fiber	2.00g
Total Sugar	119.92g
Added Sugar	17.69g
Protein	68.73g
Vitamin A 206.87mcg RAE	Vitamin C 32.00mg
Calcium 384.33mg	Iron 0.60mg

Nutrition - Per 100g

Calories	274.67
Fat	0.81g
Saturated Fat	0.11g
Trans Fat	0.00g
Cholesterol	12.85mg
Sodium	357.06mg
Carbohydrates	43.10g
Fiber	0.59g
Total Sugar	35.25g
Added Sugar	5.20g
Protein	20.20g
Vitamin A 60.81mcg RAE	Vitamin C 9.41mg
Calcium 112.97mg	Iron 0.18mg