

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 | 274.68 |
| Fat | 0.81g |
| Saturated Fat | 0.11g |
| Trans Fat | 0.00g |
| Cholesterol | 12.85mg |
| Sodium | 357.07mg |
| 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 |