



Lunch Base Meal Smoothie

Recipe Type: Breakfast

Meal Components: 2 oz M/MA, 1/2 cup fruit, 1 cup milk

Ingredients	4 Servings		24 Servings		96 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
							CCP: No bare hand contact with ready to eat food.
Milk, fat-free		1 qt		1 gal + 2 qt		6 gal	1. Place milk, yogurt, and frozen fruit in 5-gallon bucket. Blend using immersion blender until pureed and smooth. Note: A 5-gallon bucket can hold 24 servings.
Yogurt, Greek, vanilla, fat free		1 qt		1 gal + 2 qt		6 gal	
Frozen fruit		2 cups puree*		3 qt puree*		3 gal puree*	
							2. Pour 22 oz smoothies into 24 oz cups evenly and top with lid.
							CCP: Hold and serve at 41° F or below. CCP: No bare hand contact with ready to eat food.

*Frozen fruit puree weights:

- 1 lb 2 oz frozen strawberries = 2 cups puree.
- 1 lb 2 oz frozen blueberries = 2 cups puree.
- 1 lb 1.2 oz frozen pineapple = 2 cups puree.
- 1 lb EP bananas = 1 lb 9 oz AP bananas or ~4 bananas or 2 cups puree.
- 1 lb 1.6 oz frozen cherries = 2 cups puree.



Notes:

Fruit (puree) in smoothies credits as fruit juice. Fruit puree was weighed and measured without the addition of water or other ingredients.

Do not puree fruit and measure for smoothies. Use the weight measure found in the above charts and add whole.

1 smoothie can credit as a reimbursable 6-12 lunch (3 items) or breakfast (3 items).

Serving:

1 serving provides 2 oz meat/meat alternate, 1/2 cup fruit, and 1 cup milk.

Portion Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
22 fl oz	306 kcal	0.60 g	0.44 g	11.70 mg	179.97 mg	48.41 g	4.78 g	43.21 g	27.84 g

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