

# YOGURT AND FRUIT SMOOTHIES

RSD# 10, Avon, & Canton Public Schools - 2018

Grades: K-12

Yield: 32 SERVINGS

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Fat free milk Frozen fruit of choice (berries, bananas, etc.) Low fat vanilla yogurt	8 lbs. 8 lbs.	1 gallon 128 oz.			<ol style="list-style-type: none"> <li>Sanitize work area with bleach &amp; water solution.</li> <li>Wash hands.</li> <li>Put on food service gloves.</li> </ol> <p><b>Cooking Methods:</b></p> <ol style="list-style-type: none"> <li>Per serving, place 4 oz. milk, ½ cup fruit, and 4 oz. yogurt in blender.</li> <li>Blend until desired consistency.</li> <li>Pour into 12 oz. cup.</li> </ol>
<p><b>Serving Size:</b> 12 oz.</p> <p><b>Meal Pattern Contribution:</b> ½ cup Milk, ½ cup Juice, 1 oz. M/MA</p> <p><b>Allergens:</b> Dairy</p> <p><b>Notes:</b> To meet the reimbursable breakfast, students must select one or more breakfast item from the following: a variety of milks, additional fruit choices, and a whole grain rich item.</p>					<p><b>Serving Instructions</b></p> <ol style="list-style-type: none"> <li>Hold at 40°F or lower throughout serving. Check temperature again during serving.</li> </ol>

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

