

# fluid milk

**8 oz. Fluid Milk**  
(credit as 1 milk serving)

☐ **Fluid Milk**

Unflavored Fat-free or Low-fat  
Flavored Fat-free  
Lactose-free

# yogurt

**4 oz.**

(credit as 1 oz. meat alternative component)

☐ **Yogurt, Low-fat**

Plain  
Vanilla  
Fruit-flavored  
Greek-style

# tasty treat tips

Use yogurt for smooth,  
creamier consistency.

# extras

(optional)

☐ **Nuts**

Almonds  
Cashews  
Walnuts

☐ **Carrot**

☐ **Avocado**

☐ **Peanut or  
almond butter**

☐ **Honey**

☐ **Fresh mint**

☐ **Vanilla**

☐ **Cinnamon**

☐ **Chocolate syrup**

☐ **Instant, non-fat  
dry pudding mix**

☐ **Oats or oatmeal**

☐ **Ground flax seeds**

☐ **Spinach**

☐ **Nutmeg**

☐ **Cocoa powder**

\*Extra ingredients add calories so recommend  
limiting to 1 or 2 items from this list.

# "Meal Deal" Smoothie

- 1) Choose fluid milk and fruit. Select yogurt. Add choices to blender.
- 2) Add extras\*, optional. Put the cover on the blender.
- 3) Pulse until smooth. Pour into cups.
- 4) Refrigerate until service. Hold for cold service at 41°F or below.

**Yield: Approximately  
1-20 oz serving**

Yogurt and fruit (breakfast and lunch) can be credited in smoothies prepared by program operators to meet meal pattern requirements. Fruit used in smoothies is credited as fruit juice and should be averaged over the week so as to comply with the 1/2 cup per day juice maximum. Vegetables are now a creditable component (minimum 1/8 cup required) in smoothies per USDA SP10 CACFP05 SFS10-2014 (v2)

# fruit

**1 cup total**

(credit as juice not more than 50% of weekly offerings)

☐ **Bananas**

☐ **Berries**

Blueberries  
Raspberries  
Strawberries

☐ **Cherries, pitted**

☐ **Kiwi**

☐ **Mango**

☐ **Melons**

Cantaloupe  
Honeydew

☐ **Papaya**

☐ **Peaches**

☐ **Pineapple**

Use frozen for best consistency.



## Berry Smoothie Example\*

Nutrition Facts	
1 serving per container	
<b>Serving size 20 fl oz (591mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 41g	<b>14%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 36g	
Includes 0g Added Sugars	
<b>Protein</b> 15g	
Vit. A 500 IU 10% • Vit. C 96mg 160%	
Calcium 500mg 50% • Iron 0.72mg 4%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Nutritionals reflect: 8 fl. oz. low fat milk w/ added vitamin A & D, 4 oz. low fat vanilla yogurt, 1 cup fresh sliced strawberries

For Illustration Purposes Only



2018

larger quantity  
extension

## (Base Recipe)

Serving-Portion Size: 10-20 oz Smoothies

Ingredients:	Amount:
Milk (fat-free or low-fat)	80 oz
Yogurt (vanilla, low-fat)	40 oz
Fruit (fresh, frozen, canned, pureed)	10 cups



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Flavored Fat-free  
Lactose-free

## extras

(optional)

- ☐ Nuts
  - Almonds
  - Cashews
  - Walnuts
- ☐ Carrot
- ☐ Avocado
- ☐ Peanut or almond butter
- ☐ Honey
- ☐ Fresh mint

- ☐ Vanilla
- ☐ Cinnamon
- ☐ Chocolate syrup
- ☐ Instant, non-fat dry pudding mix
- ☐ Oats or oatmeal
- ☐ Ground flax seeds
- ☐ Spinach
- ☐ Nutmeg
- ☐ Cocoa powder

\*Extra ingredients add calories so recommend limiting to 1 or 2 items from this list.

## yogurt

4 oz.

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- |   |   |
|---|---|
| <input type="checkbox"/> Bananas  | <input type="checkbox"/> Mango  |
| <input type="checkbox"/> Berries <ul style="list-style-type: none"><li>Blueberries</li><li>Raspberries</li><li>Strawberries</li></ul> | <input type="checkbox"/> Melons <ul style="list-style-type: none"><li>Cantaloupe</li><li>Honeydew</li></ul> |
| <input type="checkbox"/> Cherries, pitted   | <input type="checkbox"/> Papaya   |
| <input type="checkbox"/> Kiwi   | <input type="checkbox"/> Peaches  |
|   | <input type="checkbox"/> Pineapple  |

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