



# Sizing Prep Report

American Dairy Association North East

## · 990030 - Smoothie, Fruit (Breakfast)

Recipe HACCP Process: #1 No Cook

Source: DSB

Number of Portions: 50

Portion Size: 10 ounces

Ingredient #	Ingredient Name	Measurements	Instructions
009214	ORANGE JUC,FRZ CONC,UNSWTND,UNDIL	3 qt + 1/2 CUP	<p><b>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</b></p> <ol style="list-style-type: none"> <li>Using a blender that holds more than 1 gallon of product. Measure and add all ingredients along with 4 cups of ice.</li> <li>Blend</li> <li>Potion 10oz of product into a 12oz cup and top with lid. Serve with straw.</li> </ol> <p>NOTE: Breakfast smoothie counts as 1 Bread/Meat Alternate &amp; 1 Fruit Serving. Students <b>must take at least one more choice</b> to make it a meal, but <b>may take all three.</b> ( Bread,Fruit/Veg or Milk)</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>CCP:</b> Refrigerate until served.</p>
001218	YOGURT,FRUIT VAR,NONFAT,FORT W/ VITAMIN D	1 1/2 gal + 1 CUP	
009318	STRAWBERRIES,FRZ,UNSWTND	3 qt + 1/2 CUP (thawed)	

\*Nutrients are based upon 1 Portion Size (10 ounces)

Calories <sup>1</sup>	232.652 kcal	Total Fat	0.470 g	Total Dietary Fiber	1.815 g	Vitamin C	118.464 mg	1.816% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.188 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	7.200 g	Iron	0.716 mg	0.726% Calories from Sat Fat
Sodium <sup>1</sup>	76.740 mg	Cholesterol	2.450 mg	Vitamin A	212.482 IU	Water	181.747 g	*0.000%* Calories from Trans Fat
Sugars	45.235 g	Carbohydrate	51.369 g	Calcium	219.930 mg	Ash	2.477 g	88.319% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			12.379% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	1 oz eq	Grain	oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup
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\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.