



# Sizing Prep Report

American Dairy Association North East

## · 990093 - Smoothie Lunch, Chunky Monkey

Recipe HACCP Process: #1 No Cook

Source: DSB

Number of Portions: 50

Portion Size: 2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
			Day Before: Peel and slice the bananas and freeze.
009040	BANANAS,RAW	3 gal + 2 CUP (sliced)	Combine all ingredients in a blender. Mix well. Serve in 16 oz cups.  <b>CCP:</b> Hold for cold service at 41° F or lower.  <b>CCP:</b> Refrigerate until served.
001308	YOGURT,GREEK,WHL,PLN,CHOBANI	25 LB	
990379	Lowfat Chocolate Milk - ADANE	24 LB	

\*Nutrients are based upon 1 Portion Size (2 CUP)

Calories¹	453.873 kcal	Total Fat	11.990 g	Total Dietary Fiber	5.714 g	Vitamin C	14.411 mg	23.774% Calories from Total Fat
Saturated Fat¹	7.187 g	Trans Fat²	0.386 g	Protein	28.003 g	Iron	0.842 mg	14.252% Calories from Sat Fat
Sodium¹	292.079 mg	Cholesterol	43.619 mg	Vitamin A	708.784 IU	Water	*302.352* g	0.765% Calories from Trans Fat
Sugars	*39.465* g	Carbohydrate	63.688 g	Calcium	537.644 mg	Ash	*N/A* g	56.129% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			24.679% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	oz eq	Fruit	1 cup
				Vegetable	cup
				Milk	1 cup

\*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.