

Recipe Prep Sheet

American Dairy Association North East

990093 - Smoothie, Breakfast - Chunky Monkey

Recipe HACCP Process: #1 No Cook
 Source: ADANE
 Number of Portions: 50
 Portion Size: 16 oz.

| Ingredient # | Ingredient Name | Measurements | Instructions |
|--------------|-------------------------------|--------------|--|
| 001286 | YOGURT,GREEK,VANILLA,NONFAT | 12 1/2 LB | No Instructions Assigned |
| | | | Day Before: Peel and slice the bananas and freeze. |
| 009040 | BANANAS,RAW | 14 LB | Combine all ingredients in a blender. Mix well. Serve in 16 oz. cups. CCP: Hold for cold service at 41° F or lower. CCP: Refrigerate until served. |
| 990379 | Lowfat Chocolate Milk - ADANE | 3 1/4 gal | |

*Nutrients are based upon 1 Portion Size (16 oz.)

| | | | | | | | | |
|----------------------------|--------------|------------------------|-----------|---------------------|------------|-----------|-------------|-------------------------------------|
| Calories ¹ | 347.086 kcal | Total Fat | 3.223 g | Total Dietary Fiber | 3.869 g | Vitamin C | 11.050 mg | 8.358% Calories from Total Fat |
| Saturated Fat ¹ | 1.853 g | Trans Fat ² | 0.005 g | Protein | 19.502 g | Iron | 0.792 mg | 4.805% Calories from Sat Fat |
| Sodium ¹ | 268.625 mg | Cholesterol | 13.802 mg | Vitamin A | 268.484 IU | Water | *186.153* g | 0.012% Calories from Trans Fat |
| Sugars | 49.231 g | Carbohydrate | 64.688 g | Calcium | 420.214 mg | Ash | *N/A* g | 74.549% Calories from Carbohydrates |
| Moisture Change | 0.000 % | Fat Change | 0.000 % | Portion Cost | \$0.000 | | | 22.475% Calories from Protein |
| Type of Fat | - | | | | | | | |

Components

| | | | | | | | | | |
|---------------|---------|-------|-------|-------|--------|-----------|-----|------|-------|
| Meat/Meat ALT | 1 oz eq | Grain | oz eq | Fruit | .5 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

¹ - denotes required nutrient values

² - 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.