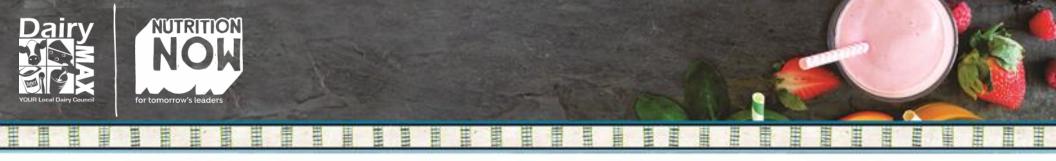


K-12 Breakfast Base Recipe

Recipe Type: Breakfast Meal Components: 1 oz M/MA, 1/2 cup fruit

	8 Servings		56 Servings		112 Servings					
Ingredients	Weight	Measure	Weight	Measure	Weight	Measure	Directions			
							CCP: No bare hand contact with ready to eat food			
Yogurt, Greek, vanilla, fat-free		1 qt		1 gal + 3 qt		3 gal + 2 qt	1. Place yogurt, fresh or canned fruit, frozen fruit, i			
Fresh or canned fruit		2 cups puree*		3 qt + 2 cups puree*		1 gal + 3 qt puree*	cubes, and optional nut/seed/soy butter and/or spinach in 5-gallon bucket. Blend using immersion			
Frozen fruit		2 cups puree**		3 qt + 2 cups puree**		1 gal + 3 qt puree**	 blender until pureed and smooth. Note: A 5-gallon bucket can hold 56 servings. 			
Ice cubes		1 cup		1 qt + 3 cups		3 qt + 2 cups				
Optional Mix-In: Nut/Seed/Soy butter		1/4 cup		1 3/4 cup		3 1/2 cups				
Optional Mix-In: Spinach, fresh	1.2 oz		8.4 oz		1 lb 0.8 oz					
							2. Pour 8 oz smoothies into 9 oz cups evenly and top with lid.			
							CCP: Hold and serve at 41° F or below. CCP: No bare hand contact with ready to eat food.			

*Fresh fruit puree weights:		**Frozen fruit puree weights:
1 lb EP bananas = 1 lb 9 oz AP bananas or ~4 bananas or 2 cups puree.		1 lb 2 oz frozen strawberries = 2 cups puree.
#10 (105 oz) can canned sliced peaches = 72 oz drained or 9 cups = 6 cups puree.		1 lb 2 oz frozen blueberries = 2 cups puree.
#10 (105 oz) can canned sliced pears = 66 oz drained or 9.5 cups = 6.5 cups puree.		1 lb 1.2 oz frozen pineapple = 2 cups puree.
		1 lb 1.6 oz frozen cherries = 2 cups puree.



Notes:	Serving:
Fruit (puree) in smoothies credits as fruit juice. Fruit puree was weighed and measured without the addition of water or other ingredients.	1 serving provides 1 oz meat/meat alternate and 1/2 cup fruit.
Do not puree fruit and measure for smoothies. Use the weight measure found in the above charts and add whole.	
Pair with 1 more item to credit as a reimbursable breakfast meal!	

Portion Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
8 fl oz	162 kcal	0.39 g	0.21 g	3.40 mg	39.99 mg	31.08 g	3.86 g	22.30 g	10.41 g

Nutrients generated with NUTRIKIDS® Menu Planning and Nutritional Analysis software and should not be used medical conditions or food allergies.