

"SMOOTHIE CHEAT SHEET"

Additional Meal Components Required for Reimbursable Meal

			<u>Fluid Milk</u>		<u>WG Enriched Grain</u>		<u>Meat/Meat Alternative</u>		
Breakfast	K-12	20 oz. Smoothie Recipe	+	8 oz Milk	+	1 oz. eq Grain	+	None Required	= Reimbursable Meal
Lunch	K-8	20 oz. Smoothie Recipe	+	8 oz Milk	+	1 oz. eq Grain	+	None Required	= Reimbursable Meal
Lunch	9-12	20 oz. Smoothie Recipe	+	8 oz Milk	+	2 oz. eq Grain	+	1 oz. M/MA	= Reimbursable Meal

Fluid milk served as meal component must be milk fat not served in smoothie.

Additional meal components: milk, grain and meat/meat alternative **do not** have to be taken, only offered to ensure a reimbursable meal.