

SUSTAINABLE

TASTE THE CONNECTION

FUEL UP WITH



SMOOTHIES

• made with **real** milk •

#UNDENIABLYDAIRY

SMOOTHIE SUCCESS GUIDE

SMOOTHIES ARE AN EASY AND DELICIOUS WAY TO SPARK NEW INTEREST IN SCHOOL BREAKFAST AND LUNCH PROGRAMS.

Smoothies can be served as part of a reimbursable meal for both breakfast and lunch, with milk, yogurt and fruit components credited towards the student meal pattern requirements.

Smoothies provide a nutritional punch to help fuel students in a fun and simple way!

- » Fruit contributes essential nutrients including fiber.
- » Milk contains a powerful package of 9 essential nutrients, including calcium, protein, phosphorus, vitamin D, vitamin A and several B vitamins (riboflavin, B12, pantothenic acid and niacin).
- » Yogurt provides healthy gut bacteria which promotes a healthy digestive system.
- » Smoothies contain protein which builds and repairs muscle and helps students feel full.
- » Smoothies work well in most food service models including but not limited to: Breakfast After the Bell, Breakfast in the Classroom, Grab n Go, and traditional cafeteria serving lines.



SMOOTHIE 101

For a smoothie to be reimbursable, each serving must contain an amount of each food group that meets school meal pattern requirements.

For example, a smoothie served at the

MIDDLE & HIGH SCHOOL
(makes 10, 12-16 oz servings)

- » 80 oz of milk,
- » 20 oz of yogurt
- » and 10 cups of pureed fruit

Credit as 1 cup of milk, ½ oz equivalent of meat/meat alternative and 1 cup of juice.

ELEMENTARY
(makes 10, 10-12 oz servings)

- » 20 oz milk,
- » 40 oz yogurt
- » and 5 cups frozen fruit, pureed

Credit as 1 oz equivalent of meat/meat alternative and 1/2 cup of juice.

It is important to note that fruit is credited based on the volume after it is pureed and that only half of the fruit offerings per week may be in the form of juice. Record smoothies sold daily to help provide more accurate information on projected amounts to prepare each day.

BREAKFAST:



SMOOTHIE

+



8oz MILK

+



1oz EQ GRAIN

REIMBURSABLE MEAL

LUNCH K-8:



SMOOTHIE

+



8oz MILK

+



1oz EQ GRAIN

REIMBURSABLE MEAL

LUNCH 9-12:



SMOOTHIE

+



8oz MILK

+



2oz EQ GRAIN

+



1oz M/MA

REIMBURSABLE MEAL

**Check current USDA smoothie guidelines for most updated meal component crediting information.*

SMOOTHIE PREPARATION INSTRUCTIONS

BEST PRACTICE TIPS:

- » Immersion blenders are more commonly used because of its efficiency and ability to produce large quantities at a time.
- » Use a round mixing container instead of a square container to prevent ingredients from lodging in the corners. Some find using a container with a spigot useful for portioning into cups.

HELPFUL HINTS:

- » Create smoothies in school colors
- » Build layered smoothies to showcase different colors
- » Celebrate with fun straws
- » Serve smoothies in clear, plastic cups to maximize visual appearance
- » Pair a smoothie with a whole grain option such as a bagel, cereal bar, or a muffin for a balanced meal
- » Use chocolate milk for white milk to make additional flavor options.
- » Add vegetables such as spinach or kale to provide a vibrant green color and big nutritional boost
- » Offer smoothies not only for breakfast but during lunch too

Smoothies can be easily made using the equipment you have in your kitchen. If smoothies are not served immediately, refrigerate at 41 degrees F or below. Smoothies can be made the day before serving, portioned, and held in the fridge overnight. They may also be held in the freezer if they need to be held longer than overnight. Tip: In order to meet the smoothie requirements, we recommend multiplying the amount of each required component by the desired number of servings to get the total amount of the ingredient needed per recipe.

BLENDER METHOD (FOR BATCHES OF 10 SERVINGS OR LESS)



Pull frozen fruit from the freezer.



Combine the fruit/vegetables, yogurt and milk in the blender.

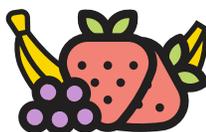


Blend until desired consistency is reached.



Pour evenly into the number of servings your recipe makes.

IMMERSION BLENDER METHOD (FOR BATCHES LARGER THAN 10 SERVINGS)



Pull frozen fruit from the freezer.



Combine the fruit/vegetables, yogurt and milk in a large container to meet your needs.



Blend starting at a low speed and gradually increase, until desired consistency is reached.



Pour evenly into the number of servings your recipe makes.

BLENDER-LESS SMOOTHIE



Combine yogurt, juice, and any spices in a large storage container.



Add 2 cups of chilled applesauce, cranberry sauce, pureed fresh, frozen or canned fruit.



Stir with a whisk or rubber spatula after each addition until smooth.



Verify mixture yields 4 quarts (16 cups).



Pour evenly into the number of servings your recipe makes.

fluid milk

8 oz Fluid Milk
(credit as 1 milk serving)

Fluid Milk

Unflavored Fat-free or Low-fat
Flavored Fat-free
Lactose-free

yogurt

4 oz
(credit as 1 oz meat alternative component)

Yogurt, Low-fat

Plain
Vanilla
Fruit-flavored
Greek-style

tasty treat tips

Use yogurt for smooth,
creamier consistency.

extras

(optional)

Nuts

Almonds
Cashews
Walnuts

Carrot

Avocado

Peanut or almond butter

Honey

Fresh mint

Vanilla

Cinnamon

Chocolate syrup

Instant, non-fat dry pudding mix

Oats or oatmeal

Ground flax seeds

Spinach

Nutmeg

Cocoa powder

*Extra ingredients add calories so recommend
limiting to 1 or 2 items from this list.

fruit

1 cup total
(credit as juice not more than 50% of weekly offerings)

Bananas

Berries

Blueberries
Raspberries
Strawberries

Cherries, pitted

Kiwi

Mango

Melons

Cantaloupe
Honeydew

Papaya

Peaches

Pineapple

Use frozen for best consistency.

BUILD A SMOOTHIE

1. Select choices of milk, yogurt and fruit.
2. Add optional extras.
3. Blend using desired equipment method.
4. Pour into desired portion cups and refrigerate at 41°F or below until service.

**YIELD: APPROXIMATELY
1-20 OZ SERVING**

Yogurt and fruit (breakfast and lunch) can be credited in smoothies prepared by program operators to meet meal pattern requirements. Fruit used in smoothies is credited as fruit juice and should be averaged over the week so as to comply with the 1/2 cup per day juice maximum. Vegetables are now a creditable component (minimum 1/8 cup required) in smoothies per USDA SP10 CACFP05 SFS10-2014 (v2)

RECIPES

Each recipe makes 10 smoothies

THE GREEN MONSTER SMOOTHIE

MIDDLE/HIGH SCHOOL PORTION (1 CUP SERVING)

5 cups low-fat vanilla yogurt

10 cups low-fat milk

5 medium pureed bananas

10 cups thawed pureed frozen peeled apple slices

5 cups packed baby spinach

Each serving credits as 1 C milk, 1 C juice and ½ oz equivalent of meat alternate.



ELEMENTARY SCHOOL PORTION (1/2 CUP SERVING)

5 cups low-fat vanilla yogurt

5 medium bananas

5 cups thawed pureed frozen peeled apple slices

1 ¼ cups packed baby spinach

Each serving credits as ½ C juice and 1 oz equivalent of meat alternate.

TROPICAL SMOOTHIE

MIDDLE/HIGH SCHOOL PORTION (1 CUP SERVING)

10 cups low-fat milk

5 cups pureed frozen pineapple and mango, mixed

2 ½ medium pureed frozen bananas

¾ cups + 1 TBSP orange juice

5 cups low-fat vanilla yogurt

Each serving credits as 1 C milk, ½ C juice and 1 oz equivalent of meat alternate.



ELEMENTARY SCHOOL PORTION (1/2 CUP SERVING)

5 cups low-fat milk

2 ½ cups pureed frozen pineapple and mango, mixed

5 medium pureed frozen bananas

2/3 cup of orange juice

2 ½ cups low-fat vanilla yogurt

Each serving credits as ½ cup milk, ½ C juice and ½ oz equivalent of meat alternate.

SUNFLOWER BUTTER AND JELLY SMOOTHIE

MIDDLE/HIGH SCHOOL PORTION (1 CUP SERVING)

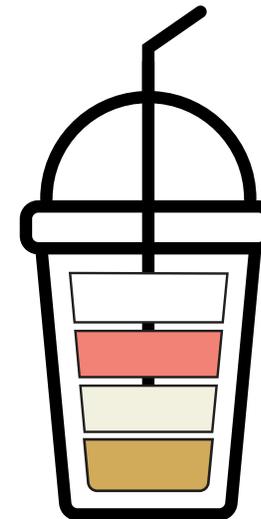
10 cups low-fat milk

5 cups pureed frozen strawberries

2 ½ cups vanilla yogurt

2 ½ cups sunflower seed butter

Each serving credits as 1 C milk, ½ C juice and 2 oz equivalent of meat alternate.



ELEMENTARY SCHOOL PORTION (1/2 CUP SERVING)

2 ½ cups low-fat milk

5 cups pureed frozen strawberries

5 cups vanilla yogurt

1 ¼ cups sunflower seed butter

Each serving credits as ½ C juice and 1 oz equivalent of meat alternate.

DID YOU KNOW...

Bananas make the final product creamier. It is a favorite ingredient that packs a good flavor too!

GET THE WORD OUT!

GET STUDENTS EXCITED ABOUT THE SMOOTHIES WITH THESE IDEAS:

1

Have smoothie tastings to introduce students to new flavors and generate excitement.

2

Advertise new smoothies using a banner displayed by highly populated areas such as the front doors or bus entrance, highlighting which days smoothies will be served.

3

Post signs throughout the school to highlight smoothies. Post in creative places.

4

Promote smoothies during your school announcements.

5

Design a smoothie recipe contest with students and teachers.

6

Work with your school paper or website to promote smoothies; also consider posting in school newsletter.

7

Utilize your social media accounts to let students and parents know about the new offerings.

8

Encourage students to post favorite smoothie photos and/or recipes and tag the school nutrition department.

9

Prepare holiday or season specific recipes: use red fruits for Valentine's Day, spinach for St. Patrick's Day, or pumpkin for Halloween.

10

Create a smoothie recipe and name that reflects your school's spirit i.e. name after school mascot.

11

Survey students and staff to rank their favorite flavors, then share on social media and at school.

12

Utilize punch cards to encourage frequent smoothie purchases and offer a reward to students who complete a punch card.

SAMPLE MESSAGING

It is important to market and promote your smoothies, just as much as picking popular flavors that students will like. Here are a couple sample messages to include for the promotion.

MORNING ANNOUNCEMENTS

Have you heard? We're now serving delicious fruit and yogurt smoothies in our cafeteria!

Come try one of our new smoothies made with real fruit and yogurt. Available at breakfast or lunch!

SOCIAL MEDIA POSTS

INSTAGRAM

Sample 1: [photo of smoothie] Grab a [insert flavor if available] fruit and yogurt smoothie with your breakfast this morning to start your day off right! Real fruit. Real dairy. Real good. #[schoolhashtag] #schoolmealsthatrock @MidwestDairy #UndeniablyDairy

Sample 2: [photo of students dressed in school colors, holding game day smoothie] We've got spirit. Yes we do. We've got spirit. How 'bout you? Get your game day smoothie TODAY ONLY and show off your school pride! #[schoolhashtag] #schoolmealsthatrock #UndeniablyDairy @MidwestDairy

FACEBOOK

Sample 1: Have you heard? We're now serving fruit and yogurt smoothies in our cafeteria! Not only are they packed with natural protein, calcium, vitamin D and more, but they're included in your meal. Try one for breakfast or lunch this week and let us know what you think! [include image]

Sample 2: Stay fueled and focused for your afternoon classes by choosing a fresh fruit and yogurt smoothie for a lunchtime pick-me-up! [insert image]

Sample 3: What's new at [insert school name]? We now serve fruit and yogurt smoothies! Try one of our fun new flavors at breakfast or lunch! Real fruit. Real dairy. Real good. [insert image]

TWITTER

Sample 1: Grab a fruit and yogurt smoothies with your breakfast this morning to start your day off right! Real fruit. Real dairy. Real good. @midwestdairy [include image] #UndeniablyDairy

Sample 2: #DYK We're now serving fruit and yogurt smoothies in our cafeteria? Try one today! [insert image] #UndeniablyDairy

Sample 3: [poll] RT if you've tried one of our NEW fruit and yogurt smoothies! Which flavor do you want to see on the menu this month? [insert flavors and serve the winner] #UndeniablyDairy

ADDITIONAL SMOOTHIE RESOURCES:

- » USDA's Food Buying Guide (for proper component crediting and accurate yields of fruits and vegetables)
- » USDairy.com

