

FUEL UP WITH SMOOTHIES

• made with **real** milk •



SMOOTHIE SUCCESS GUIDE

-  Smoothies are an easy and delicious way to spark new interest in school breakfast, lunch and snack programs. Whether your school has **TRADITIONAL** cafeteria serving lines, **GRAB N' GO** options for breakfast or lunch, or participates in **BREAKFAST AFTER THE BELL** or **BREAKFAST IN THE CLASSROOM** programs, this toolkit has you covered.
-  This **SMOOTHIE SUCCESS GUIDE** is designed to share preparation methods, recipe ideas and promotional materials for incorporating smoothies into reimbursable meals and snacks.
-  Smoothies can be served at breakfast, lunch and for a snack. Smoothies can include milk, yogurt, fruit and/or vegetables that credit toward USDA Child Nutrition Program requirements. With different components and versatility, smoothies are a **FUN AND EASY** way to boost nutrition and stir up excitement.

WHAT MAKES SMOOTHIES GREAT?

- Milk contains a powerful package of 13 essential nutrients, including calcium, protein, phosphorus, vitamin D, vitamin A, several B vitamins and zinc.
- Yogurt provides healthy gut bacteria, which promotes a healthy digestive system.
- Protein builds and repairs muscle and helps students feel full.
- Fruits and vegetables contribute essential nutrients including fiber.



BLENDING SMOOTHIES INTO MEAL PATTERNS

For a smoothie to be part of a **REIMBURSABLE MEAL OR SNACK**, each serving must contain a creditable amount of each food component. The examples below illustrate how smoothie components meet daily meal requirements for Breakfast, Lunch or After-school Snack programs when the smoothie credits as 1 oz. equivalent (oz. eq) meat/meat alternate (M/MA) and 1/2 cup fruit juice.*

BREAKFAST



SMOOTHIE

+



8 OZ.
MILK**

+



1 OZ. EQ
GRAIN

+



1/2 CUP
FRUIT

LUNCH K-8



SMOOTHIE

+



8 OZ.
MILK**

+



1 OZ. EQ
GRAIN

+



3/4 CUP
VEGGIES

LUNCH 9-12



SMOOTHIE

+



8 OZ.
MILK†

+



1 OZ. EQ
GRAIN

+



1 OZ. EQ
M/MA

+



1 CUP
VEGGIES

+



1/2 CUP
FRUIT

AFTER-SCHOOL SNACK 6-12†



SMOOTHIE

+



1 OZ. EQ
GRAIN

Reminder: Check current USDA guidance for the most up-to-date meal pattern requirements and smoothie crediting information.

* Fruits and vegetables are credited as juice based on the volume after puréed. Juice in smoothies is subject to the applicable limits.

† Even if there is a creditable amount of milk in a smoothie, the fluid milk component must also be offered on the serving line to meet the milk variety requirement.

‡ At Schoolteacher Snack, juice may not be served when milk is served as the only other component. However, a smoothie can be served containing both juice and milk but can only credit as either juice or milk, not both.

SMOOTHIE PREPARATION METHODS

There are multiple methods to make smoothies based on the equipment available.

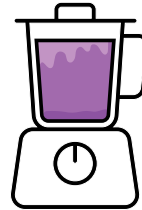
BLENDER — for batches of 10 servings or less



GATHER
ingredients.



COMBINE
ingredients in
a blender.



BLEND
until desired
consistency
is reached.



POUR
into the number
of servings
per recipe.

IMMERSION BLENDER — for batches larger than 10 servings



GATHER
ingredients.



COMBINE
ingredients in a large
container that meets
recipe needs.



BLEND
and gradually increase
speed until desired
consistency is reached.



POUR
into the number
of servings
per recipe.

HAND STIRRED — best for puréed fruit or vegetables



GATHER
ingredients.



ADD
ingredients one at
a time to a large
container.



STIR
with a whisk or rubber
spatula after adding each
ingredient, until smooth.



POUR
into the number
of servings
per recipe.

PREPARATION & SERVING TIPS

PREPARATION



To prepare a **SMOOTHIE THAT MEETS DAILY REQUIREMENTS**, multiply the amount of each component by the desired number of servings. This will provide a total amount of each ingredient needed per recipe.



If smoothies are not served immediately, refrigerate at **40°F OR BELOW**.



SMOOTHIES CAN BE MADE THE DAY BEFORE SERVING, portioned and held in a fridge overnight. They may also be held in a freezer, if needed.

SERVING



SERVE SMOOTHIES in clear, plastic cups to maximize visual appearance.



BUILD LAYERED SMOOTHIES to showcase different colors or create smoothies in school colors and add fun straws.



USE CHOCOLATE MILK instead of white milk for additional flavor options.



ADD VEGETABLES such as spinach, kale or carrots to provide vibrant colors and a nutritional boost.



BUILD A SMOOTHIE

Explore the different ways to level up smoothies. Mix and match different flavor and ingredient combinations to keep smoothie options at your school fresh and seasonally appropriate.



SELECT choices of milk, yogurt, fruit and/or vegetables.



ADD optional extras to add more flavor.*



BLEND using desired preparation method (see page 4 of toolkit).



POUR into cups and refrigerate at 40°F or below until service.

USE THIS CHECKLIST TO CREATE A SMOOTHIE OF YOUR OWN. (Yield: Approx. 1, 20 oz. serving)



8 OZ. OF FLUID MILK

Select one item



UNFLAVORED FAT-FREE or LOW-FAT



FLAVORED FAT-FREE or LOW-FAT



4 OZ. OF LOW-FAT YOGURT

Select one item



VANILLA



FRUIT-FLAVORED



PLAIN



GREEK



1 CUP OF FRUIT OR VEGETABLES (Use frozen for best consistency)

Select one or more items



AVOCADO



BANANA



BERRIES (Ex. Blueberries, raspberries or strawberries)



CARROT



CHERRIES (Pitted)



KIWI



KALE



MANGO



MELON (Ex. Cantaloupe or watermelon)



PAPAYA



PAPAYA



PEACH



PINEAPPLE



PUMPKIN



SPINACH



SWEET POTATO

EXTRAS (Optional)

*Extra ingredients are not creditable in smoothies. Account for extras in weekly dietary specifications.



CINNAMON



COCOA POWDER



FLAVORED SYRUP (Ex. Chocolate or caramel)



FLAX SEED (Ground)



MINT



HONEY



DRY PUDDING MIX (Instant, non-fat)



NUTMEG



NUTS (Ex. Almonds, cashews or walnuts)



OATS or OATMEAL



NUT or SEED BUTTER



VANILLA (Ex. Extract or syrup)



RECIPES

Try these recipes to get started! Recipe Yield: 50 Servings — Serving: 12 oz. Smoothie (Credits as 1 oz. eq M/MA & 1/2 cup puréed fruit juice).

VERY BERRY

200 oz. vanilla yogurt

5 lbs. frozen blueberries, whole

5 lbs. frozen strawberries, whole

1 gallon milk

GO GREEN

200 oz. vanilla yogurt

3 #10 cans halved pears, drained

4 bananas

2 lbs. raw spinach

1 gallon milk

PEACHY KING

200 oz. vanilla yogurt

3 #10 cans sliced peaches, drained

1 gallon milk

STRAWBERRY BANANA

200 oz. vanilla yogurt

10 lbs. frozen strawberries, whole

8 bananas

1 gallon milk

TIPS AND TRICKS

- Experiment with various yogurt and milk flavors.
- Add bananas or additional yogurt to thicken your smoothies.
- Try fresh, frozen or canned fruits — Check your Food Buying Guide for crediting.
- Blend frozen fruit with yogurt and then add the milk last — Blend until smooth!

RECIPES DEVELOPED BY THE DAIRY ALLIANCE



CASE STUDIES

Schools in Missouri, Nebraska and South Dakota have seen success incorporating smoothies into their school meal programs through grants and consultation from Midwest Dairy. Find out how smoothies **INCREASED STUDENT DAIRY CONSUMPTION AND SATISFACTION.**

SAINT LOUIS PUBLIC SCHOOLS — MISSOURI

+2400

**MORE GALLONS
OF MILK**

**SERVED IN SCHOOL
YEAR 2021-2022**

Saint Louis Public Schools added smoothies to breakfast menus across their 18 middle and high schools in October 2021. Smoothies made with 8 oz. of milk were served five days per week using [Smoothie Kit equipment](#) from Hubert — an investment of ~\$14,000. The School Nutrition Director found that students enjoyed the smoothies and saw district-wide benefits from the new menu items. The district went on to add smoothies in all 43 elementary schools in October 2022!

GRETNA PUBLIC SCHOOLS — NEBRASKA

Gretna High School added smoothies to their breakfast and lunch menus in school year 2021-2022 using [equipment from Hubert](#), including a smoothie kit and hallway cart. Before launching the program, students were invited to try smoothie samples and choose their favorites to feature on the menu. Students were also involved in designing promotional materials and managing the breakfast cart, where smoothies were served. A great opportunity to engage the student body and help them learn food safety, customer service and management skills.

**“IT’S KIND
OF A MATCH
MADE IN
HEAVEN,”**

— The School Food Service
Director called the new
equipment and menu offerings.

SIOUX FALLS SCHOOL DISTRICT — SOUTH DAKOTA

**+194 MORE GALLONS
OF MILK**

SERVED IN SCHOOL YEAR 2021-2022

In October 2022, some Sioux Falls middle and high schools added smoothies to their menus — all 11 schools in the district will phase in adoption over time.



GET THE WORD OUT

Now that you're set up for smoothie success, it's important to get the word out about this exciting new offering! Build anticipation and excitement through announcements, signage and social media. Consider the ideas below to keep students interested throughout the year with different promotions and season-specific options.

1

Post signage throughout the school promoting this new menu addition or to promote new flavors.

2

Work with administrators, teachers and students to spread the word through school announcements, e-blasts, social media, the school website or newspaper.

3

Host taste tests for new smoothie flavors. Survey students and share results through different channels like social media or e-blasts.

4

Hold a smoothie recipe contest. Provide options for different ingredients that can be added to smoothies and feature winning recipes on the menu.

5

Establish a weekly Smoothie Day or periodically showcase a flavor of the day to drum up buzz and excitement for students to explore new smoothie offerings.

6

Use different colored fruits and vegetables to show off your school spirit with a school-colored smoothie or to match the colors of holidays or seasons.

7

Create unique smoothie names by using the school mascot, holidays, food puns and more!

8

Utilize punch cards to keep students coming back for more!



GET THE WORD OUT: SAMPLE MESSAGING

Promoting your smoothies is just as important as developing recipes and flavors that students will enjoy. Use the sample messaging below in announcements or social media posts, and add your own spin or create a customized message for your school.

SAMPLE ANNOUNCEMENTS

- New menu item alert! The school cafeteria is blending up excitement with smoothies. Made with real milk, yogurt and fruit, these smoothies will fuel you up for class. Try one at breakfast. It's included with your meal!
- To celebrate homecoming, the cafeteria is featuring [*insert school spirited smoothie name*]. Made with milk, yogurt and fruit, this smoothie will fuel you up for the big game. Go [*insert school mascot*]!
- Fuel up for class and after-school activities with smoothies. Now served at lunch, smoothies provide a delicious, nutritious boost with the 13 essential nutrients found in milk. Try one today!

SAMPLE SOCIAL MEDIA POSTS

FACEBOOK, INSTAGRAM OR TWITTER



- The school cafeteria is now serving smoothies! Packed with the 13 essential nutrients found in milk (like protein and vitamin D!), these smoothies are not only healthy but taste s-blended! #UndeniablyDairy
- Stay fueled and focused for classes with a smoothie made with real milk, yogurt and fruit! Now served in the cafeteria and included with your meal — try one today! #UndeniablyDairy
- Looking to try something new in the cafeteria? We've got new and delicious smoothie flavors made with real fruit and milk. Blended ingredients, standout flavors. #UndeniablyDairy
- Nothing pairs better with exam day than a good night's sleep and a smoothie made with real milk and fruit. With 13 essential nutrients to fuel your brain and body, you'll make quick work of that school work! #UndeniablyDairy
- Get your game face on with our [*insert school colors*] smoothie made with real milk and fruit to give you the boost you need, whether you're in the stands or on the team! Go [*insert school mascot*]! #UndeniablyDairy
- Celebrate homecoming with our featured [*insert school spirited smoothie name*] smoothie — made with real milk and fruit to give you a boost while cheering on the team. Go [*insert school mascot*]! #UndeniablyDairy



ADDITIONAL RESOURCES

IMPLEMENTATION RESOURCES

Smoothies and Parfaits Program

[Learn More](#)

Smoothies and Parfaits Program Standard Operating Procedures

[Learn More](#)

USDA GUIDANCE

Offering Smoothies as Part of Reimbursable School Meals

[Learn More](#)

Smoothies Offered in the Child Nutrition Programs

[Learn More](#)

MORE RECIPES TO TRY



Chocolate Berry



Raspberry Strawberry



Banana Caramel



Apple Yogurt

TOOLKITS FOR INCORPORATING DAIRY INTO SCHOOL MEALS



School Breakfast



Hot Chocolate Milk



Lattes in High School

CONTACT INFORMATION

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TOOLKIT PROVIDED BY MIDWEST DAIRY — AN AFFILIATE OF NATIONAL DAIRY COUNCIL

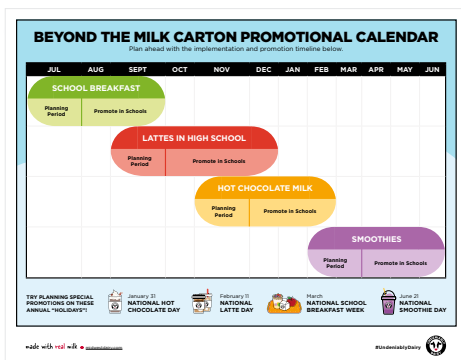
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ADDITIONAL RESOURCES

1. PROMOTIONAL CALENDAR

(8.5" x 11")



2. DIGITAL SIGNAGE

(1920 x 1080 px)



3. POSTERS

(8.5" x 11" and 11" x 17")



4. SOCIAL GRAPHICS

(1200 x 1200 px and 1080 x 1080 px)



5. PUNCH CARDS

(8.5" x 11" and 11" x 17")



ACCESS OR DOWNLOAD
ALL SMOOTHIE RESOURCES
TO PRINT OR SHARE.

[CLICK HERE](#)