

# Lake Havasu Unified School District

**Recipe: 000440 Smoothie, Breakfast**

**Recipe HACCP Process: #1 No Cook**

Recipe Source:  
Recipe Group: Breakfast

Alternate Recipe Name:  
Number of Portions: 6  
Size of Portion: 1/2 Cup

900030 Banana, Petite 150ct..... R000174 ORANGE JUICE..... 825700 YOGURT Bulk, Vanilla 32oz....	2 Each 4 Each 1 CUP	Put Bananas, Juice and Yogurt into a blender along with 1 cup of ice and blend. Pour into 8oz. cup and serve immediately.
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\*Nutrients are based upon 1 Portion Size (1/2 Cup)

Calories	99 kcal	Cholesterol	2.70 mg	Protein	2.83 g	Calcium	64.63 mg	5.91%	Calories from Total Fat
Total Fat	0.65 g	Sodium	35.52 mg	Vitamin A	6.26 RE	Iron	0.09 mg	3.61%	Calories from Saturated Fat
Saturated Fat	0.40 g	Carbohydrates	22.40 g	Vitamin A	39.32 IU	Water <sup>1</sup>	24.97 g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	0.87 g	Vitamin C	22.90 mg	Ash <sup>1</sup>	0.27 g	90.51%	Calories from Carbohydrates
								11.43%	Calories from Protein

\*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  
<sup>1</sup> - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz.				? - Milk
Grain/Bread..... srv.				? - Egg
F/V/J..... cup				? - Peanut
Milk..... fl. oz.				? - Tree Nut
				? - Fish
				? - Shellfish
				? - Soy
				? - Wheat
<b><u>Moisture &amp; Fat Change</u></b>				
Moisture Change..... 0%				
Fat Change..... 0%				
Type of Fat.....				

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900030	Banana, Petite 150ct			
R	000174	ORANGE JUICE			
I	825700	YOGURT Bulk, Vanilla 32oz			

**NOTICE: The data contained within this report and the NUTRIKIDS® 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.**