

SMOOTHIES

Crediting Smoothies

Milk:

- You can use a smoothie to meet the fluid milk requirement at breakfast or lunch (minimum portion sizes must be served)
- The type of milk required (skim, 1%, etc.) still applies to the milk used in smoothies



Fruit/Vegetable (counts as juice; juice is limited to once per day):

- 1/8 cup of pureed fruit/vegetable or more is needed per smoothie
- Fruit/vegetable is credited based on its volume AFTER you have pureed it. For example, 3 cups of raspberries gives you just under 2 cups after it is pureed
- If smoothies are used for a snack, it can count as milk OR fruit, but not both. If the smoothie includes yogurt, it will count as a meat alternate

Yogurt:

- Yogurt in smoothies will count as a meat alternate (minimum portion sizes must be served)
- No more than 23 grams sugar per 6 oz of yogurt
- If serving at breakfast, meat/meat alternate may replace the grain group no more than 3x per week

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NMP 445 - 6/21

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SMOOTHIES

| Breakfast | | | |
|--------------------------|---------|---------|----------|
| Age | 1-2 yrs | 3-5 yrs | 6-12 yrs |
| Milk | 1/2 c | 3/4 c | 1 c |
| Meat Alternate (yogurt*) | 1/4 c | 1/4 c | 1/2 c |
| Fruit/Veg Juice | 1/4 c | 1/2 c | 1/2 c |

- Using the full portions of milk and fruit/vegetable or juice listed above in a smoothie would fulfill the milk requirement and credit as a serving of fruit/vegetable juice (juice is limited to once per day)
- Meat alternate (yogurt) at breakfast may replace the grain component a maximum of three times per week.

| Lunch/Supper | | | |
|--------------------------|---------|---------|----------|
| Age | 1-2 yrs | 3-5 yrs | 6-12 yrs |
| Milk | 1/2 c | 3/4 c | 1 c |
| Fruit/Veg Juice | 1/8 c | 1/4 c | 3/8 c |
| Meat Alternate (yogurt*) | 1/2 c | 3/4 c | 1 c |

- Using the full portions of milk and fruit/vegetable juice listed above in a smoothie would fulfill the milk requirement and credit as a juice for the fruit or vegetable at lunch (juice is limited to once per day).
- Yogurt in a smoothie may contribute to the meat/meat alternate requirement at lunch. Additional meat or meat alternate may be needed if less than the full portion is served.

| Snack | | | |
|--------------------------|----------------|----------------|--------------|
| Age | 1-2 yrs | 3-5 yrs | 6-12 yrs |
| Milk OR Fruit/Veg/Juice | 1/2 c 1/2 c | 1/2 c 1/2 c | 1 c 3/4 c |
| Meat Alternate (yogurt*) | 1/4 c | 1/4 c | 1/2 c |

- A smoothie containing the full portion of fluid milk* and the full portion of fruit or vegetable will fulfill the milk requirement OR the fruit or vegetable requirement but not both (the fruit or vegetable credits as juice and is limited to once per day).
- Yogurt in a smoothie can fulfill the meat/meat alternate requirement.

*** No more than 23 grams of sugar per 6 oz of yogurt.**

*The fluid milk used in the smoothie must be 1% milk or skim milk for children age 2 and older.

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