

SMOOTHIE HIGHLIGHTS FOR SECONDARY SCHOOLS

- Adding Smoothies to the menu has shown to increase participation. Ask the main office to announce smoothies before lunch.
- Four flavors available: Peach, Blueberry, Strawberry, Mango.
- There are two sets of recipes: 1) Recipes for Clearbrook sites, which have a “C” at the end of the recipe number, and 2) Recipes for Driftwood sites, which have a “D” at the end of the recipe number.
- Pay attention to which fruit you order and the recipe that goes with it – 10 lb cs and 30 lb cs of fruits use the same amount of fruit in the recipe. 20 lb cs uses more fruit. We have different fruit sources resulting in recipes using the different amounts of fruit to meet the ½ cup needed/serving.
- The smoothie cup has two components – Meat/Meat Alternate and Fruit. Students must take one more component to make a reimbursable meal – milk, grain, or vegetable.
- The smoothie bowl has three components and is a full reimbursable meal – students do not need to take anything else.
- Refer to the following documents and more found at <https://achieve.lausd.net/Page/1656> in advance to best prepare for a smooth smoothie roll out: 1) **Best Practices – Operating Immersion Blender**, 2) **Best Practices - Cleaning Blender**, 3) **Smoothie Preparation Steps** (does not replace the recipe), and 4) **Smoothie Cup Photo Instructions**.
- Below is information to help you with ordering supplies and ingredients.



SMOOTHIE CUP FLAVOR	CLEARBROOK RECIPES and #	DRIFTWOOD RECIPES and #	SUPPLIES AND INGREDIENTS NEEDED	CMS #	CASE/PACK SIZE
Strawberry	R3329C	R3329D	Frozen Strawberry Squares (Fraddies)	2954	20 lb case
Strawberry	R3327C	R3327D	Frozen Sliced Strawberries	2939	30 lb case
Strawberry	R3321C	R3321D	Frozen Sliced Strawberries	2931	2, 5 LB BAGS = 10 LB TOTAL
Mango	R3325C	R3325D	Frozen Mango Chunks	2932	2, 5 LB BAGS = 10 LB TOTAL
Blueberry	R3326C	R3326D	Frozen Blueberry Squares (Fraddies)	2908	30 lb case
Peach	R3328C	R3328D	Frozen Peach Squares (Fraddies)	2943	20 lb case
STRAWBERRY BANANA SMOOTHIE BOWL	R3323C R3333C R3334C	R3323D R3333D R3334D	Clear Cup, 12/14 oz.	4622	1000/cs
*Vanilla Yogurt, 32 lb Pail	9036	7087	Lid (replacing lid with straw hole once used up)	4239 no hole 4658 w/hole	1000/cs
Strawberry Milk, ½ Pint	9018	7075	Straw, Unwrapped	4659	24 boxes of 500, total 12,000/cs
*Yogurt pail can be used to mix smoothies for one single use after the yogurt has been used up. Pail must be discarded afterwards.			White Container, 16 oz	CMS #4036	1000/cs
			Granola, 1 oz. bag	CMS #1672	144/cs