

Smooth-Shake Plus

(1) 1/2 C Frozen Commodity Fruit

+

8 oz Milk

+

(1) 1/2 Frozen Cup Yogurt

+

1 oz Sugar Free Flavored Syrup

= Smooth-Shake Plus

*Must offer 1 actual grain, not a grain substitute and 1/2 C of actual fruit, not a juice.

Smooth-Shake

(2) 1/2 C Frozen Commodity Fruit

+

8 oz Milk

+

1 oz Sugar Free Flavored Syrup

= Smooth-Shake

*If 2 of the frozen fruit utilized are the same flavor (ex: peach and peach), they will count as 1 item. However, if 1 is different (ex: peach and strawberry), they will count as 2 items.

**Must offer 1 actual grain, not a grain substitute.



Orange County
Public Schools

