



Recipe Project Name/Written By:	Chartwells + Dairy Management, Inc.
Recipe Category:	Breakfast, Grab n' Go, Speed Scratch
Cooking Process:	#1 No Cook
Prep Time:	50 minutes
Cook Time:	
Total Time:	50 minutes
K-12 Portion Size:	9.5 fluid ounces
Meal Pattern Contribution: 1 oz eq m/ma, 1/2 cup fruit	

[illegible]

BANANA PINEAPPLE SMOOTHIE

NUTRITION INFORMATION

Serving Size 9.5 fluid ounces

NUTRIENTS AMOUNT

Calories 185

Total Fat 1 g

Saturated Fat 0 g

Cholesterol 5 mg

Sodium 100mg

Total Carbohydrate 38 g

Dietary Fiber 3 g

Total Sugars 27 g

Added Sugars 5 g

Protein 7 g

Vitamin D 2.7 mcg

Calcium 180 mg

Iron 0.4 mg

Potassium 669 mg

N/A=data not available.

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	16 Servings	64 Servings
Bananas, fresh	3 lb 2 oz	12 lb 8 oz

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

#10 can pineapple chunks = 64.6 oz drained or 8 cups = 7.89 cups puree.

Yield may slightly vary depending on blender and products.

YIELD/VOLUME

16 Servings	64 Servings
Total Volume: 1 gal 3 cups	Total Volume: 2 gal + 1 qt + 2 cups
Total Weight: 10 lb 1 oz	Total Weight: 40 lb 4 oz

