



Power-Packed Breakfast ON-THE-GO

menu solutions

12 oz. Strawberry Banana Yogurt Smoothie

2 oz. DOLE
Chef-Ready Cuts
Diced Strawberries



2 oz. DOLE
Chef-Ready Cuts
Sliced Bananas



Meets Daily Breakfast
**FRUIT
REQUIREMENT**



4 oz. Vanilla
Non-Fat Yogurt



Meets Daily Breakfast
**PROTEIN
REQUIREMENT**

4 oz. DOLE
100% Pineapple Juice



Meets Daily Breakfast
**JUICE
REQUIREMENT**



A WELL-ROUNDED SOLUTION

Pair with two mini
whole-grain donuts or a
bag of crackers and
you've met the grain
requirement as well.



12 oz. Mango Orange Yogurt Smoothie

4 oz. DOLE
Chef-Ready Cuts
Mango Cubes



Meets Daily Breakfast
**FRUIT
REQUIREMENT**

4 oz. Vanilla
Non-Fat Yogurt



Meets Daily Breakfast
**PROTEIN
REQUIREMENT**

4 oz. 100%
Orange Juice



Meets Daily Breakfast
**JUICE
REQUIREMENT**

Source: www.fns.usda.gov/school-meals/nutrition-standards-school-meals

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TIP:

Recipes can be pre-made and will hold nicely in a refrigerated area for up to 4 hours.