

EXAMPLE

John Smith (*Foodservice Director, First & Last Name*)

Oak County Middle School (*School*)

Emily Thompson (*Student Name*)

2nd Grade (*Grade Level*)

Age 7 (*Student Age*)

Banana Berry Smoothie (*Recipe Name*)

Ingredients: ½ cup mixed berries, ½ cup milk, ½ cup vanilla yogurt

Instructions:

- 1. Add ingredients to blender**
- 2. Blend until smooth**
- 3. Pour in 12oz. glass and serve**

