

Breakfast Blender-less Smoothies

MADE WITH DOLE® CHEF-READY FROZEN FRUIT PURÉES



ingredients into a mixing bowl.





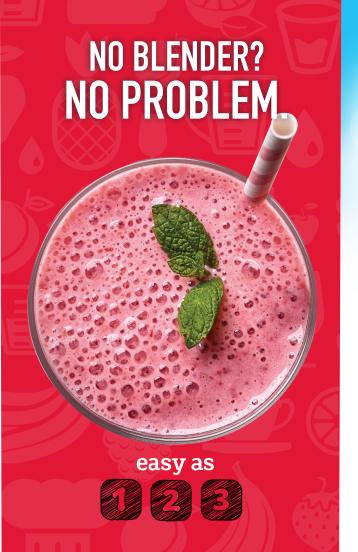
Whisk until all ingredients are incorporated together.





Chill and serve!







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.























Meets Daily Breakfast

FRUIT JUICE

REQUIREMENT

30 oz. 100% Juice*





60 oz. Low-Fat Vanilla Yogurt



Meets Daily Breakfast
PROTEIN
REQUIREMENT

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







*Options include DOLE 100% Pineapple Juice, Apple Juice or Orange Juice

To request a free sample, visit dolefoodservice.com or call 800-723-9868.

dolefoodservice.com