



Count on DOLE® for delicious, fruit forward recipes that help ensure students meet the USDA Meal Pattern Requirements in 3 simple steps.

[1-2-3] SERVE

All Recipes Meet M/M/A and Fruit Credit Requirements



PARFAITS

1

FILL

Fill parfait cup with Frozen DOLE® Fruit or Chef Ready Cuts, compacting with underside of spoon.



2

LAYER

Layer with yogurt and thawed DOLE® Chef-Ready Frozen Fruit Purée.



3

TOP

Top with Frozen DOLE® Fruit or Chef-Ready Cuts.



SERVE

STRAWBERRY SUNRISE

- ¼ cup DOLE® Chef-Ready Cuts Pineapple Cubes
- ½ cup vanilla yogurt
- ¼ cup DOLE Chef-Ready Frozen Strawberry Purée
- ⅛ cup DOLE Chef-Ready Cuts Diced Peaches

Each 8 oz. parfait = 1/2 CUP SERVING OF FRUIT

YIELDS 1 (8 OZ.) SERVING



SMOOTHIES

1

COMBINE

Combine Frozen DOLE® Fruit or Chef-Ready Cuts, juice and yogurt.



2

BLEND

Blend until smooth, scraping the sides as needed.



3

CHILL

Chill and serve!



SERVE

TROPICAL BREEZE SMOOTHIE

- ⅛ cup DOLE® Chef-Ready Cuts Diced Strawberries
- ⅛ cup DOLE Chef-Ready Cuts Sliced Bananas
- ¼ cup DOLE 100% Pineapple Juice
- ½ cup vanilla yogurt

Each 8 oz. smoothie = 1/2 CUP SERVING OF FRUIT JUICE

YIELDS 1 (8 OZ.) SERVING



BLENDER-LESS SMOOTHIES

1

ADD

Add thawed, DOLE® Chef-Ready Frozen Fruit Purée, yogurt and juice into a mixing bowl.



2

WHISK

Whisk until all ingredients are incorporated together.



3

POUR

Pour into plastic cups.



SERVE

PURPLE PARADISE SMOOTHIE

- ¼ cup thawed, DOLE® Chef-Ready Frozen Blackberry Purée
- ¼ cup DOLE 100% Pineapple Juice
- ½ cup vanilla yogurt

Each 8 oz. blender-less smoothie = 1/2 CUP SERVING OF FRUIT JUICE

YIELDS 1 (8 OZ.) SERVING



PARFAIT ME!

Students love treats that are both colorful and sweet. Parfaits are the perfect way to create menu items students will enjoy while also meeting the daily fruit requirements.

WITH DOLE® FRUIT, THE POSSIBILITIES ARE ENDLESS!



WILDCAT PARFAIT

- 1/8 cup DOLE® Chef-Ready Cuts Diced Peaches
- 1/2 cup vanilla yogurt
- 1/4 cup DOLE® Chef-Ready Frozen Blackberry Purée
- 1/8 cup DOLE® Chef-Ready Cuts Mango Cubes

CREATE A PARFAIT NAMED AFTER YOUR SCHOOL MASCOT OR TEAM COLORS!



TRIPLE BERRY BLAST

- 1/8 cup frozen DOLE® Blueberries
- 1/2 cup vanilla yogurt
- 1/4 cup DOLE® Chef-Ready Frozen Strawberry Purée
- 1/8 cup frozen DOLE® Dark Sweet Cherries



BERRY PEACHY PARFAIT

- 1/8 cup frozen DOLE® Blueberries
- 1/2 cup vanilla yogurt
- 1/4 cup DOLE® Chef-Ready Frozen Mango Purée
- 1/8 cup DOLE® Chef-Ready Cuts Diced Peaches



Did You Know?

- Parfaits can be pre-made and chilled for up to 3 days
- Top parfaits with granola or oatmeal to meet the grain requirement
- 4 oz. of yogurt credits as 1/2 cup meat alternate in all programs

WHY DOLE?

THE BEST FRUIT

We are committed to growing and packaging the highest quality fruit so every bite tastes ripe and delicious.

WITH GOOD IN MIND

We are involved citizens in all the communities where we grow and package fruit. Wherever we work, we support education, community, health & safety, and the environment.

MADE ACCESSIBLE

Through convenient packaging, vibrant recipes and quality products, we are continually looking for ways to make delicious fruit enjoyable and affordable, anytime.

GROWING MINDS

Dole strives to excite and educate students about the benefits of fruit and a healthy lifestyle with fun programs and creative contests.



PEACH MANGO STRAWBERRY BLACKBERRY

For more tips and innovative school-friendly recipes, visit dolefoodservice.com/schools