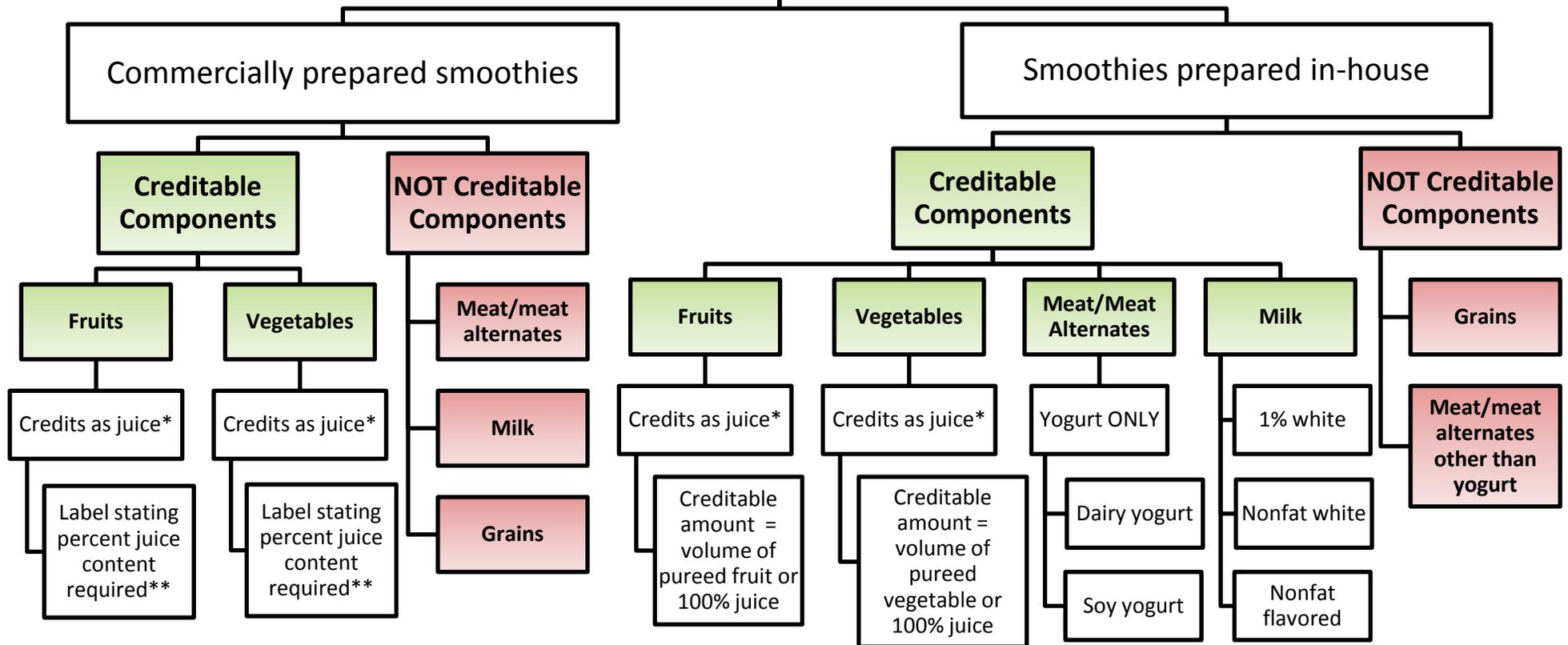


Crediting Smoothies Served in the School Breakfast Program (SBP) and National School Lunch Program (NSLP)



See reverse side for additional information and clarification on smoothies in SBP and NSLP.

Refer to SP 10-2014 (v.3), dated July 22, 2015 for the full Questions and Answers on smoothies in Child Nutrition Programs:
<http://www.fns.usda.gov/smoothies-offered-child-nutrition-programs-0>

*Smoothies are subject to the limitations on juice in SBP and NSLP: no more than 50% of the weekly fruit or vegetable offerings may be in the form of juice.

**For example, an 8 fluid ounce smoothie made from fruit puree with the juice content labeled as “contains 50% juice” would credit as 4 fluid ounces or ½ cup juice. Smoothies with less than 100% juice content are the only instance when less than 100% juice may be offered for meeting federal meal requirements.

Crediting Smoothies Prepared In-House for the School Breakfast and National School Lunch Programs

Both Fruits and Vegetables

- Pureed fruits and vegetables in smoothies are considered juice and are subject to the limitation that no more than 50% of the fruit and vegetable offerings per week may be in the form of juice.
- Fruits and vegetables in smoothies are credited based on their volume when pureed: 1/4 cup pureed strawberries credits as 1/4 cup fruit juice. During recipe standardization, the creditable volume is determined after pureeing the fruit or vegetable, separate from the other ingredients.
- The minimum amount of creditable fruit or vegetable is 1/8 cup.
- Fruit only: Concentrated fruit puree and concentrated fruit juice can only be credited as fruit when they are reconstituted to full-strength fruit puree or full strength juice. Otherwise, they are considered added sugar.

Vegetables

- Vegetables from any vegetable subgroup are creditable in smoothies in the following forms: fresh, frozen or canned vegetables, 100% vegetable juice, and 100% vegetable and fruit juice blends.
- Vegetables from the bean/peas (legumes) subgroup may credit toward the vegetable meal pattern requirement as juice when served in a smoothies. They may not credit as meat/meat alternate in smoothies.
- If all vegetables that make up a smoothie are from the same subgroup, then they may credit towards that subgroup. However, if there are blends from different subgroups, these will contribute to the "additional" vegetable requirement. This also applies to 100% vegetable juice.
- Smoothies containing a mix of fruit and vegetables or containing 100% fruit and vegetable juice blends may contribute to the fruit requirement when fruit juice or puree is the predominant ingredient by weight. If vegetable juice or puree is predominant, the smoothie will contribute toward the "additional" vegetable requirement.

Grains (NOT CREDITABLE)

- Grains CANNOT be credited when served in a smoothie.
- Ingredients like oats can be included in smoothies for consistency and flavor but are not creditable. All smoothie ingredients must be included in dietary specifications.

Meat/Meat Alternates (YOGURT ONLY)

- Yogurt may be credited as a meat alternate in smoothies prepared by program operators. Yogurt is the ONLY meat/meat alternate food that can be credited in smoothies.
- Both dairy yogurt (including Greek yogurt) and soy yogurt are creditable. Four ounces by weight or 1/2 cup of yogurt credits as one ounce equivalent of meat/meat alternate. Yogurt is listed in the Food Buying Guide for Child Nutrition Programs.
- The addition of yogurt to a smoothie does NOT serve as a substitution for fluid milk.
- Ingredients like peanut butter can be included for consistency and flavor but are not creditable in smoothies. All smoothie ingredients must be included in dietary specifications.

Milk

- Only milk types that are allowable in SBP and NSLP (1% unflavored, nonfat unflavored, nonfat flavored) may be used in smoothies and are creditable in smoothies prepared by program operators.
- When milk is used in smoothies, the fluid milk component must also be offered on the serving line in the full 8 fluid ounce minimum volume in order to comply with quantity and variety requirements.
- The minimum creditable amount of milk is 1/4 cup.
- The addition of yogurt to a smoothie does NOT serve as a substitution for fluid milk.

Additional Notes

- Commercially prepared smoothies may only credit toward the fruit or vegetable components.
- If smoothies are being credited as meat/meat alternates counting toward the grain minimum at breakfast, at least one ounce equivalent of true grain must also be offered.
- Signage should be posted on the serving line to inform students of the foods/components contained in smoothies; for example, "fruit and yogurt smoothie = 1/2 cup fruit and 1 ounce equivalent meat/meat alternate."
- Smoothies with dietary and herbal supplements (e.g., whey protein) are NOT creditable in Child Nutrition Programs.

Based on SP 10-2014 (v.3) dated July 22, 2015