



Exciting news!!! You can now count milk, fruit/vegetable, and yogurt in a smoothie toward a reimbursable breakfast and lunch.



## Build a Better Breakfast & Lunch with YOGURT!

### Eat Healthy. Get Active. Make a Difference.

Provide healthy, nutritious menu items containing yogurt to your students while increasing revenue opportunities for your school meal programs. High-quality commercial blenders and metered pumps can turn simple ingredients such as milk, yogurt and fruit into nutrient-rich menu items.

**Check out these recipes which follow the USDA guidelines.**

#### Yogurt Smoothie Recipe

Serving size: Single 20oz Cup

- 1 cup cold fat-free milk (white or flavored)
- 1 cup fresh or frozen fruit
- 1/2 cup vanilla yogurt (regular or greek)

#### Yogurt Parfait Recipe

Serving size: Single 12oz Cup

- 1 cup fresh or frozen fruit
- 1/2 cup yogurt (regular or greek)
- 1 oz cereal

Layer yogurt, fruit, and cereal or granola in a clear cup.



See back for more information about adding yogurt to your school menu.

# YOGURT: Spoon it, Mix it, Sip it, Dip it, Dunk it!

## 5 Day Sample Breakfast Menu Featuring Yogurt

If you choose to utilize 1/2 cup of fruit in your smoothie or parfait be sure to offer an additional 1/2 cup of fruit to meet the meal requirements.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Strawberry-Pineapple Yogurt Parfait</u> 1/2 cup strawberry or plain yogurt layered with 1 cup fresh, frozen or canned fruit</p> <p>1oz Cereal (granola, puffed or flakes)</p> <p>8oz of milk</p>	<p><u>Chocolate-Banana Smoothie</u> 1 cup fat-free chocolate milk, blended with 1/2 cup vanilla yogurt and 1 cup frozen banana</p> <p>1/2 bagel or any grain equivalent</p> <p>8oz of milk</p>	<p><u>Blueberry-Peach Yogurt Parfait</u> 1/2 cup blueberry or plain yogurt layered with 1 cup fresh, frozen or canned fruit</p> <p>1oz Cereal (granola, puffed or flakes)</p> <p>8oz of milk</p>	<p><u>Strawberry Smoothie</u> 1 cup fat-free strawberry milk, blended with 1/2 cup of strawberry or plain yogurt and 1 cup of fresh or frozen strawberries</p> <p>Mini muffins or any grain equivalent</p> <p>8oz of milk</p>	<p><u>Mixed Berry Yogurt Parfait</u> 1/2 cup blueberry, strawberry or plain yogurt layered with 1 cup fresh or frozen mixed berries</p> <p>1oz Cereal (granola, puffed, flakes)</p> <p>8oz of milk</p>

### Funding

Visit [www.fueluptoplay60.com](http://www.fueluptoplay60.com) for more information about how to apply for a grant to support your yogurt programs. Be sure to choose the "Grab and Go-Anytime" Healthy Eating Play.

*To build a better breakfast and lunch, use yogurt! Here's how...*

1. Visit [www.fueluptoplay60.com](http://www.fueluptoplay60.com) and view the "School Enrollment section" to find out who is your school Program Advisor. Also, sign up to become the Program Advisor yourself, by checking the box at the top.
2. Partner with your School's Program Advisor to support the yogurt program by applying for a Fuel up to Play 60 grant by choosing the "Grab and Go - Anytime" as the Healthy Eating Play.



**For more information about Fuel Up to Play 60 and the Yogurt options, please contact:**

American Dairy Association & Dairy Council, Inc.  
schools@adadc.com

Need blenders?

Check out the following websites:

[www.waringpro.com](http://www.waringpro.com)

[www.hamiltonbeach.com](http://www.hamiltonbeach.com)

[www.blendtec.com](http://www.blendtec.com)

[www.vitamix.com](http://www.vitamix.com)

Ask your dairy distributor who supplies your yogurt if they can supply the metered pumps.

**Attention Teachers, Administrators and School Staff:** If you want to help bring more yogurt to your school contact your school nutrition manager. Don't forget to show them this flyer.