



Dear School Nutrition Director,

Throughout this past school year, American Dairy Association North East has been dedicated to supporting you and your district with creating delicious breakfast and lunch menu items to keep your students excited about the school meal program.

Students love the taste of yogurt! Yogurt is smooth, creamy, and delicious! Providing freshly made Smoothies and Parfaits on your menu will sure please any age group. Included in this kit is everything you need to get students excited about school meals!

- **Best Practices**
- **Equipment Resources**
- **Guidelines for Preparation**
- **Breakfast and Lunch Recipes**
- **Service Tips for Blended Learning**
- **Marketing your Program**
- **Downloadable Posters**

The American Dairy Association North East is proud to partner and assist you in starting this great program opportunity. When serving **Dairylicious** freshly made yogurt smoothies and parfaits, your students will generate excitement and ask for more!

Thank you,

American Dairy Association North East

For more information, please contact us: schools@milku.org



AMERICAN DAIRY
ASSOCIATION NORTH
EAST



Cups



Smoothies



Dips



Parfaits



Best Practices

Serving Strategy

- Provide Yogurt Smoothies and Yogurt Parfaits daily on your school breakfast and lunch menus.
- Staff can make smoothies and parfaits ahead of time to ensure minimal contact service.

Helpful Tips!

- Plan your Yogurt Parfait and Yogurt Smoothies for each week to add holiday flavors on your menu!
- Look for exciting **Savory and Sweet** recipe ideas on Nutrition Connection!

SMOOTHIES

- Add frozen fruit right in the blender to make an extra thick Yogurt Smoothie.
- Freeze individual milk cartons, and peel to open and place directly in blender.
- Use seasonal fresh fruits for added flare!

PARFAITS

- Thaw and drain your frozen fruit.
- Drain canned fruits before building your parfaits.
- When making a savory yogurt parfait use plain Greek yogurt.

Serving Supplies

- 12oz cups, lids, and prepackaged spoon for Yogurt Parfaits
- 16oz cups, lids, and prepackaged straw for Yogurt Smoothies



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Yogurt & Smoothie Equipment

Merchandise your Yogurt Smoothies and Parfaits in a Glass Cooler for your serving line. Use Insulated Bags for Classroom delivery or Meal Pickup areas.

Item/Description	Dimensions/Capacity
Vitamix Blender #5021	Holds 192 ounces



Item/Description	Dimensions/Capacity
Signature Insulated Meal/Smoothie Bag	15.5" x 15.5" x 10"h Holds 27 Smoothie Cups



Item/Description	Dimensions/Capacity
Insulated Milk Crate Bag w/ form fitted foam batting liner	15.5" x 15.5" x 14"h Holds 36 Smoothie Cups



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Guidelines for Preparation

Yogurt Smoothies and Yogurt Parfaits:

Preparation is easy for your staff when the proper utensils are provided. Setup is key to any successful working station. The charts below provide a visual effect for your staff to follow when making the nutritious treats!

Measurements for Parfaits

- Proportioned 1/2 cup Yogurt
#8 Scoop – Usually a gray handle
- Fresh or Canned Fruit
1/2 Cup – #8 Scoop – Usually a gray handle
- Dried Fruit
1/4 Cup – #16 Scoop – Usually a blue handle
- Grains
2 Ounce – 1 Ounce required



Measurements for 6 – 16 oz. Smoothies



- 48 Ounce of Fat Free Milk =
6 – 8 Ounce Cartons of Milk



- 3 Cups of Low Fat Yogurt =
6 – 8 Ounce Cups of Yogurt



- Fresh or Canned Fruit = 3 Cups



- Dried Fruit = 1/4 cup – #16 Scoop



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Smoothie & Parfait Breakfast Recipes

Find these and other recipes online at nutritionconnection.org

Chunky Monkey Smoothie

<https://nutritionconnection.org/recipe-lunch-cold-week-4-day-5-chunky-monkey-smoothie-2/>



Fruit Smoothie

<https://nutritionconnection.org/wp-content/uploads/2020/10/Recipe-Breakfast-Hybrid-Week-3-Day-3-Breakfast-Fruit-Smoothie.pdf>



Asteroid Peach Parfait

<https://nutritionconnection.org/recipe-breakfast-cold-week-4-day-2-asteroid-peach-parfait-2/>



Berries and Yogurt Parfait

<https://nutritionconnection.org/recipe-lunch-hybrid-week-1-day-3-fruit-and-yogurt-parfait-berry-2/>



Yogurt Muffin Parfait

<https://nutritionconnection.org/recipe-yogurt-muffin-parfait/>



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Savory Options for Lunch Menus

Find these and other recipes online at nutritionconnection.org

Fiesta Parfait

<https://nutritionconnection.org/recipe-lunch-hybrid-week-4-day-2-fiesta-parfait-2/>



Spicy Sriracha Chicken Parfait

<https://nutritionconnection.org/recipe-spicy-sriracha-chicken-parfait/>



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Service Tips for Blended Learning

Traditional Cafeteria Service

- Build your own stations – A staff associate is assigned to this area where students can pick and choose their favorites for a customized layered Yogurt Parfait or a blended frozen Yogurt Smoothie.

In School Classroom Delivery

- Students receive breakfast and/or lunch in their classroom, delivered by foodservice staff. Place smoothies or parfaits in insulated crate bag with cup carrier dividers. Bags can be transported by Cambro cart or travel cart.

Grab and Go

- Students receive breakfast and/or lunch in their classroom, delivered by foodservice staff. Place smoothies or parfaits in insulated crate bag with cup carrier dividers. Bags can be transported by Cambro cart or travel cart.

Take Home Meals

- Parents or families can receive meals to take home, staff can place prepackaged meals on a table to have families pick up the items or stay in the vehicle when receiving a meal.
 - Offer “build your own” Yogurt Parfait kits – prepackaged 4oz or 6oz yogurt, ½ cup fruit serving, and 2oz granola topping.
 - Smoothies on the Go...freeze premade smoothies and provide in your meal packs or bags to help keep it cold.



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Marketing Your Program

Need to get the news out about school breakfast and lunch? Use your school districts social media Twitter, Facebook, and/or Instagram accounts.

- Provide the district's communication representative a calendar of the weekly Yogurt Smoothie and Parfait offerings.
- Take pictures of the weekly special and have it posted on the district Facebook page.

Sample Posts

What's new?

- What's new at [insert school name](#)? We now are serving freshly made yogurt fruit smoothies at breakfast and lunch. [#dairylicious](#)

Did you know?

- Did you know yogurt is high in protein and calcium? Yogurt can be plain or flavored, sweetened or unsweetened and comes in a variety of flavors. [#dairylicious](#)

On the Run?

- Running short on time...Grab the Yogurt Parfait of the day! Flavored Yogurt, fruit, and granola topping adds the perfect touch to this protein packed entrée! [#parfaitday](#)

The Cooler the Better!

- Made to Order Yogurt Smoothies available now on the menu! Check out the advertised daily specials. [#dairylicious](#)



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