

## Recipe - Milk Fortified Double Strength (Power Milk)

**Cook Time :**

**Method : Mix and Chill**

**Serving Size : 8 Fl Oz**

**YIELD : 1**

**Cook Temp :**

**Serve Utensil :**

AMOUNT	INGREDIENT NAME	PREPARATION STEP
1 Cup	Milk, Whole Bulk	1. WASH HANDS before beginning preparation. SANTIZE surfaces & equipment.
1/4 Cup	Milk, Nonfat Dry Bulk	
		Combine whole milk and dry milk and until dry milk powder is dissolved.
		2. Cover and refrigerate at <40F/4C. Stir again prior to serving.
		3. CCP -- Maintain <40F/4C.

## Recipe - Smoothie Strawberry Banana Fortified (Fortified Strawberry Banana Smoothie)

Cook Time :

Method : Blenderize

Serving Size : 12 Fl Oz

YIELD : 1

Cook Temp :

Serve Utensil :

AMOUNT	INGREDIENT NAME	PREPARATION STEP
1/2 Cup	Milk Fortified Double Strength	1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
1/4 Cup	Yogurt, Vanilla Bulk	
1/2 Each	Banana Fresh Whole	
1 Cup	Strawberries, Whole IQF Frz	Add all ingredients to blender and process until smooth.
2 Tbsp	Topping Whipped f/Base	2. Pour into serving glasses and garnish with whipped topping.
		3. CCP -- Maintain <40F/4C.
		4. Discard unused portions.
		5. Note: May add 1/2 cup ice per smoothie if using fresh strawberries.

## Recipe - Smoothie Strawberry Cheesecake Fortified (Fortified Strawberry Cheesecake Smoothie)

Cook Time :

Method : Blenderize

Serving Size : 12 Fl Oz

YIELD : 1

Cook Temp :

Serve Utensil :

AMOUNT	INGREDIENT NAME	PREPARATION STEP
1/2 Cup	Milk Fortified Double Strength	1. WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
1/4 Cup	Yogurt, Vanilla Bulk	
2 Tbsp	Cream Cheese, Bulk	
1 Cup	Strawberries, Whole IQF Frz	Add all ingredients to blender and process until smooth.
2 Tbsp	Topping Whipped f/Base	2. Pour into serving glasses and garnish with whipped topping.
		3. CCP -- Maintain <40F/4C.
		4. Discard unused portions.
		5. Note: May add 1/2 cup ice per smoothie if using fresh strawberries.

## Recipe - Shake Peanut Butter Fortified (Fortified Peanut Butter Shake)

Cook Time :	Method : Blenderize	Serving Size : 8 Fl Oz	YIELD : 1
Cook Temp :	Serve Utensil :		
AMOUNT	INGREDIENT NAME	PREPARATION STEP	
1/2 Cup	Milk Fortified Double Strength	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  Add all ingredients to blender and process until smooth. Pour into drinking glass.	
1/2 Cup	Ice Cream, Vanilla Bulk		
1 Tbsp	Peanut Butter, Smooth		
		2. CCP -- Maintain <40F/4C.	
		3. Discard unused portions.	

## Recipe - Shake Chocolate PB Fortified (Fortified Chocolate PB Shake)

<b>Cook Time :</b>	<b>Method : Blenderize</b>	<b>Serving Size : 8 Fl Oz</b>	<b>YIELD : 1</b>
<b>Cook Temp :</b>	<b>Serve Utensil :</b>		
AMOUNT	INGREDIENT NAME	PREPARATION STEP	
1/2 Cup	Milk Fortified Double Strength	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.	
1/2 Cup	Ice Cream, Chocolate Bulk		
1 Tbsp	Peanut Butter, Smooth		
		Add all ingredients to blender and process until smooth. Pour into drinking glass.	
		2. CCP -- Maintain <40F/4C.	
		3. Discard unused portions.	

## Recipe - Shake Sherbet Lime Fortified f/Inst Bkfst (Fortified Sherbet Shake)

Cook Time :

Method : Blenderize

Serving Size : 8 Fl Oz

YIELD : 1

Cook Temp :

Serve Utensil :

AMOUNT	INGREDIENT NAME	PREPARATION STEP
1 1/4 Oz	Instant Breakfast Mix, Vanilla Bulk	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  Add all ingredients to blender and process until smooth.
1/2 Cup	Milk, Whole Bulk	
1/2 Cup	Sherbet, Lime Bulk	
		2. CCP -- Maintain <40F/4C.
		3. Discard unused portions.
		4. Note: 1 1/4 oz instant breakfast mix = ~ 1 indiv pkt.

## Recipe - Shake Sherbet Orange Fortified f/Inst Bkfst (Fortified Orange Creamsicle Shake)

Cook Time :

Method : Blenderize

Serving Size : 8 Fl Oz

YIELD : 1

Cook Temp :

Serve Utensil :

AMOUNT	INGREDIENT NAME	PREPARATION STEP
1 1/4 Oz	Instant Breakfast Mix, Vanilla Bulk	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  Add all ingredients to blender and process until smooth.
1/2 Cup	Milk, Whole Bulk	
1/2 Cup	Sherbet Orange f/Bulk	
		2. CCP -- Maintain <40F/4C.
		3. Discard unused portions.
		4. Note: 1 1/4 oz instant breakfast mix = ~ 1 indiv pkt.

## Recipe - Shake Peaches and Cream Fortified (Fortified Peaches and Cream Shake)

**Cook Time :**

**Method : Blenderize**

**Serving Size : 8 Fl Oz**

**YIELD : 1**

**Cook Temp :**

**Serve Utensil :**

AMOUNT	INGREDIENT NAME	PREPARATION STEP
1/2 Cup	Cream, Half & Half	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  All all ingredients to blender and process until smooth.
1/2 Cup	Ice Cream, Vanilla Bulk	
1/2 Cup	Peaches, Sliced JcPk	
2 Tbsp	Topping Whipped f/Base	2. Pour into serving glass and garnish with whip topping.
		3. CCP -- Maintain <40F/4C.
		4. Discard unused portions.



## Recipe - Shake Coffee Fortified (Fortified Coffee Shake)

Cook Time :

Method : Blenderize

Serving Size : 8 Fl Oz

YIELD : 1

Cook Temp :

Serve Utensil :

AMOUNT	INGREDIENT NAME	PREPARATION STEP
1/2 Cup	Milk Fortified Double Strength	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  Add all ingredients to blender and process until smooth. Pour into drinking glass.
1/2 Cup	Ice Cream, Vanilla Bulk	
1 tsp	Coffee, Reg Inst Bulk	
		2. CCP -- Maintain <40F/4C
		3. Discard unused portions.

## Recipe - Shake Coffee Mocha Fortified (Fortified Mocha Coffee Shake)

Cook Time :

Method : Blenderize

Serving Size : 8 Fl Oz

YIELD : 1

Cook Temp :

Serve Utensil :

AMOUNT	INGREDIENT NAME	PREPARATION STEP
1/2 Cup	Milk Fortified Double Strength	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  Add all ingredients to blender and process until smooth. Pour into drinking glass.
1/2 Cup	Ice Cream, Chocolate Bulk	
1 tsp	Coffee, Reg Inst Bulk	
		2. CCP -- Maintain <40F/4C
		3. Discard unused portions.

## Recipe - Pudding Banana Fortified f/Inst (Fortified Banana Pudding)

**Cook Time :**

**Method : Mix and Chill**

**Serving Size : 1/2 Cup**

**YIELD : 1**

**Cook Temp :**

**Serve Utensil :**

AMOUNT	INGREDIENT NAME	PREPARATION STEP
2/3 Oz 3/8 Cup	Pudding Mix, Vanilla Inst Milk Fortified Double Strength	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  Combine pudding mix and milk and blend until smooth. Chill under refrigeration <40F/4C until set.
1 1/8 Oz 1/3 Oz 1 Tbsp	Banana Whole Fresh (Sliced) Cookies, Vanilla Wafers Bulk RTS Topping Whipped f/Base (prepared)	2. Fold bananas into pudding. Place 2 wafers in the bottom of serving dishes. Top with 1/2 cup of pudding. Garnish each dish with dollop of whipped topping & 1 wafer.
		3. CCP -- Maintain <40F/4C.

## Recipe - Pudding Chocolate PB Fortified (Fortified Chocolate PB Pudding)

**Cook Time :**

**Method : Mix and Chill**

**Serving Size : 1/2 Cup**

**YIELD : 1**

**Cook Temp :**

**Serve Utensil :**

AMOUNT	INGREDIENT NAME	PREPARATION STEP
2/3 Oz 3/8 Cup	Pudding Mix, Chocolate Inst Milk Fortified Double Strength	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  Combine pudding mix and milk and blend until smooth.
1 Tbsp	Peanut Butter, Smooth	2. Fold in peanut butter until well combined.
		3. Refrigerate <40F/4C at least 15 min or until set.
		4. CCP -- Maintain <40F/4C.

## Recipe - Gelatin Strawberry Fortified w/Inst Bkfst (Fortified Strawberry Gelatin)

**Cook Time :**

**Method : Mix and Chill**

**Serving Size : 1/2 Cup**

**YIELD : 1**

**Cook Temp :**

**Serve Utensil :**

AMOUNT	INGREDIENT NAME	PREPARATION STEP
3/4 Oz 3 Tbsp	Gelatin, Dry Strawberry Water, Tap	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  Dissolve gelatin in boiling water.
1/3 Oz 1/4 Cup	Instant Breakfast Mix, Vanilla Bulk Milk, Whole Bulk	2. Combine milk and instant breakfast mix.
		3. Add instant breakfast mixture to gelatin mixture and blend thoroughly.
		4. Refrigerate <40F/4C until set.
		5. CCP -- Maintain <40F/4C.
		6. Note: 1 1/4 oz instant breakfast mix = ~ 1 indiv pkt.

## Recipe - Gelatin Watermelon Hi Pro (Hi Pro Watermelon Gelatin)

<b>Cook Time :</b>	<b>Method : Mix and Chill</b>	<b>Serving Size : 1/2 Cup</b>	<b>YIELD : 1</b>
<b>Cook Temp :</b>	<b>Serve Utensil :</b>		
AMOUNT	INGREDIENT NAME	PREPARATION STEP	
3/4 Oz 1/4 Cup	Gelatin, Dry Watermelon Water, Tap (boiling)	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.  Dissolve gelatin in boiling water.	
1/4 Cup 1/4 Cup	Protein Powder Water, Tap (cold)	2. Mix protein powder with cold water.	
		3. Combine gelatin and protein powder mixtures and stir until mixed thoroughly.	
		4. Refrigerate <40F/4C until set.	
		5. CCP -- Maintain <40F/4C.	

# Nutrient Analysis

## Milk Fortified Double Strength

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

### Macro Nutrients

Calories:	210 Kcal
Protein:	13.65 g
Carbohydrates:	20.59 g
Total Fat:	8.05 g
Monounsaturat Fat:	2.01 g
Polyunsaturat Fat:	0.49 g
Saturated Fat:	4.64 g
Trans Fat:	0.00* g
Water:	216 ml
Total Sugar:	21.20 g
Total Dietary Fiber:	0.00 g
Cholesterol:	27 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

### Minerals

Calcium:	485.01 mg
Magnesium:	44.29mg
Phosphorus:	372.42 mg
Potassium:	611.95 mg
Sodium:	198.26 mg
Copper:	0.080 mg
Iron:	0.13 mg
Manganese:	0.003 mg
Zinc:	1.653 mg

### Vitamins

Vitamin A:	232.78 RE
Vitamin E:	0.17 mg
Thiamin (B1):	0.19 mg
Riboflavin (B2):	0.71 mg
Niacin (B3):	0.37 mg
Vitamin (B6):	0.16 mg
Vitamin B12:	1.78 mcg
Folacin:	20.70 mcg
Pantothenic Acid:	1.45 mg
Vitamin C:	0.95 mg
Vitamin D:	199.25 IU
Vitamin K:	0.73 mcg

### Fatty Acids

Linoleic:	0.30 g
Oleic:	2.00 g

### Other Information

Calories from Carbohydrates:	39%
Calories from Fat:	35%
Calories from Protein:	26%

Poly/SatFat:	0.11:1
Sodium/Potassium:	0.32:1
Calcium/Phosphorus:	1.30:1

\* indicates 1 or more Unreported values.

# Nutrient Analysis

## Smoothie Strawberry Banana Fortified

Serving Size : 12 Fl Oz (354.88 ml)

Item Type : Recipe

Food Description :

### Macro Nutrients

Calories:	280 Kcal
Protein:	11.17 g
Carbohydrates:	46.44 g
Total Fat:	6.93 g
Monounsaturated Fat:	1.37 g
Polyunsaturated Fat:	0.42 g
Saturated Fat:	4.44 g
Trans Fat:	0.00* g
Water:	332 ml
Total Sugar:	34.17 g
Total Dietary Fiber:	4.49 g
Cholesterol:	17 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

### Minerals

Calcium:	373.56 mg
Magnesium:	63.19mg
Phosphorus:	300.64 mg
Potassium:	856.93 mg
Sodium:	144.78 mg
Copper:	0.165 mg
Iron:	1.34 mg
Manganese:	0.576 mg
Zinc:	1.609 mg

### Vitamins

Vitamin A:	128.82 RE
Vitamin E:	0.64 mg
Thiamin (B1):	0.17 mg
Riboflavin (B2):	0.58 mg
Niacin (B3):	1.29 mg
Vitamin (B6):	0.36 mg
Vitamin B12:	1.21 mcg
Folacin:	52.88 mcg
Pantothenic Acid:	1.41 mg
Vitamin C:	65.25 mg
Vitamin D:	100.24 IU
Vitamin K:	4.33 mcg

### Fatty Acids

Linoleic:	0.26 g
Oleic:	1.32 g

### Other Information

Calories from Carbohydrates:	62%
Calories from Fat:	22%
Calories from Protein:	16%
Poly/SatFat:	0.09:1
Sodium/Potassium:	0.17:1
Calcium/Phosphorus:	1.24:1

\* indicates 1 or more Unreported values.



# Nutrient Analysis

## Smoothie Strawberry Cheesecake Fortified

Serving Size : 12 Fl Oz (354.88 ml)

Item Type : Recipe

Food Description :

### Macro Nutrients

Calories:	331 Kcal
Protein:	12.34 g
Carbohydrates:	35.14 g
Total Fat:	16.73 g
Monounsaturat Fat:	3.94 g
Polyunsaturat Fat:	0.81 g
Saturated Fat:	10.24 g
Trans Fat:	0.00* g
Water:	305 ml
Total Sugar:	28.35 g
Total Dietary Fiber:	3.03 g
Cholesterol:	46 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

### Minerals

Calcium:	398.87 mg
Magnesium:	50.55mg
Phosphorus:	319.25 mg
Potassium:	692.95 mg
Sodium:	235.29 mg
Copper:	0.126 mg
Iron:	1.23 mg
Manganese:	0.427 mg
Zinc:	1.669 mg

### Vitamins

Vitamin A:	216.46 RE
Vitamin E:	0.83 mg
Thiamin (B1):	0.15 mg
Riboflavin (B2):	0.60 mg
Niacin (B3):	0.94 mg
Vitamin (B6):	0.17 mg
Vitamin B12:	1.28 mcg
Folacin:	44.19 mcg
Pantothenic Acid:	1.37 mg
Vitamin C:	60.33 mg
Vitamin D:	100.24 IU
Vitamin K:	4.65 mcg

### Fatty Acids

Linoleic:	0.58 g
Oleic:	3.56 g

### Other Information

Calories from Carbohydrates:	40%
Calories from Fat:	45%
Calories from Protein:	15%
Poly/SatFat:	0.08:1
Sodium/Potassium:	0.34:1
Calcium/Phosphorus:	1.25:1

\* indicates 1 or more Unreported values.

# Nutrient Analysis

## Shake Peanut Butter Fortified

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients		Vitamins	
Calories:	350 Kcal	Vitamin A:	201.36 RE
Protein:	12.93 g	Vitamin E:	1.77 mg
Carbohydrates:	30.88 g	Thiamin (B1):	0.15 mg
Total Fat:	20.23 g	Riboflavin (B2):	0.56 mg
Monounsaturat Fat:	7.33 g	Niacin (B3):	2.39 mg
Polyunsaturat Fat:	2.59 g	Vitamin (B6):	0.19 mg
Saturated Fat:	8.88 g	Vitamin B12:	1.17 mcg
Trans Fat:	0.01* g	Folacin:	27.98 mcg
Water:	152 ml	Pantothenic Acid:	1.33 mg
Total Sugar:	27.57 g	Vitamin C:	0.91 mg
Total Dietary Fiber:	1.31 g	Vitamin D:	105.39 IU
Cholesterol:	45 mg	Vitamin K:	0.63 mcg
Alcohol:	0.00 g	Fatty Acids	
Caffeine:	0.00 mg	Linoleic:	2.33 g
		Oleic:	6.99 g
Minerals		Other Information	
Calcium:	342.58 mg	Calories from Carbohydrates:	33%
Magnesium:	59.32mg	Calories from Fat:	52%
Phosphorus:	315.85 mg	Calories from Protein:	15%
Potassium:	539.27 mg		
Sodium:	225.44 mg		
Copper:	0.122 mg		
Iron:	0.41 mg	Poly/SatFat:	0.29:1
Manganese:	0.278 mg	Sodium/Potassium:	0.42:1
Zinc:	1.728 mg	Calcium/Phosphorus:	1.08:1

\* indicates 1 or more Unreported values.

# Nutrient Analysis

## Shake Chocolate PB Fortified

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

### Macro Nutrients

Calories:	344 Kcal
Protein:	12.92 g
Carbohydrates:	32.51 g
Total Fat:	19.57 g
Monounsaturat Fat:	7.31 g
Polyunsaturat Fat:	2.54 g
Saturated Fat:	8.48 g
Trans Fat:	0.01* g
Water:	145 ml
Total Sugar:	29.03 g
Total Dietary Fiber:	1.60 g
Cholesterol:	36 mg
Alcohol:	0.00 g
Caffeine:	1.98 mg

### Minerals

Calcium:	322.37 mg
Magnesium:	68.39mg
Phosphorus:	310.88 mg
Potassium:	560.36 mg
Sodium:	218.01 mg
Copper:	0.200 mg
Iron:	0.96 mg
Manganese:	0.363 mg
Zinc:	1.614 mg

### Vitamins

Vitamin A:	194.29 RE
Vitamin E:	1.75 mg
Thiamin (B1):	0.15 mg
Riboflavin (B2):	0.51 mg
Niacin (B3):	2.45 mg
Vitamin (B6):	0.19 mg
Vitamin B12:	1.08 mcg
Folacin:	34.94 mcg
Pantothenic Acid:	1.27 mg
Vitamin C:	0.94 mg
Vitamin D:	104.91 IU
Vitamin K:	0.61 mcg

### Fatty Acids

Linoleic:	2.29 g
Oleic:	6.96 g

### Other Information

Calories from Carbohydrates:	34%
Calories from Fat:	51%
Calories from Protein:	15%
Poly/SatFat:	0.30:1
Sodium/Potassium:	0.39:1
Calcium/Phosphorus:	1.04:1

\* indicates 1 or more Unreported values.

# Nutrient Analysis

## Shake Sherbet Lime Fortified f/Inst Bkfst

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

### Macro Nutrients

Calories:	314 Kcal
Protein:	12.60 g
Carbohydrates:	52.31 g
Total Fat:	6.08 g
Monounsaturat Fat:	1.38* g
Polyunsaturat Fat:	0.30* g
Saturated Fat:	3.14* g
Trans Fat:	0.00* g
Water:	159 ml
Total Sugar:	24.16* g
Total Dietary Fiber:	0.96* g
Cholesterol:	17 mg
Alcohol:	0.00 g
Caffeine:	0.00* mg

### Minerals

Calcium:	438.19 mg
Magnesium:	51.07mg
Phosphorus:	354.03 mg
Potassium:	661.53 mg
Sodium:	265.46 mg
Copper:	0.059* mg
Iron:	3.86 mg
Manganese:	0.007* mg
Zinc:	0.807* mg

### Vitamins

Vitamin A:	363.39 RE
Vitamin E:	2.20 mg
Thiamin (B1):	0.65 mg
Riboflavin (B2):	1.20 mg
Niacin (B3):	5.75 mg
Vitamin (B6):	0.16 mg
Vitamin B12:	1.69 mcg
Folacin:	10.83 mcg
Pantothenic Acid:	1.31 mg
Vitamin C:	29.66 mg
Vitamin D:	62.22 IU
Vitamin K:	0.37* mcg

### Fatty Acids

Linoleic:	0.20* g
Oleic:	1.34* g

### Other Information

Calories from Carbohydrates:	67%
Calories from Fat:	17%
Calories from Protein:	16%
Poly/SatFat:	0.10:1
Sodium/Potassium:	0.40:1
Calcium/Phosphorus:	1.24:1

\* indicates 1 or more Unreported values.

# Nutrient Analysis

## Shake Sherbet Orange Fortified f/Inst Bkfst

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

### Macro Nutrients

Calories:	314 Kcal
Protein:	12.60 g
Carbohydrates:	52.31 g
Total Fat:	6.08 g
Monounsaturat Fat:	1.38* g
Polyunsaturat Fat:	0.30* g
Saturated Fat:	3.14* g
Trans Fat:	0.00* g
Water:	159 ml
Total Sugar:	24.16* g
Total Dietary Fiber:	0.96* g
Cholesterol:	17 mg
Alcohol:	0.00 g
Caffeine:	0.00* mg

### Minerals

Calcium:	438.19 mg
Magnesium:	51.07mg
Phosphorus:	354.03 mg
Potassium:	661.53 mg
Sodium:	265.46 mg
Copper:	0.059* mg
Iron:	3.86 mg
Manganese:	0.007* mg
Zinc:	0.807* mg

### Vitamins

Vitamin A:	363.39 RE
Vitamin E:	2.20 mg
Thiamin (B1):	0.65 mg
Riboflavin (B2):	1.20 mg
Niacin (B3):	5.75 mg
Vitamin (B6):	0.16 mg
Vitamin B12:	1.69 mcg
Folacin:	10.83 mcg
Pantothenic Acid:	1.31 mg
Vitamin C:	29.66 mg
Vitamin D:	62.22 IU
Vitamin K:	0.37* mcg

### Fatty Acids

Linoleic:	0.20* g
Oleic:	1.34* g

### Other Information

Calories from Carbohydrates:	67%
Calories from Fat:	17%
Calories from Protein:	16%
Poly/SatFat:	0.10:1
Sodium/Potassium:	0.40:1
Calcium/Phosphorus:	1.24:1

\* indicates 1 or more Unreported values.

# Nutrient Analysis

## Shake Peaches and Cream Fortified

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients		Vitamins	
Calories:	375 Kcal	Vitamin A:	226.58 RE
Protein:	7.18 g	Vitamin E:	1.20 mg
Carbohydrates:	38.81 g	Thiamin (B1):	0.08 mg
Total Fat:	22.32 g	Riboflavin (B2):	0.43 mg
Monounsaturat Fat:	6.28 g	Niacin (B3):	0.94 mg
Polyunsaturat Fat:	1.05 g	Vitamin (B6):	0.12 mg
Saturated Fat:	14.94 g	Vitamin B12:	0.51 mcg
Trans Fat:	0.56* g	Folacin:	10.98 mcg
Water:	255 ml	Pantothenic Acid:	1.13 mg
Total Sugar:	34.75 g	Vitamin C:	6.02 mg
Total Dietary Fiber:	2.13 g	Vitamin D:	8.18 IU
Cholesterol:	74 mg	Vitamin K:	4.36 mcg
Alcohol:	0.00 g	Fatty Acids	
Caffeine:	0.00 mg	Linoleic:	0.82 g
		Oleic:	5.62 g
Minerals		Other Information	
Calcium:	229.56 mg	Calories from Carbohydrates:	39%
Magnesium:	31.07mg	Calories from Fat:	54%
Phosphorus:	212.37 mg	Calories from Protein:	8%
Potassium:	464.29 mg		
Sodium:	138.19 mg		
Copper:	0.091 mg		
Iron:	0.47 mg	Poly/SatFat:	0.07:1
Manganese:	0.086 mg	Sodium/Potassium:	0.30:1
Zinc:	1.108 mg	Calcium/Phosphorus:	1.08:1

\* indicates 1 or more Unreported values.

# Nutrient Analysis

## Shake Coffee Fortified

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients		Vitamins	
Calories:	257 Kcal	Vitamin A:	201.36 RE
Protein:	9.47 g	Vitamin E:	0.30 mg
Carbohydrates:	28.04 g	Thiamin (B1):	0.12 mg
Total Fat:	11.95 g	Riboflavin (B2):	0.53 mg
Monounsaturat Fat:	3.14 g	Niacin (B3):	0.55 mg
Polyunsaturat Fat:	0.57 g	Vitamin (B6):	0.11 mg
Saturated Fat:	7.21 g	Vitamin B12:	1.17 mcg
Trans Fat:	0.00* g	Folacin:	13.95 mcg
Water:	152 ml	Pantothenic Acid:	1.15 mg
Total Sugar:	25.88 g	Vitamin C:	0.91 mg
Total Dietary Fiber:	0.50 g	Vitamin D:	105.39 IU
Cholesterol:	45 mg	Vitamin K:	0.60 mcg
Alcohol:	0.00 g	Fatty Acids	
Caffeine:	31.37 mg	Linoleic:	0.35 g
		Oleic:	2.99 g
Minerals		Other Information	
Calcium:	336.09 mg	Calories from Carbohydrates:	44%
Magnesium:	35.49mg	Calories from Fat:	42%
Phosphorus:	264.85 mg	Calories from Protein:	15%
Potassium:	484.57 mg		
Sodium:	157.10 mg		
Copper:	0.056 mg		
Iron:	0.17 mg	Poly/SatFat:	0.08:1
Manganese:	0.026 mg	Sodium/Potassium:	0.32:1
Zinc:	1.327 mg	Calcium/Phosphorus:	1.27:1

\* indicates 1 or more Unreported values.

# Nutrient Analysis

## Shake Coffee Mocha Fortified

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

### Macro Nutrients

Calories:	251 Kcal
Protein:	9.46 g
Carbohydrates:	29.66 g
Total Fat:	11.29 g
Monounsaturat Fat:	3.12 g
Polyunsaturat Fat:	0.52 g
Saturated Fat:	6.81 g
Trans Fat:	0.00* g
Water:	145 ml
Total Sugar:	27.34 g
Total Dietary Fiber:	0.79 g
Cholesterol:	36 mg
Alcohol:	0.00 g
Caffeine:	33.35 mg

### Minerals

Calcium:	315.88 mg
Magnesium:	44.56mg
Phosphorus:	259.88 mg
Potassium:	505.66 mg
Sodium:	149.67 mg
Copper:	0.134 mg
Iron:	0.72 mg
Manganese:	0.111 mg
Zinc:	1.213 mg

### Vitamins

Vitamin A:	194.29 RE
Vitamin E:	0.28 mg
Thiamin (B1):	0.12 mg
Riboflavin (B2):	0.48 mg
Niacin (B3):	0.62 mg
Vitamin (B6):	0.12 mg
Vitamin B12:	1.08 mcg
Folacin:	20.91 mcg
Pantothenic Acid:	1.09 mg
Vitamin C:	0.94 mg
Vitamin D:	104.91 IU
Vitamin K:	0.58 mcg

### Fatty Acids

Linoleic:	0.31 g
Oleic:	2.96 g

### Other Information

Calories from Carbohydrates:	44%
Calories from Fat:	40%
Calories from Protein:	15%
Poly/SatFat:	0.08:1
Sodium/Potassium:	0.30:1
Calcium/Phosphorus:	1.22:1

\* indicates 1 or more Unreported values.



# Nutrient Analysis

## Pudding Banana Fortified f/Inst

Serving Size : 1/2 Cup (118.3 ml)  
Item Type : Recipe  
Food Description :

Macro Nutrients		Vitamins	
Calories:	239 Kcal	Vitamin A:	94.27 RE
Protein:	6.35 g	Vitamin E:	0.34 mg
Carbohydrates:	41.20 g	Thiamin (B1):	0.11 mg
Total Fat:	5.81 g	Riboflavin (B2):	0.34 mg
Monounsaturat Fat:	1.29 g	Niacin (B3):	0.66 mg
Polyunsaturat Fat:	0.89 g	Vitamin (B6):	0.18 mg
Saturated Fat:	3.07 g	Vitamin B12:	0.71 mcg
Trans Fat:	0.06* g	Folacin:	21.97 mcg
Water:	112 ml	Pantothenic Acid:	0.71 mg
Total Sugar:	31.97 g	Vitamin C:	3.01 mg
Total Dietary Fiber:	1.05 g	Vitamin D:	79.70 IU
Cholesterol:	12 mg	Vitamin K:	3.34 mcg
Alcohol:	0.00 g	Fatty Acids	
Caffeine:	0.00 mg	Linoleic:	0.73 g
		Oleic:	1.27 g
Minerals		Other Information	
Calcium:	200.05 mg	Calories from Carbohydrates:	68%
Magnesium:	27.06mg	Calories from Fat:	22%
Phosphorus:	164.42 mg	Calories from Protein:	11%
Potassium:	366.75 mg		
Sodium:	236.46 mg		
Copper:	0.068 mg		
Iron:	0.41 mg	Poly/SatFat:	0.29:1
Manganese:	0.114 mg	Sodium/Potassium:	0.64:1
Zinc:	0.745 mg	Calcium/Phosphorus:	1.22:1

\* indicates 1 or more Unreported values.

# Nutrient Analysis

## Pudding Chocolate PB Fortified

Serving Size : 1/2 Cup (118.3 ml)  
Item Type : Recipe  
Food Description :

Macro Nutrients		Vitamins	
Calories:	252 Kcal	Vitamin A:	93.12 RE
Protein:	9.56 g	Vitamin E:	1.54 mg
Carbohydrates:	29.55 g	Thiamin (B1):	0.10 mg
Total Fat:	11.92 g	Riboflavin (B2):	0.33 mg
Monounsaturat Fat:	5.13 g	Niacin (B3):	2.33 mg
Polyunsaturat Fat:	2.24 g	Vitamin (B6):	0.14 mg
Saturated Fat:	3.77 g	Vitamin B12:	0.71 mcg
Trans Fat:	0.01* g	Folacin:	23.10 mcg
Water:	87 ml	Pantothenic Acid:	0.77 mg
Total Sugar:	18.68 g	Vitamin C:	0.38 mg
Total Dietary Fiber:	1.70 g	Vitamin D:	79.70 IU
Cholesterol:	11 mg	Vitamin K:	0.40 mcg
Alcohol:	0.00 g	Fatty Acids	
Caffeine:	2.18 mg	Linoleic:	2.11 g
		Oleic:	4.94 g
Minerals		Other Information	
Calcium:	212.43 mg	Calories from Carbohydrates:	42%
Magnesium:	58.10mg	Calories from Fat:	43%
Phosphorus:	220.46 mg	Calories from Protein:	15%
Potassium:	376.25 mg		
Sodium:	243.06 mg		
Copper:	0.203 mg		
Iron:	0.69 mg	Poly/SatFat:	0.59:1
Manganese:	0.378 mg	Sodium/Potassium:	0.65:1
Zinc:	1.244 mg	Calcium/Phosphorus:	0.96:1

\* indicates 1 or more Unreported values.

# Nutrient Analysis

## Gelatin Strawberry Fortified w/Inst Bkfst

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients		Vitamins	
Calories:	152 Kcal	Vitamin A:	102.66 RE
Protein:	5.56 g	Vitamin E:	0.57 mg
Carbohydrates:	28.16 g	Thiamin (B1):	0.17 mg
Total Fat:	2.14 g	Riboflavin (B2):	0.34 mg
Monounsaturat Fat:	0.49* g	Niacin (B3):	1.46 mg
Polyunsaturat Fat:	0.12* g	Vitamin (B6):	0.05 mg
Saturated Fat:	1.14* g	Vitamin B12:	0.54 mcg
Trans Fat:	0.00* g	Folacin:	4.13 mcg
Water:	99 ml	Pantothenic Acid:	0.40 mg
Total Sugar:	21.37* g	Vitamin C:	6.99 mg
Total Dietary Fiber:	0.00* g	Vitamin D:	31.11 IU
Cholesterol:	7 mg	Vitamin K:	0.18* mcg
Alcohol:	0.00 g	Fatty Acids	
Caffeine:	0.00* mg	Linoleic:	0.07* g
Minerals		Oleic:	0.49* g
Calcium:	135.99 mg	Other Information	
Magnesium:	15.21mg	Calories from Carbohydrates:	73%
Phosphorus:	136.71 mg	Calories from Fat:	13%
Potassium:	189.82 mg	Calories from Protein:	15%
Sodium:	171.39 mg		
Copper:	0.048* mg	Poly/SatFat:	0.11:1
Iron:	0.98 mg	Sodium/Potassium:	0.90:1
Manganese:	0.002* mg	Calcium/Phosphorus:	0.99:1
Zinc:	0.228* mg		

\* indicates 1 or more Unreported values.

# Nutrient Analysis

## Gelatin Watermelon Hi Pro

Serving Size : 1/2 Cup (118.3 ml)  
Item Type : Recipe  
Food Description :

Macro Nutrients		Vitamins	
Calories:	94 Kcal	Vitamin A:	0.00* RE
Protein:	14.64 g	Vitamin E:	0.00* mg
Carbohydrates:	4.94 g	Thiamin (B1):	0.00* mg
Total Fat:	1.73 g	Riboflavin (B2):	0.00* mg
Monounsaturat Fat:	0.00* g	Niacin (B3):	0.00* mg
Polyunsaturat Fat:	0.00* g	Vitamin (B6):	0.00* mg
Saturated Fat:	1.00* g	Vitamin B12:	0.00* mcg
Trans Fat:	0.00* g	Folacin:	0.21* mcg
Water:	138 ml	Pantothenic Acid:	0.00* mg
Total Sugar:	2.87* g	Vitamin C:	0.00* mg
Total Dietary Fiber:	0.00* g	Vitamin D:	0.00* IU
Cholesterol:	0* mg	Vitamin K:	0.00* mcg
Alcohol:	0.00* g	Fatty Acids	
Caffeine:	0.00* mg	Linoleic:	0.00* g
		Oleic:	0.00* g
Minerals		Other Information	
Calcium:	191.10 mg	Calories from Carbohydrates:	21%
Magnesium:	1.40*mg	Calories from Fat:	17%
Phosphorus:	99.57 mg	Calories from Protein:	62%
Potassium:	130.80 mg		
Sodium:	91.39 mg		
Copper:	0.016* mg	Poly/SatFat:	0.00:1
Iron:	0.00* mg	Sodium/Potassium:	0.70:1
Manganese:	0.000* mg	Calcium/Phosphorus:	1.92:1
Zinc:	0.002* mg		

\* indicates 1 or more Unreported values.