

## Recipe Analysis Workbook (RAW)

**Recipe Name:** Peach Smoothie

**Servings per Recipe:** 100

**Recipe Number:** Peach - 3

**Serving Size:** 1

### Meal Pattern Contribution

	Fruit	$\frac{1}{2}$ cup
	Meats/Meat Alternates	1.00 oz eq

**1 provides  $\frac{1}{2}$  cup fruit, 1.00 oz eq meats/meat alternates**

#### Please note that:

- **For School Meals and CACFP:** Raw leafy green vegetables credit as half the volume served (For example: 1 cup raw spinach credits as 1/2 cup dark green vegetable)
- **For School Meals and CACFP:** Dried fruits credit as double the volume (For example, 1/2 cup raisins credits as 1 cup fruit).
- **For School Meals Only:** Any quantity remaining after the credit has been determined for each vegetable subgroup is combined to ensure the maximum credit for the vegetables. If this combined quantity provides a minimum of 1/8 cup, it is credited towards the Additional Vegetables. If the RAW contains no Starchy vegetables, then the program operator may instead choose to manually credit the remaining Additional Vegetables towards the Other Vegetables subgroup.

**NOTE:** Total creditable amount cannot exceed the serving size of the product.

## Fruit

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
<b>Peaches, canned, Freestone, Sliced, Includes USDA Foods</b>	No. 10 Can (106 oz)	47.50	1/4 cup fruit and liquid		4.2500	0.0000	4.2500

## Meats/Meat Alternates

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
<b>Yogurt, fresh, Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared, (includes Greek yogurt), Includes USDA Foods</b>	32 oz Container	8.00	1/2 cup or 4 oz yogurt provides 1 oz meat alternate		12.5000	0.0000	12.5000