

Sonoma Valley Unified School District

A fun way to reinvent breakfast is with new smoothie recipes. The Sonoma Valley Unified School District (SVUSD) launched new breakfast smoothies and was awarded with the *Boosting Meal Quality at Breakfast Award* from USDA Western Regional Office.

The SVUSD created reimbursable 12oz smoothie offered as second chance breakfast. Utilizing USDA frozen berries, Wonderful Citrus, produce from school garden, local yogurt and honey, recipes were delicious and affordable.

A smoothie recipe can be used while incorporating local and seasonal options which helps to prevent menu fatigue. Think outside the box with vegetables. Try incorporating vegetables from your school gardens, such as kale, beets celery, or cucumber

Breakfast smoothies is a great way to utilize USDA brown box frozen strawberries and blueberries and other bulk frozen product.

Students love that smoothies are a quick grab and go item. Make them fun by adding a fruit garnish, such as a berry on the straw or an orange wedge or mint leaf on the edge of the cup.

