

Recipe - Milkshake Vanilla (Vanilla Milkshake)

Cook Time :	Method : Blenderize	Serving Size : 8 Fl Oz	YIELD : 1
Cook Temp :	Serve Utensil :		

AMOUNT	INGREDIENT NAME	PREPARATION STEP
1/2 Cup	Ice Cream, Vanilla Bulk	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
1/2 Cup	Milk, Skim Bulk	
		Add all ingredients to blender and process until smooth. Pour into serving glasses.
		2. CCP -- Maintain <40F.
		3. Discard unused portions.

Recipe - Milkshake Chocolate (Chocolate Milkshake)

Cook Time :	Method : Blenderize	Serving Size : 8 Fl Oz	YIELD : 1
Cook Temp :	Serve Utensil :		

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

Recipe - Milkshake Strawberry (Strawberry Milkshake)

Cook Time :	Method : Blenderize	Serving Size : 8 Fl Oz	YIELD : 1
Cook Temp :	Serve Utensil :		

AMOUNT	INGREDIENT NAME	PREPARATION STEP
1/2 Cup	Ice Cream, Strawberry Bulk	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
1/2 Cup	Milk, Skim Bulk	
		All all ingredients to blender and process until smooth. Pour into serving glass.
		2. CCP -- Maintain <40F/4C.
		3. Discard unused portions.

Recipe - Shake Pineapple Coconut (Pina Colada Shake)

Cook Time :	Method : Blenderize	Serving Size : 8 Fl Oz	YIELD : 1
Cook Temp :	Serve Utensil :		
AMOUNT	INGREDIENT NAME	PREPARATION STEP	
1/2 Cup	Ice Cream, Vanilla Bulk	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Add all ingredients to blender and process until smooth.	
1/2 Cup	Milk, Coconut Cnd		
1/2 Cup	Pineapple, Crushed 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 - Ice Cream Root Beer Float (Root Beer Float)

Cook Time :	Method : Make	Serving Size : 12 Fl Oz	YIELD : 1
Cook Temp :	Serve Utensil :		

AMOUNT	INGREDIENT NAME	PREPARATION STEP
8 Fl Oz	Drink Soft Root Beer 12z	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
1/2 Cup	Ice Cream, Vanilla Bulk	
		Scoop ice cream into a drinking glass. Pour root beer over ice cream. Serve immediately.
		2. CCP -- Maintain <40F/4C.
		3. Discard unused portions.

Recipe - Sherbet Rainbow Float (Rainbow Sherbet Float)

Cook Time :	Method : Make	Serving Size : 12 Fl Oz	YIELD : 1
Cook Temp :	Serve Utensil :		

AMOUNT	INGREDIENT NAME	PREPARATION STEP
1/2 Cup	Sherbet Rainbow Bulk Frz	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
8 Fl Oz	Drink Soft Ginger Ale 8z	
		Scoop sherbet into drinking glass. Pour ginger ale over sherbet. Serve immediately.
		2. CCP -- Maintain <40F/4C.
		3. Discard unused portions.

Recipe - Pudding Chocolate Marshmallow Graham f/Inst (S'mores 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, 2% Bulk	1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Combine pudding mix and milk and blend until smooth.
7/8 Oz	Marshmallows, Mini	2. Fold marshmallows into pudding mixture. Chill under refrigeration <40F/4C until set.
1/3 Oz	Crackers Graham Bulk (crushed)	3. Place 1/2 tbsp of graham crackers crumbs in bottom of serving dish. Top with 1/2 cup pudding. Garnish with 1/2 tbsp of graham cracker crumbs.
		4. CCP -- Maintain <40F/4C

Nutrient Analysis

Milkshake Vanilla

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients		Vitamins	
Calories:	191 Kcal	Vitamin A:	159.69 RE
Protein:	6.65 g	Vitamin E:	0.23 mg
Carbohydrates:	23.07 g	Thiamin (B1):	0.09 mg
Total Fat:	8.02 g	Riboflavin (B2):	0.39 mg
Monounsaturat Fat:	2.16 g	Niacin (B3):	0.20 mg
Polyunsaturat Fat:	0.32 g	Vitamin (B6):	0.09 mg
Saturated Fat:	4.96 g	Vitamin B12:	0.89 mcg
Trans Fat:	0.00* g	Folacin:	9.73 mcg
Water:	155 ml	Pantothenic Acid:	0.86 mg
Total Sugar:	21.51 g	Vitamin C:	0.43 mg
Total Dietary Fiber:	0.50 g	Vitamin D:	63.34 IU
Cholesterol:	34 mg	Vitamin K:	0.22 mcg
Alcohol:	0.00 g	Fatty Acids	
Caffeine:	0.00 mg	Linoleic:	0.20 g
		Oleic:	2.01 g
Minerals		Other Information	
Calcium:	241.62 mg	Calories from Carbohydrates:	48%
Magnesium:	23.56mg	Calories from Fat:	38%
Phosphorus:	199.33 mg	Calories from Protein:	14%
Potassium:	334.39 mg		
Sodium:	109.05 mg		
Copper:	0.027 mg		
Iron:	0.10 mg	Poly/SatFat:	0.07:1
Manganese:	0.007 mg	Sodium/Potassium:	0.33:1
Zinc:	1.011 mg	Calcium/Phosphorus:	1.21:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Milkshake Chocolate

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients		Vitamins	
Calories:	184 Kcal	Vitamin A:	152.62 RE
Protein:	6.64 g	Vitamin E:	0.21 mg
Carbohydrates:	24.69 g	Thiamin (B1):	0.09 mg
Total Fat:	7.36 g	Riboflavin (B2):	0.35 mg
Monounsaturat Fat:	2.14 g	Niacin (B3):	0.26 mg
Polyunsaturat Fat:	0.27 g	Vitamin (B6):	0.09 mg
Saturated Fat:	4.56 g	Vitamin B12:	0.80 mcg
Trans Fat:	0.00* g	Folacin:	16.69 mcg
Water:	148 ml	Pantothenic Acid:	0.80 mg
Total Sugar:	22.98 g	Vitamin C:	0.46 mg
Total Dietary Fiber:	0.79 g	Vitamin D:	62.86 IU
Cholesterol:	25 mg	Vitamin K:	0.20 mcg
Alcohol:	0.00 g	Fatty Acids	
Caffeine:	1.98 mg	Linoleic:	0.17 g
		Oleic:	1.99 g
Minerals		Other Information	
Calcium:	221.41 mg	Calories from Carbohydrates:	50%
Magnesium:	32.62mg	Calories from Fat:	36%
Phosphorus:	194.36 mg	Calories from Protein:	14%
Potassium:	355.47 mg		
Sodium:	101.62 mg		
Copper:	0.105 mg	Poly/SatFat:	0.06:1
Iron:	0.65 mg	Sodium/Potassium:	0.29:1
Manganese:	0.092 mg	Calcium/Phosphorus:	1.14:1
Zinc:	0.897 mg		

* indicates 1 or more Unreported values.

Nutrient Analysis

Milkshake Strawberry

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients		Vitamins	
Calories:	168 Kcal	Vitamin A:	138.09 RE
Protein:	6.24 g	Vitamin E:	0.01* mg
Carbohydrates:	24.29 g	Thiamin (B1):	0.09 mg
Total Fat:	5.64 g	Riboflavin (B2):	0.39 mg
Monounsaturat Fat:	0.02* g	Niacin (B3):	0.22 mg
Polyunsaturat Fat:	0.00* g	Vitamin (B6):	0.08 mg
Saturated Fat:	3.50 g	Vitamin B12:	0.81 mcg
Trans Fat:	0.00* g	Folacin:	14.05 mcg
Water:	151 ml	Pantothenic Acid:	0.92 mg
Total Sugar:	6.24* g	Vitamin C:	5.08 mg
Total Dietary Fiber:	0.59 g	Vitamin D:	57.58* IU
Cholesterol:	22 mg	Vitamin K:	0.00* mcg
Alcohol:	0.00 g	Fatty Acids	
Caffeine:	0.00 mg	Linoleic:	0.00* g
		Oleic:	0.02* g
Minerals		Other Information	
Calcium:	228.66 mg	Calories from Carbohydrates:	55%
Magnesium:	22.72mg	Calories from Fat:	30%
Phosphorus:	189.73 mg	Calories from Protein:	15%
Potassium:	315.19 mg		
Sodium:	91.05 mg		
Copper:	0.039 mg		
Iron:	0.18 mg	Poly/SatFat:	0.00:1
Manganese:	0.053 mg	Sodium/Potassium:	0.29:1
Zinc:	0.739 mg	Calcium/Phosphorus:	1.21:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Shake Pineapple Coconut

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	469 Kcal
Protein:	5.41 g
Carbohydrates:	41.35 g
Total Fat:	33.91 g
Monounsaturat Fat:	3.29 g
Polyunsaturat Fat:	0.66 g
Saturated Fat:	27.82 g
Trans Fat:	0.00* g
Water:	234 ml
Total Sugar:	34.90* g
Total Dietary Fiber:	1.50* g
Cholesterol:	32 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	130.35 mg
Magnesium:	79.62mg
Phosphorus:	192.10 mg
Potassium:	545.00 mg
Sodium:	75.31 mg
Copper:	0.377 mg
Iron:	4.15 mg
Manganese:	2.276 mg
Zinc:	1.256 mg

Vitamins

Vitamin A:	87.95 RE
Vitamin E:	0.30* mg
Thiamin (B1):	0.18 mg
Riboflavin (B2):	0.20 mg
Niacin (B3):	1.16 mg
Vitamin (B6):	0.16 mg
Vitamin B12:	0.28 mcg
Folacin:	25.64 mcg
Pantothenic Acid:	0.71 mg
Vitamin C:	13.39 mg
Vitamin D:	5.76 IU
Vitamin K:	1.04* mcg

Fatty Acids

Linoleic:	0.51 g
Oleic:	3.13 g

Other Information

Calories from Carbohydrates:	30%
Calories from Fat:	65%
Calories from Protein:	5%
Poly/SatFat:	0.02:1
Sodium/Potassium:	0.14:1
Calcium/Phosphorus:	0.68:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Ice Cream Root Beer Float

Serving Size : 12 Fl Oz (354.88 ml)

Item Type : Recipe

Food Description :

Macro Nutrients		Vitamins	
Calories:	246 Kcal	Vitamin A:	84.96 RE
Protein:	2.52 g	Vitamin E:	0.22 mg
Carbohydrates:	42.07 g	Thiamin (B1):	0.03 mg
Total Fat:	7.92 g	Riboflavin (B2):	0.17 mg
Monounsaturat Fat:	2.14 g	Niacin (B3):	0.09 mg
Polyunsaturat Fat:	0.32 g	Vitamin (B6):	0.04 mg
Saturated Fat:	4.89 g	Vitamin B12:	0.28 mcg
Trans Fat:	0.00* g	Folacin:	3.60 mcg
Water:	255 ml	Pantothenic Acid:	0.42 mg
Total Sugar:	40.36 g	Vitamin C:	0.43 mg
Total Dietary Fiber:	0.50 g	Vitamin D:	5.76 IU
Cholesterol:	32 mg	Vitamin K:	0.22 mcg
Alcohol:	0.00 g	Fatty Acids	
Caffeine:	0.00 mg	Linoleic:	0.20 g
		Oleic:	1.99 g
Minerals		Other Information	
Calcium:	103.99 mg	Calories from Carbohydrates:	67%
Magnesium:	12.45mg	Calories from Fat:	29%
Phosphorus:	75.60 mg	Calories from Protein:	4%
Potassium:	145.65 mg		
Sodium:	88.36 mg		
Copper:	0.038 mg		
Iron:	0.18 mg	Poly/SatFat:	0.07:1
Manganese:	0.031 mg	Sodium/Potassium:	0.61:1
Zinc:	0.662 mg	Calcium/Phosphorus:	1.38:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Sherbet Rainbow Float

Serving Size : 12 Fl Oz (354.88 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	190 Kcal
Protein:	0.81 g
Carbohydrates:	43.89 g
Total Fat:	1.48 g
Monounsaturat Fat:	0.39 g
Polyunsaturat Fat:	0.06 g
Saturated Fat:	0.86 g
Trans Fat:	0.00* g
Water:	272 ml
Total Sugar:	39.73 g
Total Dietary Fiber:	0.96 g
Cholesterol:	1 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	47.31 mg
Magnesium:	8.36mg
Phosphorus:	29.62 mg
Potassium:	73.53 mg
Sodium:	51.15 mg
Copper:	0.071 mg
Iron:	0.54 mg
Manganese:	0.032 mg
Zinc:	0.477 mg

Vitamins

Vitamin A:	8.89 RE
Vitamin E:	0.01 mg
Thiamin (B1):	0.02 mg
Riboflavin (B2):	0.07 mg
Niacin (B3):	0.04 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.10 mcg
Folacin:	2.96 mcg
Pantothenic Acid:	0.16 mg
Vitamin C:	1.70 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.05 g
Oleic:	0.35 g

Other Information

Calories from Carbohydrates:	91%
Calories from Fat:	7%
Calories from Protein:	2%
Poly/SatFat:	0.07:1
Sodium/Potassium:	0.70:1
Calcium/Phosphorus:	1.60:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Pudding Chocolate Marshmallow Graham f/Inst

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	238 Kcal
Protein:	4.77 g
Carbohydrates:	49.75 g
Total Fat:	3.30 g
Monounsaturat Fat:	0.92 g
Polyunsaturat Fat:	0.56 g
Saturated Fat:	1.63 g
Trans Fat:	0.09* g
Water:	92 ml
Total Sugar:	30.25 g
Total Dietary Fiber:	1.21 g
Cholesterol:	8 mg
Alcohol:	0.00 g
Caffeine:	2.18 mg

Minerals

Calcium:	134.96 mg
Magnesium:	27.94mg
Phosphorus:	125.03 mg
Potassium:	193.85 mg
Sodium:	200.38 mg
Copper:	0.153 mg
Iron:	0.76 mg
Manganese:	0.206 mg
Zinc:	0.739 mg

Vitamins

Vitamin A:	53.68 RE
Vitamin E:	0.16 mg
Thiamin (B1):	0.07 mg
Riboflavin (B2):	0.23 mg
Niacin (B3):	0.55 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.52 mcg
Folacin:	13.67 mcg
Pantothenic Acid:	0.40 mg
Vitamin C:	0.20 mg
Vitamin D:	47.83 IU
Vitamin K:	1.47 mcg

Fatty Acids

Linoleic:	0.49 g
Oleic:	0.87 g

Other Information

Calories from Carbohydrates:	80%
Calories from Fat:	12%
Calories from Protein:	8%
Poly/SatFat:	0.34:1
Sodium/Potassium:	1.03:1
Calcium/Phosphorus:	1.08:1

* indicates 1 or more Unreported values.