



# High School Smoothie Line

November 2021 – March 2022

## Smoothie Bowls – Daily

**Base:** Freshly Made Smoothie Bowl w/Granola

**Choice of Toppings:**

Sliced Bananas, Sliced Strawberries and Frozen Blueberries,  
Chocolate Chips & Shredded Coconut

**Protein Choice:** Chocolate Spread, String Cheese or Sunflower Seeds

Choice of Milk

### Fruits & Vegetables Offered at All Lines Daily

Monday	Tuesday	Wednesday	Thursday	Friday
Canned Peaches Whole Fruit	Fresh Grapes Whole Fruit	Fresh Strawberries Whole Fruit	Orange Slices Raisels	Orange Slices Raisels
Fruit Juice (6 oz)				
Green Monster Smoothie (8 oz)	Side Salad w/Ranch (Romaine Lettuce, Shredded Carrots & Croutons)	Caesar Salad w/Croutons	Caesar Salad w/Croutons	Green Monster Smoothie (8 oz)
Baby Carrots	Baby Carrots	Cucumbers & Jicama w/Lemon and Tajin	Cucumbers & Jicama w/Lemon and Tajin	Baby Carrots