

Snacks, Desserts and Extras

cakes & cookies

meat/meat alternates

fruits & vegetables

grains & breads

beverages, sauces, dips & more

Snacks and Desserts

Regular meals and 2–3 snacks a day are necessary for most young children. Their tummies get full before they can eat enough fuel to meet their energy needs. Snacks should be thought of as mini meals, and be just as nutritious. Snack time is the perfect opportunity to encourage healthy food choices.

Let your imagination go! Some of these snacks would make an interesting lunch or even a fun breakfast! PB and J Rolls or Bagel Faces are good breakfast options while Tuna Boats with yogurt or Quick Quesadillas with beans as a side would meet Meat/Meat Alternate requirements at lunch. Also check other sections of this book for new snack ideas.

Snacks can be a great time to introduce new foods and get children involved. Many snack recipes encourage child participation. In this section, those recipes are marked with a handprint. Child participation recipes are written so that each child can make his/her own portion from start to finish. Many children enjoy cooking, and are more willing to eat foods they help prepare. See the next page for more information about preparing food with children.

Helpful Reminders About Snacks and Desserts:

- At snack, two different components must be served. Juice must not be served when milk is served as the only other component.
- Fresh, frozen or canned vegetables and/or fruits (not juice) must be served at least twice a week at breakfast and twice a week at snack.
- No more than two sweet snack items and no more than two sweet breakfast items may be served each week (not to exceed four sweet items a week).
- Sweet grain/bread items are not creditable at lunch or supper, but can be served as an extra.

Food Preparation with Children. . .It Can Be Done!

To make preparing food fun and less stressful, set up a work area that is child sized. Give age appropriate tasks. Be patient and provide constant encouragement. And remember to have the children wash their hands before beginning food preparation!

2 year olds can:

- Wipe tables and chairs.
- Set things on the table.

- Scrub vegetables.
- Wash salad greens.
- Tear lettuce or greens.
- Break cauliflower.
- Snap green beans.
- Carry ingredients from one place to another.

3 year olds can do all of the above plus:

- Wrap potatoes in foil for baking.
- Knead and shape yeast dough.
- Pour liquids.
- Mix and stir ingredients.
- Shake liquids in a covered container.
- Spread soft spreads.
- Place things in the trash.

4 year olds can do all of the above plus:

- Peel oranges or hard cooked eggs.
- Set the table.
- Mash bananas.
- Cut with dull scissors—green onions, parsley, dried fruit.

5 and 6 year olds can do all of the above plus:

- Measure ingredients.
- Cut with a blunt knife.
- Use an egg beater.
- Stir ingredients.

Apple Cake

Number of Portions: 20

Size of Portion: 1 piece

Meal Pattern Contribution:
1/2 Grain/Bread

INGREDIENTS

Sugar	1 cup
Vegetable Oil	1/2 cup
Vanilla	1/2 tsp.
Apples, diced	2 cups
Cinnamon	1/2 tsp.
Milk	1/2 cup
Baking Soda	1 tsp.
Salt	1/2 tsp.
Flour, all-purpose	2 cups
Egg	1

Add sugar, oil and vanilla in a bowl and mix. Add the remaining ingredients and mix well. Pour into greased 8 x 11 inch pan. Bake at 350° F for 30 minutes. Slice pan 4 x 5.

Calories, 145
Cholesterol, 11 Mg
Sodium, 128 Mg
Dietary Fiber, 0.6 G

Iron, 1 Mg
Calcium, 12 Mg
Vitamin A, 9 RE
Vitamin C, 1 Mg

Protein, 1.8 G
Carbohydrates, 21.6 G
Total Fat, 5.9 G
Saturated Fat, 0.5 G

Oatmeal Cake

Number of Portions: 25

Size of Portion: 1 piece

Meal Pattern Contribution:
1/2 Grain/Bread

INGREDIENTS

Oats, uncooked	1 cup
Water, boiling	1 cup
Margarine	1/2 cup
Brown Sugar	1/2 cup
Eggs	2
Flour, all-purpose	1 cup
Baking Soda	1 tsp.
Baking Powder	1 tsp.
Salt	1/4 tsp.
Vanilla	1 tsp.
Nuts, chopped (optional)	1/2 cup

Preheat oven to 350° F. Combine oats and water in a bowl and set aside. Cream margarine and brown sugar in a large bowl. Add eggs and beat well. Sift together flour, baking soda, baking powder, and salt and add to egg mixture. Add vanilla, nuts (if desired) and oats. Pour into a greased 9 x 9 or 11 x 7 inch pan. Bake for 30 to 40 minutes. Cut pan 5 x 5.

Note: Nuts not included in nutrient analysis.

Calories, 79	Iron, 1 Mg	Protein, 1.6 G
Cholesterol, 17 Mg	Calcium, 19 Mg	Carbohydrates, 8.7 G
Sodium, 142 Mg	Vitamin A, 44 RE	Total Fat, 4.3 G
Dietary Fiber, 0.4 G	Vitamin C, 0 Mg	Saturated Fat, 0.8 G

Choc-Oat-Chip Cookies

Number of Portions: 32

Size of Portion: 1 cookie

Meal Pattern Contribution:
1/2 Grain/Bread

INGREDIENTS

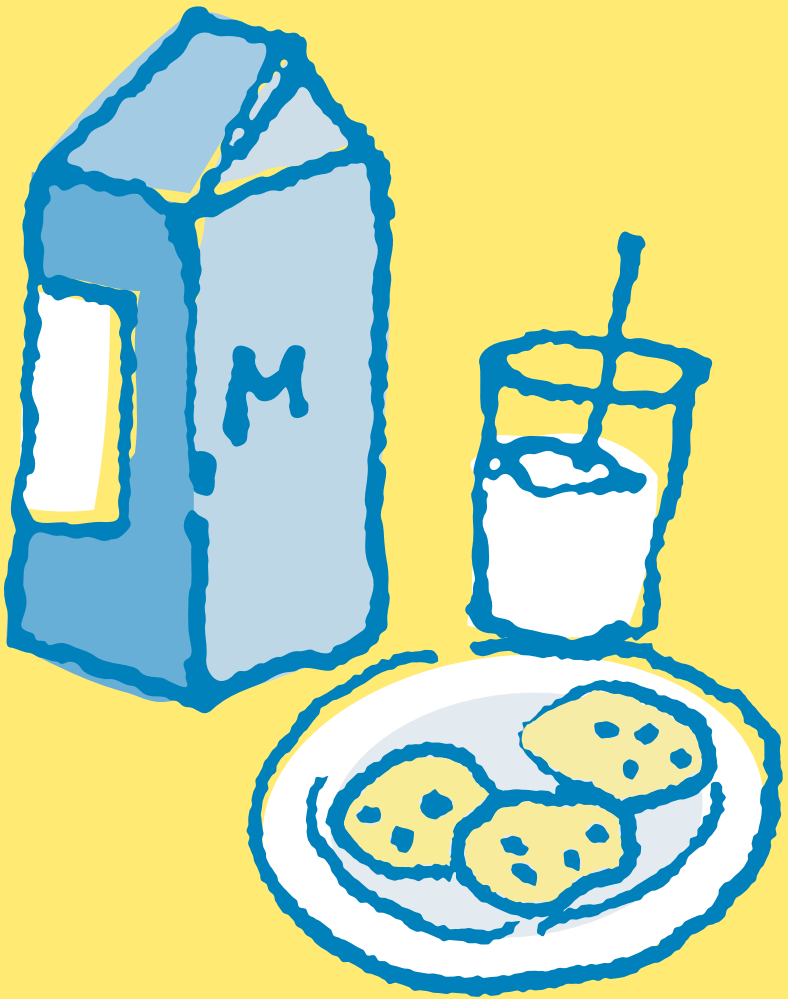
Flour, all-purpose	1 3/4 cups
Baking Soda	1 tsp.
Cinnamon	1/2 tsp.
Salt	1/2 tsp.
Brown Sugar, firmly packed	1 1/4 cups
Sugar	1/2 cup
Margarine	1/2 cup
Applesauce, unsweetened	1/2 cup
Egg Whites	2
Vanilla Extract	1 Tbsp.
Oats, uncooked	2 1/2 cups
Chocolate Chips	1 (12 oz.) bag
Nuts, chopped (optional)	1/2 cup

Preheat oven to 375° F. Lightly grease baking sheets. Combine flour, baking soda, cinnamon, and salt in a small bowl. Beat sugars, margarine and applesauce in a bowl until smooth. Beat in egg whites and vanilla extract; gradually add flour mixture. Stir in oats, chocolate chips and nuts (if desired). Drop by spoonfuls (about the size of a golf ball) onto baking sheets or use a #30 dipper. Bake for 9–10 minutes for chewy cookies,

SNACKS, DESSERTS AND EXTRAS:

CAKES AND COOKIES

12–13 minutes for crisp cookies. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.



Note: Nuts not included in nutrient analysis.

Calories, 172	Iron, 1 Mg	Protein, 2.4 G
Cholesterol, 0 Mg	Calcium, 17 Mg	Carbohydrates, 27.8 G
Sodium, 117 Mg	Vitamin A, 29 RE	Total Fat, 6.5 G
Dietary Fiber, 1.5 G	Vitamin C, 1 Mg	Saturated Fat, 2.5 G

Granola Oat Bars

Number of Portions: 50

Size of Portion: 1 bar

Meal Pattern Contribution:
1/2 Grain/Bread

INGREDIENTS

Oats, cooked	2 1/2 cups
Flour, whole wheat	2 cups
Coconut	1 1/2 cups
Brown Sugar	1 cup
Raisin	1 cup
Apples, chopped	2 cups
Butter	1 1/2 cups
Honey*	1/2 cup
Baking Powder	1/2 tsp.
Baking Soda	1/4 tsp.
Eggs	3

Mix all of the ingredients in a bowl. Pour into two 10 x 10 inch square pans. Bake at 350° F for 10–14 minutes. Slice each pan 5 x 5.

* Honey should never be served to children less than one year of age.

Calories, 144	Iron, 1 Mg	Protein, 2.6 G
Cholesterol, 28 Mg	Calcium, 16 Mg	Carbohydrates, 18.6 G
Sodium, 79 Mg	Vitamin A, 57 RE	Total Fat, 7.2 G
Dietary Fiber, 1.7 G	Vitamin C, 0 Mg	Saturated Fat, 4.3 G

Triple Grain Cereal Bars

Number of Portions: 20

Size of Portion: 1 bar

Meal Pattern Contribution:
1/2 Grain/Bread

INGREDIENTS

Cornflakes	4 cups
Wheat Square	3 cups
O-shaped Cereal	2 cups
Peanut Butter	1 cup
Corn Syrup	1/2 cup
Margarine	2 Tbsp.
Marshmallows, large	30

Spray a 13 x 9 inch pan with nonstick cooking spray. In a large bowl, combine cereals; set aside. In a medium saucepan, combine remaining ingredients. Cook over low heat until marshmallows are melted, stirring constantly. Pour over cereal mixture; mix well. Using spray-coated rubber scraper, press mixture into spray-coated pan. Cool slightly; cut pan 5 x 4 into bars.

“Three grains
triple the good
taste!”

Calories, 190
Cholesterol, 0 Mg
Sodium, 186 Mg
Dietary Fiber, 1.7 G

Iron, 4 Mg
Calcium, 24 Mg
Vitamin A, 91 RE
Vitamin C, 2 Mg

Protein, 4.5 G
Carbohydrates, 28.2 G
Total Fat, 7.8 G
Saturated Fat, 1.5 G

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Dinosaur Eggs

Number of Portions: 8

Size of Portion: 2 pieces

Meal Pattern Contribution:
1/2 oz. Meat/Meat Alternate

INGREDIENTS

Peanut Butter, divided	1/2 cup
Honey*, divided	1/2 cup
Powdered Milk, divided	1 cup
Raisins, divided	1/2 cup
Grape Nuts Cereal, divided	1/2 cup

Mix 1 Tbsp. peanut butter, 1 Tbsp. honey, 2 Tbsp. powdered milk, 1 Tbsp. raisins, and 1 Tbsp. grape nuts in a paper cup. Turn mixture out and knead thoroughly. Roll into 2 egg shapes.



* Honey should never be served to children less than 1 year of age.

Calories, 244	Iron, 3 Mg	Protein, 8.1 G
Cholesterol, 2 Mg	Calcium, 117 Mg	Carbohydrates, 38.8 G
Sodium, 172 Mg	Vitamin A, 151 RE	Total Fat, 8.1 G
Dietary Fiber, 2.1 G	Vitamin C, 1 Mg	Saturated Fat, 1.6 G

Dinosaur Delight

Number of Portions: 25

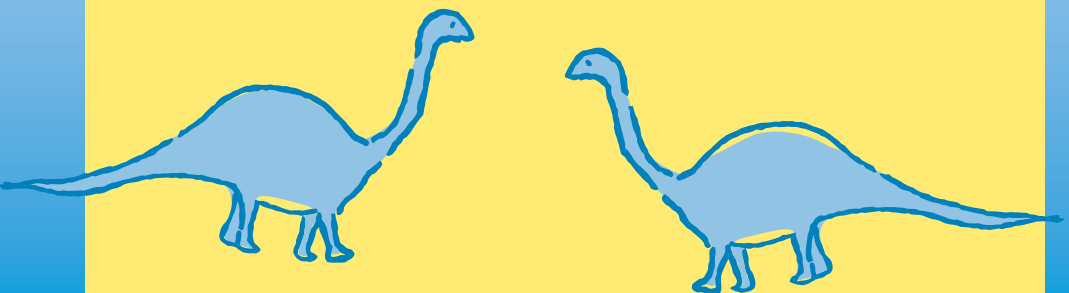
Size of Portion: 1 piece

Meal Pattern Contribution:
1/2 Grain/Bread

INGREDIENTS

Cocoa	1/4 cup
Milk with green food coloring	1/2 cup
Sugar	2 cups
Butter	1/2 cup
Peanut Butter	1/2 cup
Oatmeal, uncooked	2 1/2 cups

In a saucepan over medium heat, mix cocoa and milk. Add sugar and butter. Boil for about 3 minutes. Add peanut butter and oatmeal. Stir until melted. Remove from heat and stir until mixture begins to thicken. Drop by tablespoonfuls onto waxed paper. Store in refrigerator until ready to serve.



Calories, 157

Cholesterol, 10 Mg

Sodium, 65 Mg

Dietary Fiber, 1.4 G

Iron, 1 Mg

Calcium, 14 Mg

Vitamin A, 37 RE

Vitamin C, 0 Mg

Protein, 2.9 G

Carbohydrates, 22.7 G

Total Fat, 6.9 G

Saturated Fat, 3 G

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Tuna Boats

Number of Portions: 10

Size of Portion: 3 boats

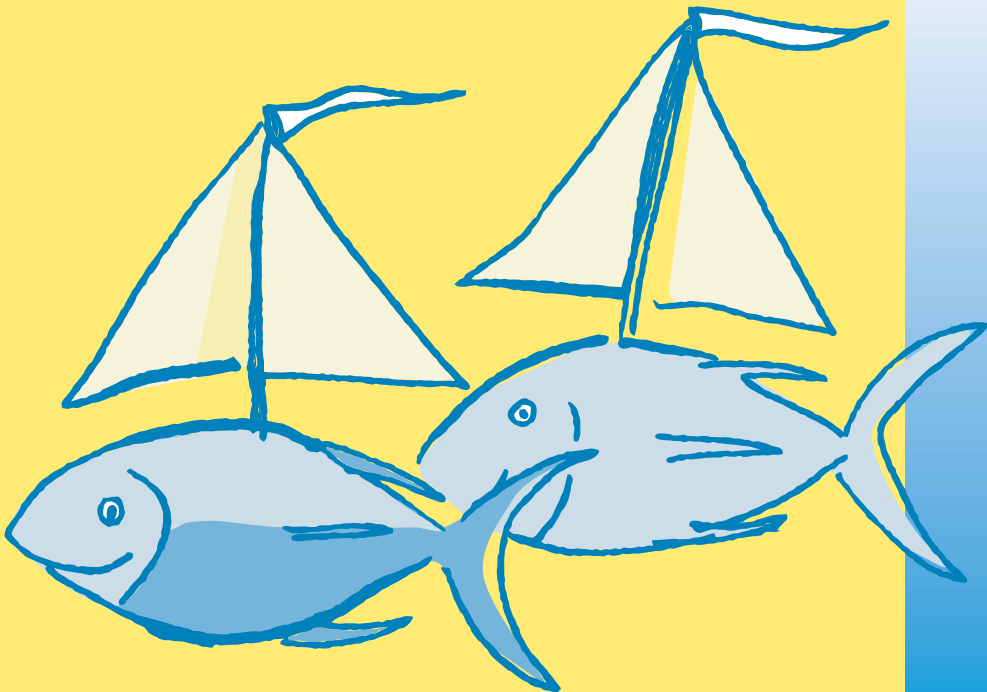
Meal Pattern Contribution:

1 oz. Meat/Meat Alternate; 1/2 Grain/Bread

INGREDIENTS

Tuna, drained	1 (6 oz.) can
Mayonnaise	1/4 cup
Cheese	1/2 lb.
Whole Grain Crackers	30

Mix tuna and mayonnaise together in a bowl. Cut cheese into 30 triangles. Put 1 Tbsp. tuna mixture in a paper cup. Take 3 crackers and 3 cheese triangles. Assemble tuna boats by spreading tuna mixture on cracker and putting the cheese on the tuna as a sail.



Calories, 203
Cholesterol, 32 Mg
Sodium, 307 Mg
Dietary Fiber, 1.3 G

Iron, 1 Mg
Calcium, 172 Mg
Vitamin A, 70 RE
Vitamin C, 0 Mg

Protein, 11 G
Carbohydrates, 8.7 G
Total Fat, 14.1 G
Saturated Fat, 5.7 G

Quick Quesadillas

Number of Portions: 8

Size of Portion: 2 triangles

Meal Pattern Contribution:

1 oz. Meat/Meat Alternate; 1 Grain/Bread

INGREDIENTS

Tortillas	8 (6 inch)
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Cheddar Cheese, shredded	2 cups
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Spray a frying pan with non-stick spray. Put one tortilla in pan, spread 1/4 cup cheese evenly over tortilla, and cover with second tortilla. Grill on both sides until cheese melts. Cut each quesadilla into 4 pieces. Give each child 2 triangles. Serve with yogurt and salsa if desired.

Calories, 211

Cholesterol, 30 Mg

Sodium, 319 Mg

Dietary Fiber, 1 G

Iron, 1 Mg

Calcium, 241 Mg

Vitamin A, 79 RE

Vitamin C, 0 Mg

Protein, 9.6 G

Carbohydrates, 17 G

Total Fat, 11.5 G

Saturated Fat, 6.5 G

Banana Mash

Number of Portions: 8

Size of Portion: approximately 1/2 cup

Meal Pattern Contribution:
1 oz. Meat/Meat Alternate;
1/4 cup Fruit/Vegetable

INGREDIENTS

Bananas, ripe	4
Peanut Butter, divided	1 cup
Raisins, divided	1/4 cup

Peel bananas and cut in half with a plastic knife. Put 1 banana half, 2 Tbsp. peanut butter and 10 raisins into a zip lock bag. Mash mixture to desired consistency. Serve with vanilla wafers.

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recipe!

Calories, 258
Cholesterol, 0 Mg
Sodium, 154 Mg
Dietary Fiber, 3.5 G

Iron, 1 Mg
Calcium, 17 Mg
Vitamin A, 5 RE
Vitamin C, 6 Mg

Protein, 8.6 G
Carbohydrates, 24.5 G
Total Fat, 16.3 G
Saturated Fat, 3.2 G

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Peanut Butter Play Dough

Number of Portions: 8

Size of Portion: 1/4 cup

Meal Pattern Contribution:
1 oz. Meat/Meat Alternate

INGREDIENTS

Peanut Butter*, divided	1 cup
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Honey**, divided	1/2 cup
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Powdered Milk, divided	1 cup
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Mix 2 Tbsp. peanut butter, 1 Tbsp. honey and 2 Tbsp. powdered milk in a paper cup. Shape and decorate with other food items such as raisins, cereals, shredded carrots, celery pieces, and bell pepper slices.



* Peanut butters may have different consistencies by brand; 2 tablespoons of peanut butter is required to meet the meal pattern. You may have to adjust the other ingredients to form a good dough.

** Honey should never be served to children less than 1 year of age.

Calories, 283	Iron, 1 Mg	Protein, 10.9 G
Cholesterol, 2 Mg	Calcium, 117 Mg	Carbohydrates, 28.4 G
Sodium, 200 Mg	Vitamin A, 60 RE	Total Fat, 16 G
Dietary Fiber, 1.9 G	Vitamin C, 1 Mg	Saturated Fat, 3.1 G

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Pizza People

Number of Portions: 25
Size of Portion: 1/2 muffin
Meal Pattern Contribution:
1 Grain/Bread
1/4 cup Fruit/Vegetable

INGREDIENTS

English Muffins, plain	13
Pizza Sauce, divided	3 cups + 2 Tbsp.
Mozzarella Cheese, shredded, divided	3 cups + 2 Tbsp.
Pepperoni Slices, divided	100
Carrots, shredded, divided	6 1/4 cups
Celery Stalks, divided	12 1/2

Split English muffins into 25 halves. Spread 2 Tbsp. pizza sauce over 1/2 muffin. Sprinkle 2 Tbsp. shredded cheese evenly over sauce and arrange 4 pepperoni slices to make eyes, nose and mouth. Place on cookie sheet and bake at 400° F for 5 to 8 minutes until cheese is bubbly. After baking, place on plates and arrange 1/4 cup shredded carrot around the top of the English muffin face for hair. Cut 1/2 stalk celery for ears and a bow tie (or hair bow!) to complete the pizza people.

“Pizza People are
our friends. . .”

Calories, 249
Cholesterol, 25 Mg
Sodium, 732 Mg
Dietary Fiber, 2.6 G

Iron, 2 Mg
Calcium, 184 Mg
Vitamin A, 838 RE
Vitamin C, 11 Mg

Protein, 11.8 G
Carbohydrates, 21.2 G
Total Fat, 13.2 G
Saturated Fat, 5.2 G

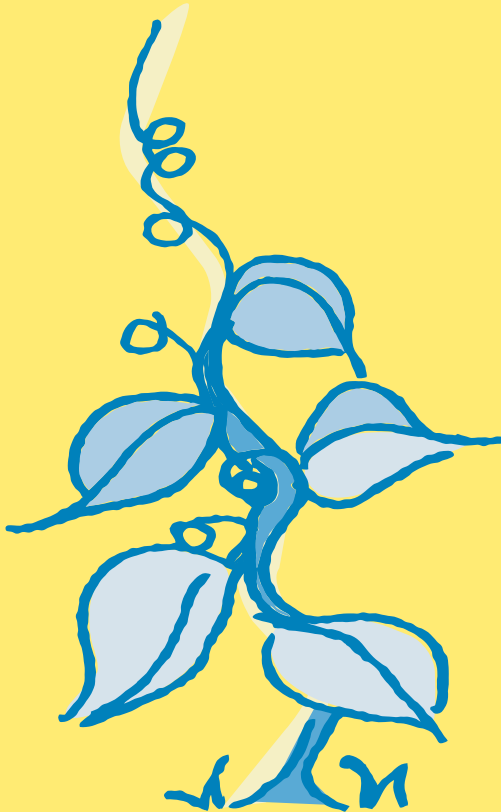
Jack's Beanstalks

Number of Portions: 15
Size of Portion: 2 beanstalks
Meal Pattern Contribution:
1/2 oz. Meat/Meat Alternate;
1/4 cup Fruit/Vegetable

INGREDIENTS

Kidney Beans	1 (15 1/2 oz.) can
Cheddar Cheese, shredded	1/2 cup
Chili Powder	1/2 tsp.
Celery Sticks	30 (1 x 4 inch)

Drain beans and save liquid. Mash beans adding a little liquid for creamier texture. Stir in cheese and chili powder. Simmer over low heat until cheese melts. Refrigerate. When cool, stuff each celery stalk with 1/2 Tbsp. bean mixture. Serve each child 2 beanstalks. Cut into bite size pieces if desired.



Calories, 45
Cholesterol, 4 Mg
Sodium, 147 Mg
Dietary Fiber, 2.4 G

Iron, 1 Mg
Calcium, 45 Mg
Vitamin A, 17 RE
Vitamin C, 2 Mg

Protein, 2.7 G
Carbohydrates, 5.6 G
Total Fat, 1.4 G
Saturated Fat, 0.8 G

Monkey Bars

Number of Portions: 28

Size of Portion: 1 piece

Meal Pattern Contribution:
1 oz. Meat/Meat Alternate;
1/4 cup Fruit/Vegetable

INGREDIENTS

Bananas	14
Peanut Butter	1 (32 oz.) jar
Popsicle Sticks	28
Graham Crackers, crushed or Rice Krispies	enough for coating

Peel bananas and cut in half. Carefully insert a popsicle stick in the end and place on cookie sheet lined with wax paper. Place bananas in freezer for 1 hour. Melt peanut butter over medium heat in a saucepan. Remove bananas from freezer and dip into peanut butter. Roll in crushed crackers or cereal.



Note: Coating not included in nutrient analysis.

Calories, 250	Iron, 1 Mg	Protein, 8.7 G
Cholesterol, 0 Mg	Calcium, 15 Mg	Carbohydrates, 20.7 G
Sodium, 159 Mg	Vitamin A, 5 RE	Total Fat, 16.9 G
Dietary Fiber, 3.4 G	Vitamin C, 5 Mg	Saturated Fat, 3.3 G

Banana Split Pudding

Number of Portions: 12

Size of Portion: 1/2 cup

Meal Pattern Contribution:
1/4 cup Fruit/Vegetable

INGREDIENTS

Milk	3 cups
Vanilla Pudding Mix, instant	1 (5 oz.) box
Banana, sliced	2
Strawberries, fresh, sliced	1 1/2 cups
Pineapple, crushed, drained	1 (8 oz.) can
Whipped Topping, frozen, thawed	1/2 lb.
Pecans, chopped (optional)	1/4 cup

In a bowl, whisk milk and pudding mix together for 2 minutes. Add banana, strawberries and pineapple. Spread whipped topping over pudding mixture. Sprinkle with nuts if desired.

“A tasty way to get fruit
into a kid’s day!”

Note: Pecans not included in nutrient analysis.

Calories, 212	Iron, 0 Mg	Protein, 5.8 G
Cholesterol, 9 Mg	Calcium, 199 Mg	Carbohydrates, 43.1 G
Sodium, 463 Mg	Vitamin A, 67 RE	Total Fat, 2.6 G
Dietary Fiber, 1.2 G	Vitamin C, 16 Mg	Saturated Fat, 1.5 G

Cool Popsicles

Number of Portions: 20

Size of Portion: approximately 1/2 cup

Meal Pattern Contribution:
1/2 oz. Meat/Meat Alternate;
3/4 cup Fruit/Vegetable

INGREDIENTS

Plain Yogurt, divided	4 cups
Fruit Juice Concentrate, frozen, divided	4 (6 oz.) cans

Put 1/4 cup yogurt and 3 tablespoons juice concentrate in a paper cup. Mix well. Place in freezer. When mixture is partially frozen, put a popsicle stick in the center of each cup. Put cups back in freezer until frozen.

a kid-friendly
recipe!

Note: Orange juice concentrate used for nutrient analysis.

Calories, 93	Iron, 0 Mg	Protein, 3.6 G
Cholesterol, 1 Mg	Calcium, 104 Mg	Carbohydrates, 19.8 G
Sodium, 36 Mg	Vitamin A, 13 RE	Total Fat, 0.2 G
Dietary Fiber, 0.3 G	Vitamin C, 59 Mg	Saturated Fat, 0.1 G

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Cereal Snack Mix

Number of Portions: 12

Size of Portion: 1/2 cup

Meal Pattern Contribution:
1/2 Grain/Bread

INGREDIENTS

O-shaped Cereal	2 cups
Pretzel Twists, small	2 cups
Marshmallows, mini	1 cup
Raisins*	1/2 cup
Cranberries, dried*	1/2 cup
Sugar	2 Tbsp.
Cinnamon	1/2 tsp.
Margarine, melted	1 Tbsp.

Combine cereal, pretzels, marshmallows, raisins*, and cranberries* in a large re-sealable bag. Combine sugar and cinnamon in small bowl. Pour margarine and cinnamon mixture over cereal mixture. Seal bag and shake well.

* Raisins and dried cranberries can be a choking hazard, be sure to properly supervise children.

Calories, 113	Iron, 2 Mg	Protein, 1.5 G
Cholesterol, 0 Mg	Calcium, 24 Mg	Carbohydrates, 24.3 G
Sodium, 188 Mg	Vitamin A, 72 RE	Total Fat, 1.6 G
Dietary Fiber, 1.2 G	Vitamin C, 1 Mg	Saturated Fat, 0.3 G

Nuts and Bolts Snack Mix

Number of Portions: 24

Size of Portions: 1/2 cup

Meal Pattern Contribution:
3/4 Grain/Bread

INGREDIENTS

Vegetable Oil	3/4 cup
Corn Squares Cereal	2 1/2 cups
Rice Squares Cereal	2 1/2 cups
Wheat Squares Cereal	2 1/2 cups
O-shaped Cereal	2 1/2 cups
Pretzels	2 cups
Worcestershire Sauce	3 Tbsp.
Hot Sauce	3 dashes
Onion Salt	1 tsp.
Garlic Salt	1 tsp.
Celery Salt	1 tsp.
Salt	1 tsp.

Mix all ingredients together in a shallow baking pan. Bake at 250° F for 1 1/2 hours, stirring often.

Calories, 120
Cholesterol, 0 Mg
Sodium, 500 Mg
Dietary Fiber, 0.8 G

Iron, 4 Mg
Calcium, 37 Mg
Vitamin A, 41 RE
Vitamin C, 2 Mg

Protein, 1.4 G
Carbohydrates, 12.9 G
Total Fat, 7.2 G
Saturated Fat, 0.5 G

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Graham Cracker Smacker

Number of Portions: 20

Size of Portion: 1 smacker

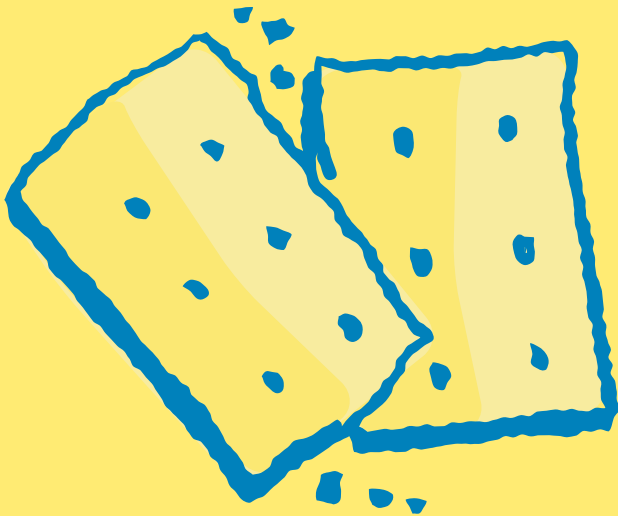
Meal Pattern Contribution:

1/2 oz. Meat/Meat Alternate; 1/2 Grain/Bread;
1/4 cup Fruit/Vegetable

INGREDIENTS

Graham Cracker Squares	40
Peanut Butter, divided	1 1/4 cups
Fruit, sliced, divided	5 cups

Spread 2 graham cracker squares with 1 Tbsp. peanut butter. Place 1/4 cup fruit such as bananas, peaches or pears on top of one cracker with peanut butter. Place the other graham cracker with peanut (facing inside) on top of fruit.



Note: Bananas used for nutrient analysis.

Calories, 188	Iron, 1 Mg	Protein, 5.3 G
Cholesterol, 0 Mg	Calcium, 11 Mg	Carbohydrates, 22.9 G
Sodium, 161 Mg	Vitamin A, 3 RE	Total Fat, 9.6 G
Dietary Fiber, 2.2 G	Vitamin C, 3 Mg	Saturated Fat, 1.8 G

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recipe!

PB and J Roll

Number of Portions: 20

Size of Portion: 1 roll

Meal Pattern Contribution:

1/2 oz. Meat/Meat Alternate; 1 Grain/Bread

INGREDIENTS

Peanut Butter, divided	1 1/4 cups
Bread Slices	20
Jelly, divided	1 1/4 cups

Spread 1 Tbsp. peanut butter on one slice of bread. Spread 1 Tbsp. jelly on top of peanut butter. Roll bread up like a burrito.

Calories, 215
Cholesterol, 0 Mg
Sodium, 216 Mg
Dietary Fiber, 1.7 G

Iron, 1 Mg
Calcium, 34 Mg
Vitamin A, 0 RE
Vitamin C, 0 Mg

Protein, 6 G
Carbohydrates, 29.1 G
Total Fat, 8.9 G
Saturated Fat, 1.7 G

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Bagel Faces

Number of Portions: 30

Size of Portion: 1/2 bagel

Meal Pattern Contribution:
1 Grain/Bread

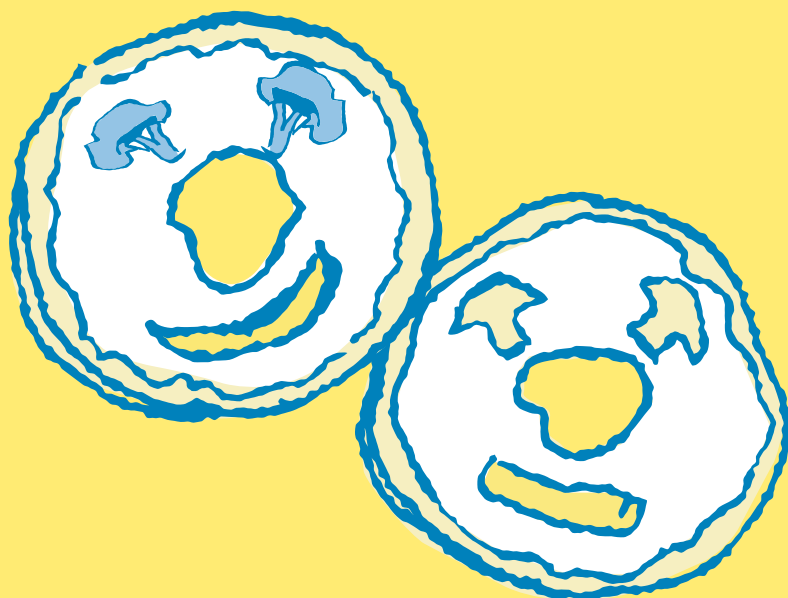
INGREDIENTS

Bagels, halved 15

Cream Cheese, divided 1 lb.

Assorted Vegetables, sliced

Spread 1 Tbsp. cream cheese on 1/2 bagel. Make faces by adding vegetables such as pepper strips, mushroom slices, tomato wedges, and broccoli florets for facial features.



Note: Vegetables not included in nutrient analysis.

Calories, 150

Cholesterol, 17 Mg

Sodium, 234 Mg

Dietary Fiber, 0.8 G

Iron, 1 Mg

Calcium, 38 Mg

Vitamin A, 58 RE

Vitamin C, 0 Mg

Protein, 4.9 G

Carbohydrates, 19.4 G

Total Fat, 5.8 G

Saturated Fat, 3.4 G

a kid-friendly
recipe!

Wrap-Ups

Number of Portions: 20

Size of Portion: 1 wrap-up

Meal Pattern Contribution:
1/2 oz. Meat/Meat Alternate;

1/4 cup Fruit/Vegetable; 1/2 Grain/Bread

INGREDIENTS

Tortillas	20 (6 inch)
Mayonnaise, divided	1/2 cup
Sour Cream, divided	1/2 cup
Assorted Vegetables, chopped or grated, divided	5 cups
Cheese, shredded, divided	2/3 lb.

Mix 1 tsp. mayonnaise and 1 tsp. sour cream in a paper cup. Spread on one side of tortilla. Put 1/4 cup vegetables such as tomato, cucumber, red pepper, carrot, onion, and zucchini and 2 Tbsp. cheese in the tortilla. Roll up like a burrito.

“Chop!
Grate!
Divide!”

Note: Tomatoes and cucumbers used for nutrient analysis.

Calories, 217	Iron, 1 Mg	Protein, 6.9 G
Cholesterol, 22 Mg	Calcium, 158 Mg	Carbohydrates, 18.7 G
Sodium, 275 Mg	Vitamin A, 73 RE	Total Fat, 12.9 G
Dietary Fiber, 1.4 G	Vitamin C, 5 Mg	Saturated Fat, 5 G

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SNACKS, DESSERTS AND EXTRAS:

BEVERAGES, SAUCES,
DIPS AND MORE

Berry Good Slush

Number of Portions: 8

Size of Portion: 2/3 cup

Meal Pattern Contribution:
1/2 oz. Meat/Meat Alternate;
1/4 cup Fruit/Vegetable

INGREDIENTS

Vanilla Yogurt, divided	2 cups
Applesauce, divided	1 cup
Juice, any flavor, divided	2 cups
Strawberries, divided	1 cup
Zip Lock Bags	8

Spoon 1/4 cup yogurt, 2 Tbsp. applesauce and 1/4 cup juice in a zip lock bag. Seal, shake and mix each bag. Freeze bags for about 35 minutes or until slushy. Pour into cups and top with 2 Tbsp. strawberries.

a kid-friendly
recipe!

Note: Pineapple juice used for nutrient analysis.

Calories, 121	Iron, 1 Mg	Protein, 3.4 G
Cholesterol, 3 Mg	Calcium, 121 Mg	Carbohydrates, 25.9 G
Sodium, 43 Mg	Vitamin A, 9 RE	Total Fat, 0.9 G
Dietary Fiber, 1.1 G	Vitamin C, 27 Mg	Saturated Fat, 0.5 G

SNACKS, DESSERTS AND EXTRAS:

BEVERAGES, SAUCES,
DIPS AND MORE

Pineapple/Banana Shake

Number of Portions: 20
Size of Portion: 1¹/₄ cup
Meal Pattern Contribution:
1/2 cup Milk

INGREDIENTS

Orange Juice, divided	2 ¹ / ₂ cups
Pineapple Juice, divided	2 ¹ / ₂ cups
Bananas	5
Milk, divided	1/2 gal. + 2 cups
Ice Cubes, divided	30

Mix only 4 servings at a time. Put 1/2 cup orange juice, 1/2 cup pineapple juice, 1 banana, 2 cups milk, and 6 ice cubes in a blender. Blend on high. Serve immediately or store in a refrigerator to keep chilled. Divide into 4 glasses. Repeat process four more times. If refrigerated, stir briskly before serving.



Calories, 109
Cholesterol, 5 Mg
Sodium, 63 Mg
Dietary Fiber, 0.8 G

Iron, 0 Mg
Calcium, 160 Mg
Vitamin A, 80 RE
Vitamin C, 22 Mg

Protein, 4.6 G
Carbohydrates, 20.1 G
Total Fat, 1.5 G
Saturated Fat, 0.9 G

SNACKS, DESSERTS AND EXTRAS:

BEVERAGES, SAUCES,
DIPS AND MORE

Fruit Sauce

Number of Portions: 10

Size of Portion: 1/4 cup

Meal Pattern Contribution:
1/4 cup Fruit/Vegetable

INGREDIENTS

Banana	1
Raisins	2 Tbsp.
Fruit	2 cups

Puree all fruit such as berries or kiwi until blended and smooth.

Note: Strawberries used for nutrient analysis.

Calories, 33	Iron, 0 Mg	Protein, 0.4 G
Cholesterol, 0 Mg	Calcium, 9 Mg	Carbohydrates, 8.4 G
Sodium, 1 Mg	Vitamin A, 3 RE	Total Fat, 0.1 G
Dietary Fiber, 1.3 G	Vitamin C, 19 Mg	Saturated Fat, 0 G

SNACKS, DESSERTS AND EXTRAS:

BEVERAGES, SAUCES,
DIPS AND MORE

Delicious Dip

Number of Portions: 10

Size of Portion: approximately 2 Tbsp.

Meal Pattern Contribution:
1/2 oz. Meat/Meat Alternate

INGREDIENTS

Cottage Cheese, divided	1 1/4 cups
Cheddar Cheese, shredded, divided	1/4 cup
Dill, divided	1/2 Tbsp.
Worcestershire Sauce, divided	1 Tbsp.
Salt, divided	1/2 Tbsp.

Mix 2 Tbsp. cottage cheese, 1 tsp. cheddar cheese, 1 shake dill, 1/4 tsp. Worcestershire sauce, and 1 shake salt in a paper cup until blended. Serve with crackers or vegetables.

a kid-friendly
recipe!

Calories, 33

Cholesterol, 4 Mg

Sodium, 505 Mg

Dietary Fiber, 0 G

Iron, 0 Mg

Calcium, 40 Mg

Vitamin A, 12 RE

Vitamin C, 0 Mg

Protein, 4.2 G

Carbohydrates, 0.9 G

Total Fat, 1.2 G

Saturated Fat, 0.8 G

SNACKS, DESSERTS AND EXTRAS:

BEVERAGES, SAUCES,
DIPS AND MORE

Chickpea Dip

Number of Portions: 12

Size of Portion: 2 Tbsp.

Meal Pattern Contribution:
1 oz. Meat/Meat Alternate

INGREDIENTS

Chickpeas (garbanzo beans)	1 (15½ oz.) can
Vegetable Oil	2 Tbsp.
Lemon Juice	1 Tbsp.
Onions, chopped	2 Tbsp.
Salt	½ tsp.

Mash chickpeas in a small bowl until they are smooth. Add oil and lemon juice; stir to combine. Add chopped onions and salt. Serve with bread or assorted crackers.

Calories, 65
Cholesterol, 0 Mg
Sodium, 208 Mg
Dietary Fiber, 1.7 G

Iron, 1 Mg
Calcium, 12 Mg
Vitamin A, 1 RE
Vitamin C, 2 Mg

Protein, 1.8 G
Carbohydrates, 8.5 G
Total Fat, 2.7 G
Saturated Fat, 0.3 G

SNACKS, DESSERTS AND EXTRAS:

BEVERAGES, SAUCES,
DIPS AND MORE

Peanut Butter Dip

Number of Portions: 24

Size of Portion: approximately 2 Tbsp.

Meal Pattern Contribution:
1/2 oz. Meat/Meat Alternate

INGREDIENTS

Peanut Butter, divided	1 cup
Vanilla Yogurt, divided	2 cups
Cinnamon, divided	1 1/2 Tbsp.
Whipped Topping, frozen, thawed, divided	1 cup

Mix 2 tsp. peanut butter, 1 Tbsp. + 1 tsp. yogurt and 1 shake cinnamon in a paper cup until blended. Gently stir in 2 tsp. whipped topping until blended. Serve with apple slices, pear slices, graham crackers, or vanilla wafers.

a kid-friendly
recipe!

Calories, 87
Cholesterol, 1 Mg
Sodium, 76 Mg
Dietary Fiber, 0.9 G

Iron, 0 Mg
Calcium, 53 Mg
Vitamin A, 3 RE
Vitamin C, 0 Mg

Protein, 3.9 G
Carbohydrates, 6.6 G
Total Fat, 5.6 G
Saturated Fat, 1.2 G

SNACKS, DESSERTS AND EXTRAS:

BEVERAGES, SAUCES,
DIPS AND MORE

Strawberry Yogurt Dip

Number of Portions: 8

Size of Portion: approximately 1/3 cup

Meal Pattern Contribution:
1/2 oz. Meat/Meat Alternate

INGREDIENTS

Strawberry Yogurt, divided 2 cups

Cinnamon, divided 1/2 Tbsp.

Whipped Topping, frozen, thawed, divided 1 cup

Mix 1/4 cup yogurt and 1 shake cinnamon in a paper cup. Gently stir in 2 Tbsp. whipped topping until blended. Serve with apple slices, pear slices, graham crackers, or vanilla wafers.

a kid-friendly
recipe!



Calories, 82

Cholesterol, 3 Mg

Sodium, 72 Mg

Dietary Fiber, 0.2 G

Iron, 0 Mg

Calcium, 127 Mg

Vitamin A, 7 RE

Vitamin C, 1 Mg

Protein, 3.6 G

Carbohydrates, 15.7 G

Total Fat, 0.7 G

Saturated Fat, 0.4 G

SNACKS, DESSERTS AND EXTRAS:

BEVERAGES, SAUCES,
DIPS AND MORE

Ranch Dip

Number of Portions: 8

Size of Portion: approximately 2 Tbsp.

Meal Pattern Contribution: NONE

INGREDIENTS

Sour Cream	1/2 cup
Mayonnaise	1/4 cup
Green Onions, finely chopped	2 Tbsp.
Ranch Salad Dressing Mix, dry	1 1/2 Tbsp.
Milk	2 tsp.

Combine all ingredients, refrigerate for 1 hour.
Serve with assorted fresh vegetables.

Calories, 86
Cholesterol, 10 Mg
Sodium, 178 Mg
Dietary Fiber, 0 G

Iron, 0 Mg
Calcium, 21 Mg
Vitamin A, 35 RE
Vitamin C, 0 Mg

Protein, 0.6 G
Carbohydrates, 2 G
Total Fat, 8.5 G
Saturated Fat, 2.5 G

SNACKS, DESSERTS AND EXTRAS:

BEVERAGES, SAUCES,
DIPS AND MORE

Vegetable Dip

Number of Portions: 15

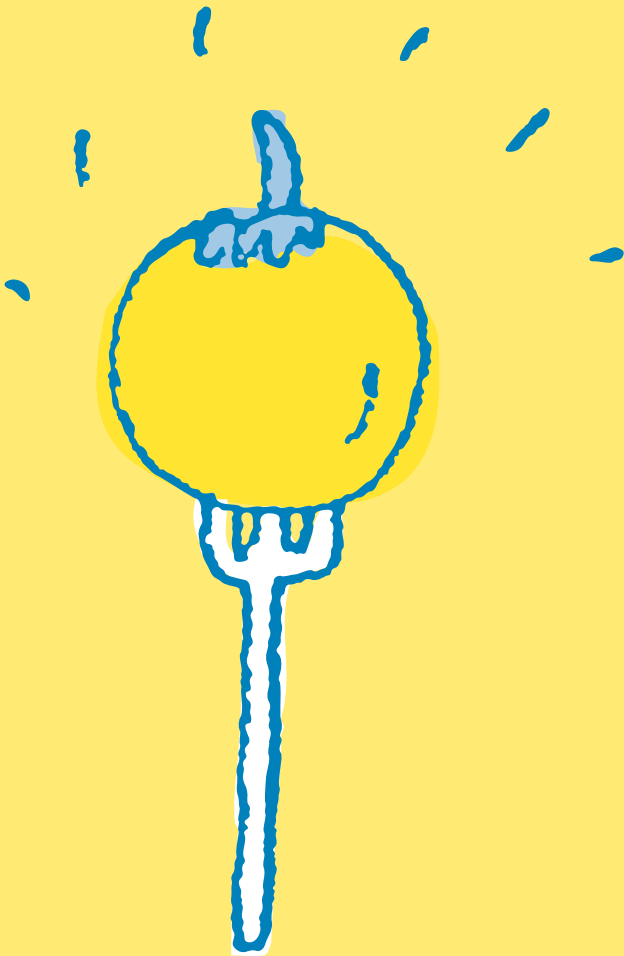
Size of Portion: 2 Tbsp.

Meal Pattern Contribution: NONE

INGREDIENTS

Cream Cheese	1/2 lb.
Sour Cream	1 cup
Cucumber, sliced and chopped	1
Onion Soup Mix	1 (1 1/4 oz.) packet

Mix all ingredients. Serve with assorted fresh vegetables.



Calories, 95
Cholesterol, 24 Mg
Sodium, 286 Mg
Dietary Fiber, 0.4 G

Iron, 0 Mg
Calcium, 35 Mg
Vitamin A, 89 RE
Vitamin C, 1 Mg

Protein, 2 G
Carbohydrates, 2.8 G
Total Fat, 8.7 G
Saturated Fat, 5.4 G

SNACKS, DESSERTS AND EXTRAS:

BEVERAGES, SAUCES,
DIPS AND MORE

Ice Cream

Number of Portions: 20

Size of Portion: 1/2 cup

Meal Pattern Contribution: NONE

INGREDIENTS

Milk	1/2 gal.
Evaporated Milk	1 cup
Salt	1 dash
Vanilla	1 tsp.
Sugar	1 cup
Rock Salt	
Ice	

Mix milks, salt, vanilla, and sugar in a large bowl. Put into ice cream maker and follow manufacturer's instructions.



Calories, 97
Cholesterol, 8 Mg
Sodium, 78 Mg
Dietary Fiber, 0 G

Iron, 0 Mg
Calcium, 153 Mg
Vitamin A, 64 RE
Vitamin C, 1 Mg

Protein, 4.1 G
Carbohydrates, 16 G
Total Fat, 2 G
Saturated Fat, 1.2 G

SNACKS, DESSERTS AND EXTRAS:

**BEVERAGES, SAUCES,
DIPS AND MORE**

Jello Jewels

Number of Portions: 24

Size of Portion: 1 piece

Meal Pattern Contribution: NONE

INGREDIENTS

Jello, any flavor	2 (3 oz.) boxes
Water	1 1/3 cups
Fruit, any kind except kiwi, divided	1 1/2 cups

Bring water to a boil. Add jello mix to boiling water. Place 1 Tbsp. fruit in each cup of a mini muffin pan. Pour gelatin over fruit. Refrigerate at least two hours.

Note: Fruit cocktail used for nutrient analysis.

Calories, 37	Iron, 0 Mg	Protein, 0.6 G
Cholesterol, 0 Mg	Calcium, 1 Mg	Carbohydrates, 8.9 G
Sodium, 19 Mg	Vitamin A, 4 RE	Total Fat, 0 G
Dietary Fiber, 0.2 G	Vitamin C, 0 Mg	Saturated Fat, 0 G



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