SNACK INSPIRATION

Menus with 240 Snack Ideas

Recipes with CACFP Crediting Information
SNACK INSPIRATION

This publication is available from:
Community Nutrition Team
Wisconsin Department of Public Instruction
125 South Webster Street
Madison, WI 53703
608-267-9129
https://dpi.wi.gov/community-nutrition/cacfp

April 2021

This project has been funded at least in part with Federal funds from the Child and Adult Care Food Program (CACFP) Meal Service Training Grant. The contents of this publication do not necessarily reflect the view of policies of the U.S. Department of Agriculture; nor does the mention of trade names, commercial products, or organizations imply endorsement by the U.S. government or the Wisconsin Department of Public Instruction.

The Wisconsin Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or ability and provides equal access to the Boy Scouts of America and other designated youth groups.

USDA Non-Discrimination Statement
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov

This institution is an equal opportunity provider.
## Table of Contents

### INTRODUCTION .............................................................................................................. 3

### MENU IDEAS .................................................................................................................... 4-15

### RECIPES .......................................................................................................................... 16

#### GRAINS
- Baked Apple Cinnamon Oatmeal .................................................................................. 17
- Baked Tortilla Chips ........................................................................................................ 17
- Banana Chip Muffins ...................................................................................................... 18
- Carrot Quinoa Muffins .................................................................................................... 19
- Cheese Muffins .............................................................................................................. 20
- Cheesy Ranch Chex Cereal Mix ...................................................................................... 21
- Chocolate Zucchini Muffins ......................................................................................... 22
- Corn Bread .................................................................................................................... 23
- Healthy Maple Oatmeal Muffins ................................................................................... 24
- Indian Rice Pilaf ............................................................................................................ 25
- Irish Brown Bread ......................................................................................................... 26
- Lunch Box Zucchini Muffins .......................................................................................... 27

#### VEGETABLES
- Baked Avocado Fries ...................................................................................................... 28
- Baked Zucchini 'Chips' .................................................................................................... 29
- Cabbage Salad ............................................................................................................... 30
- Cactus Salad .................................................................................................................. 31
- Creamy Cucumber Dill Salad ......................................................................................... 32
- Easy Bruschetta ............................................................................................................ 33
- Guacamole Dip ............................................................................................................... 34
- Honey Roasted Asparagus ............................................................................................. 34
- Roasted Cauliflower 'Popcorn' ...................................................................................... 35
- Roasted Vegetables ....................................................................................................... 36
- Sweet Carrot Sticks ....................................................................................................... 37

#### VEGETABLE OR MEAT ALTERNATE
- Hummus ......................................................................................................................... 38
- Roasted Chickpeas ......................................................................................................... 39
- White Bean Ranch Dip ................................................................................................... 40

#### VEGETABLE & MEAT ALTERNATE
- Tofu Stir-fry .................................................................................................................... 41

#### VEGETABLE & GRAIN
- Macaroni Salad ............................................................................................................. 42

#### FRUIT
- Fruit Salad ....................................................................................................................... 43
- Crockpot Apples with Cinnamon .................................................................................. 44

#### FRUIT & GRAIN
- Fruit on a Raft (Waffles with Apples) ........................................................................... 45

#### FRUIT & VEGETABLE
- Minty Watermelon Cucumber Salad ............................................................................. 46

#### FRUIT & MEAT ALTERNATE
- Apples and Yogurt Dip ................................................................................................... 47

#### MEAT/ MEAT ALTERNATE
- Cottage Cheese Dip ........................................................................................................ 48
- Crispy Baked Tofu .......................................................................................................... 49
- Fruity Dip ........................................................................................................................ 50
- Sheet Pan Eggs ............................................................................................................... 50
- Taco Soup ....................................................................................................................... 51
INTRODUCTION

Are you stuck in a rut with your snack menus? Are you looking for inspiration to serve other foods?

Let Snack Inspiration help, with 240 different snack ideas. Why 240? So you can serve different snacks all year long and never repeat the same snack twice. Snack Inspiration will challenge you to serve a variety of foods, nutrients, tastes, and textures, which will help children develop and establish life-long healthy eating habits.

Snack Inspiration includes snacks pairing the four food components (meat/meat alternate, grains, fruits, and vegetables) arranged in a menu to offer a variety of foods throughout the week. Each component pairing is color coded, so you know which components are included in the snack. Snack Inspiration also includes recipes noted in the menu with an asterisk (*). Recipes include crediting information, so you know how much to serve to meet the Child and Adult Care Food Program (CACFP) meal pattern. Snacks and recipes range from fast and easy to prepare, to more complex and time-consuming. Some will make more sense in small groups, some in large groups, and some for both. Use menus as is or pick and choose snacks to incorporate into current menus.

Whole Grain Rich (WGR) Items: The CACFP meal pattern requires one WGR item be served each day. Some grain items are noted as WGR; however, you can serve the WGR version of grains not noted as WGR. We recommend providing more than one WGR item each day and serving at different meals and snacks.

Meal Pattern Requirements: Amounts of foods served to participants must meet CACFP meal pattern requirements for their age. Always refer to the CACFP meal pattern when planning menus, and when purchasing, preparing, and serving foods.

Choking risks: Some foods may not be appropriate for young children due to choking risks and may need to be substituted. Think about size, shape, and consistency when choosing foods to serve. Be sure children are closely supervised when eating.

We hope you enjoy these snack ideas and recipes!

Community Nutrition Team
Wisconsin Department of Public Instruction
The following six pages feature 240 snack ideas that meet CACFP pairing criteria. *That's enough to serve a different snack each day for an entire year!*

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini cheddar rice crisps topped with Slices of natural cheese</td>
<td>WGR tortilla chips Refried beans and salsa mix</td>
<td>Oatmeal</td>
<td>Deviled eggs Yellow cherry tomatoes</td>
<td>Honeycrisp apple Roasted soy nuts</td>
</tr>
<tr>
<td>Carrot coins Kiwi slices</td>
<td>Ham and cheese rollup on WGR tortilla</td>
<td>Warmed bread sticks Baked spaghetti squash (with marinara &amp; cheese)</td>
<td>Whole grain cereal Craisins</td>
<td>Baked Zucchini ‘Chips’* Deli ham or turkey slices</td>
</tr>
<tr>
<td>Blueberry yogurt Crushed pineapple</td>
<td>Sliced bell peppers Strawberries</td>
<td>Cheese sandwich on WGR bread (hot or cold)</td>
<td>Rice cake topped with Tomato slices and corn salsa</td>
<td>Cantaloupe Banana Chip Muffins*</td>
</tr>
<tr>
<td>Vegetarian baked beans Scrambled eggs</td>
<td>Raspberries Cheese cubes</td>
<td>Peach slices Roasted edamame</td>
<td>Breakfast burrito: WGR tortilla with cheesy scrambled eggs</td>
<td>Roasted Cauliflower ‘Popcorn’* Bread ‘sticks’ (WGR bread toasted and cut into sticks)</td>
</tr>
<tr>
<td>Homemade pumpkin muffin Fresh pear slices</td>
<td>White Bean Ranch Dip* Dipping veggies (carrot sticks, celery, jicama)</td>
<td>Fruit Salad* Canadian bacon</td>
<td>Minty Watermelon Cucumber Salad*</td>
<td>Vanilla yogurt Granola or other WGR cereal</td>
</tr>
<tr>
<td>Sweet potato grain bowl: Quinoa and roasted diced sweet potato</td>
<td>Raisins Mini bagels (spread cream cheese or nut or seed butter on bagel)</td>
<td>Baked zucchini spears Cheese stick</td>
<td>Canned peaches Cottage cheese</td>
<td>Crockpot Apples with Cinnamon* Tomato wedges</td>
</tr>
<tr>
<td>Mini chocolate rice crisps Vanilla yogurt</td>
<td>Whole Wheat Corn Bread* Roasted asparagus spears</td>
<td>Oatmeal with Cinnamon applesauce</td>
<td>Sweet potato ‘fries’ Hard-boiled egg</td>
<td>Honeydew melon Shredded cheese</td>
</tr>
</tbody>
</table>

**KEY:**
- Green = Meat/Meat Alternate & Grain
- Purple = Vegetable & Grain
- Yellow = Fruit & Grain
- Powder Blue = Vegetable & Meat/Meat Alternate
- Orange = Fruit & Meat/Meat Alternate
- Blue = Fruit & Vegetable

WGR = Whole Grain Rich

*Snack Inspiration Recipe
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crinkle cut carrots</td>
<td>Nut or seed butter roll up on WGR tortilla</td>
<td>Cucumber sandwiches: Mini rye bread topped with cucumber slices (spread flavored cream cheese on bread)</td>
<td>Fruit Breakfast Bowl: Brown rice and sliced/diced bananas or apples (garnish with cinnamon or raisins)</td>
<td>Sugar snap peas</td>
</tr>
<tr>
<td>Plums</td>
<td>Cinnamon applesauce</td>
<td></td>
<td></td>
<td>Cheese stick</td>
</tr>
<tr>
<td>Canned pear halves</td>
<td>Cinnamon applesauce</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>Mixed vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roasted asparagus spears</td>
<td>(Frozen) banana on a stick with Nut or seed butter to dip</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yogurt dip (plain yogurt mixed with ranch or dill seasoning)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toasted WGR English muffin</td>
<td>Sweet Carrot Sticks*</td>
<td>Canned mandarin oranges</td>
<td>Mango chunks</td>
<td>WGR toast</td>
</tr>
<tr>
<td>Apples slices sprinkled with cinnamon</td>
<td>Hummus*</td>
<td>Crispy Baked Tofu*</td>
<td>Sweet potato ‘fries’</td>
<td>Hard-boiled egg</td>
</tr>
<tr>
<td>Guacamole Dip*</td>
<td>Crescent rolls</td>
<td>Hash brown patties</td>
<td>Hard-boiled eggs</td>
<td>Roasted Cauliflower ‘Popcorn’*</td>
</tr>
<tr>
<td>WGR pita bread</td>
<td>Plums</td>
<td>Scrambled eggs</td>
<td>Orange slices</td>
<td>Peach slices</td>
</tr>
<tr>
<td>Mini caramel rice crisps</td>
<td>Cheesy Corn Bread*</td>
<td>Soft pretzel bites</td>
<td>Jicama sticks</td>
<td>Blueberries</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>Roasted Vegetables*</td>
<td>Canned mandarin oranges</td>
<td>Cottage cheese</td>
<td>Tuna or chicken salad</td>
</tr>
<tr>
<td>Green beans</td>
<td>Baked Tortilla Chips*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clementine</td>
<td>Taco Soup*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapefruit topped with cinnamon</td>
<td>Baked Zucchini &quot;Chips**</td>
<td>Turkey ham and cheese sandwich on WGR bread</td>
<td>WGR mini bagels</td>
<td>Oatmeal topped with berries</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>Strawberries</td>
<td></td>
<td></td>
<td>(raspberry, blueberry, berry mix)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**KEY:**
- Meat/Meat Alternate & Grain
- Vegetable & Grain
- Fruit & Grain
- Vegetable & Meat/Meat Alternate
- Fruit & Meat/Meat Alternate
- Fruit & Vegetable

WGR = Whole Grain Rich

*Snack Inspiration Recipe
<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sheet Pan Eggs</strong></td>
<td><strong>Apples</strong></td>
<td><strong>Cantaloupe bites</strong></td>
<td><strong>Pasta salad with</strong></td>
<td><strong>Irish Brown Bread</strong></td>
<td><strong>Sweet Carrot Sticks</strong></td>
</tr>
<tr>
<td><strong>Shredded hash browns</strong></td>
<td><strong>Tahini (sesame seed butter)</strong></td>
<td><strong>Kohlrabi sticks</strong></td>
<td><strong>Tuna and cheese chunks</strong></td>
<td><strong>Homemade trail/cereal mix:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Cheese Muffin</strong></td>
<td><strong>Snow peas</strong></td>
<td><strong>Raisins</strong></td>
<td><strong>Banana slices</strong></td>
<td><strong>Dates</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Mango slices</strong></td>
<td><strong>Roasted Chickpeas</strong></td>
<td><strong>Baked tempeh</strong></td>
<td><strong>Steamed edamame</strong></td>
<td><strong>Celery sticks</strong></td>
<td></td>
</tr>
<tr>
<td><strong>White Bean Ranch Dip</strong></td>
<td><strong>Baked French toast</strong></td>
<td><strong>Butternut squash soup</strong></td>
<td><strong>Smoothie bowl (puréed frozen fruit) to</strong></td>
<td><strong>Fruit Bagel 'Pizza':</strong></td>
<td><strong>Carrot Quinoa Muffins</strong></td>
</tr>
<tr>
<td><strong>WGR tortilla chips</strong></td>
<td><strong>Pineapple (canned or fresh)</strong></td>
<td><strong>Cheese slices</strong></td>
<td><strong>topped with Strawberry banana yogurt</strong></td>
<td><strong>Bagels topped with sliced fruit (spread nut or seed butter on bagels)</strong></td>
<td><strong>Brown rice</strong></td>
</tr>
<tr>
<td><strong>Chocolate rice cakes</strong></td>
<td><strong>Roasted broccoli sprinkled with parmesan cheese</strong></td>
<td><strong>WGR tortilla chips</strong></td>
<td><strong>Hard-boiled eggs</strong></td>
<td><strong>Carrot Quinoa Muffins</strong></td>
<td></td>
</tr>
<tr>
<td><strong>topped with Nut or seed butter</strong></td>
<td><strong>Pumpernickel bread</strong></td>
<td><strong>Mango salsa</strong></td>
<td><strong>Carrot/celery sticks</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Whole baby corn</strong></td>
<td><strong>Pretzel rods</strong></td>
<td><strong>Veggie rollup: WGR tortilla rolled with spinach, tomato, shredded carrot, pepper slices (spread cream cheese on tortilla)</strong></td>
<td><strong>Zucchini bread</strong></td>
<td><strong>Baked potato topped with Shredded cheese</strong></td>
<td><strong>Cheese toast:</strong></td>
</tr>
<tr>
<td><strong>Grapes</strong></td>
<td><strong>Cheddar cheese cubes</strong></td>
<td><strong>Chicken or tuna salad sandwich on</strong></td>
<td><strong>Sliced bananas</strong></td>
<td></td>
<td><strong>Toasted WGR bread with melted shredded cheese</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Pineapple tidbits</strong></td>
<td><strong>WGR bread</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Celery</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cactus fruit</strong></td>
<td><strong>Pineapple tidbits</strong></td>
<td><strong>Mini rice crisps</strong></td>
<td><strong>Crispy Baked Tofu</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Peach yogurt</strong></td>
<td><strong>Celery</strong></td>
<td><em><em>Hummus</em> dip</em>*</td>
<td><strong>Brown rice</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Homemade trail mix (craisins and raisins with mixed nuts)</strong></td>
<td><strong>Fruit cocktail</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Broccoli and cauliflower florets</strong></td>
<td><strong>Homemade trail mix (craisins and raisins with mixed nuts)</strong></td>
<td><strong>Roasted green beans</strong></td>
<td></td>
<td><strong>Vegetarian salad bowl:</strong></td>
<td><strong>Cheese toast:</strong></td>
</tr>
<tr>
<td><strong>Cottage cheese dip</strong></td>
<td><strong>spread nut or seed butter on bagels</strong></td>
<td></td>
<td></td>
<td><strong>Brown rice or quinoa mixed with Cucumbers, tomatoes, carrots, and black beans (garnish with ranch &amp; shredded cheese)</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Fruit Bagel 'Pizza':</strong></td>
<td><strong>Avocado slices</strong></td>
<td><strong>Watermelon slices</strong></td>
<td><strong>Baby carrots</strong></td>
<td><strong>Tuna salad</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Bagels topped with sliced fruit (spread nut or seed butter on bagels)</strong></td>
<td><strong>Tuna salad</strong></td>
<td><strong>Pumpkin seeds</strong></td>
<td><strong>Apple slices</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**KEY:**

- **Meat/Meat Alternate & Grain**
- **Vegetable & Grain**
- **Fruit & Grain**
- **Vegetable & Meat/Meat Alternate**
- **Fruit & Meat/Meat Alternate**
- **Fruit & Vegetable**

**WGR** = Whole Grain Rich

*Snack Inspiration Recipe*
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato &amp; basil rice cake</td>
<td>Homemade cinnamon tortilla</td>
<td>Sheet Pan Eggs* topped with Sautéed</td>
<td>Yogurt sundae split: Banana half topped with</td>
<td>Tangelo</td>
</tr>
<tr>
<td>Creamy Cucumber Dill Salad*</td>
<td>triangles</td>
<td>mushrooms</td>
<td>Vanilla yogurt (and sprinkles!)</td>
<td>Roasted Brussel sprouts</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>Sliced French bread topped with</td>
<td>Cereal mix</td>
<td>Cheese cubes</td>
<td>Orange slices</td>
</tr>
<tr>
<td>Warmed bread stick</td>
<td>Easy Bruschetta*</td>
<td>Strawberries</td>
<td>Raw broccoli florets with dressing or dip</td>
<td>All meat breakfast sausage</td>
</tr>
<tr>
<td>Peas</td>
<td>French bread pizzas: French bread</td>
<td>Sautéed mushrooms</td>
<td>Blueberry muffin</td>
<td>Sliced hard-boiled egg</td>
</tr>
<tr>
<td>Pineapple slices</td>
<td>and melted mozzarella cheese</td>
<td>English muffin</td>
<td>Fruit cocktail</td>
<td>Roasted butternut squash</td>
</tr>
<tr>
<td>Cantaloupe melon balls</td>
<td></td>
<td>Rice cake topped with Nut or seed</td>
<td>Lunch Box Zucchini Muffins*</td>
<td>Banana tortilla roll-up: Whole</td>
</tr>
<tr>
<td>Cheddar cheese slices</td>
<td></td>
<td>butter and jelly</td>
<td>Jicama sticks</td>
<td>banana rolled in WGR tortilla</td>
</tr>
<tr>
<td>Ranch mashed potatoes</td>
<td>Fruit cocktail</td>
<td>Baked summer squash slices</td>
<td>Taco bowl: Brown rice and taco seasoned ground</td>
<td>Fresh green beans</td>
</tr>
<tr>
<td>Deli turkey slices</td>
<td>Mixed nuts</td>
<td>Dried figs</td>
<td>beef (garnish with shredded cheese)</td>
<td>Sweet Hawaiian roll</td>
</tr>
<tr>
<td>Toasted raisin bread</td>
<td>Cheese curds</td>
<td>Cranberry relish</td>
<td>Spiralized sweet potato</td>
<td>Baked Apple Cinnamon Oatmeal*</td>
</tr>
<tr>
<td>Nectarine slices</td>
<td>Sliced red cherry tomatoes</td>
<td>Breakfast sausage links</td>
<td>Honeydew melon</td>
<td>Strawberry yogurt</td>
</tr>
<tr>
<td>Cheesy Ranch Chex Mix*</td>
<td>Banana Chip Muffins*</td>
<td>Bean and corn salad</td>
<td>Honey Roasted Asparagus*</td>
<td>Grapes</td>
</tr>
<tr>
<td>Baby cucumber coins</td>
<td>Pear slices</td>
<td>(Black eyed peas, black beans and</td>
<td></td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td>White cheddar rice cake</td>
<td></td>
<td>corn)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>topped with Turkey and cheese slice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refried beans</td>
<td>Pita triangles</td>
<td>Pancakes topped with Fresh berries</td>
<td>Tofu Stir-fry*</td>
<td>Grapes</td>
</tr>
<tr>
<td>Apple wedges</td>
<td>Hummus*</td>
<td></td>
<td></td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Macaroni Salad*</td>
<td>Smoothie bowl: Pureed frozen fruit topped with</td>
<td>Roasted potato wedges</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Granola</td>
<td>All meat sausage links</td>
</tr>
</tbody>
</table>

**KEY:**
- Meat/Meat Alternate & Grain
- Vegetable & Grain
- Fruit & Grain
- Vegetable & Meat/Meat Alternate
- Fruit & Meat/Meat Alternate
- Fruit & Vegetable

WGR = Whole Grain Rich

*Snack Inspiration Recipe
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples and Yogurt Dip*</td>
<td>Peaches</td>
<td>Nut or seed butter and jelly sandwich on</td>
<td>Roasted Brussels sprouts</td>
<td>Whole wheat banana bread</td>
</tr>
<tr>
<td></td>
<td>Sugar snap peas</td>
<td>WGR bread</td>
<td>Flaky biscuit</td>
<td>Watermelon chunks</td>
</tr>
<tr>
<td>Celery sticks</td>
<td>Red grapes</td>
<td>Papaya</td>
<td>Huevos breakfast bowl: Brown rice and</td>
<td>WGR cereal</td>
</tr>
<tr>
<td>Nut or seed butter</td>
<td>Scrambled eggs</td>
<td>Roasted broccolini</td>
<td>Scrambled eggs (garnish with salsa and</td>
<td>Avocado slices</td>
</tr>
<tr>
<td>Kiwi wedges</td>
<td>Sweet Carrots Sticks*</td>
<td>Fresh pineapple chunks</td>
<td>Cherry tomatoes</td>
<td></td>
</tr>
<tr>
<td>Crescent rolls</td>
<td>Cheese stick</td>
<td>Fruity Dip*</td>
<td>Orange wedges</td>
<td></td>
</tr>
<tr>
<td>Blueberry Corn Bread*</td>
<td>Fruit on a Raft*</td>
<td>Roasted turnip slices</td>
<td>Green grapes</td>
<td>Radishes</td>
</tr>
<tr>
<td>Carrots sticks</td>
<td></td>
<td>Hard-boiled egg</td>
<td>Cheddar cheese slices</td>
<td>Blackberries</td>
</tr>
<tr>
<td>Apple cinnamon rice cake</td>
<td>Toasted flat bread cut into</td>
<td>Healthy Maple Oatmeal Muffin*</td>
<td>Black bean dip</td>
<td>Blueberries</td>
</tr>
<tr>
<td>Vanilla yogurt</td>
<td>sticks</td>
<td>Cantaloupe</td>
<td>Raw veggies</td>
<td>Cheese stick</td>
</tr>
<tr>
<td>Melon balls</td>
<td>Sloppy Joes or Sloppy Janes:</td>
<td>WGR toast topped with Avocado slices</td>
<td>Fruit Salad*</td>
<td>Roasted sweet potato wedges</td>
</tr>
<tr>
<td>Carrot sticks</td>
<td>Ground beef or ground</td>
<td></td>
<td>Pretzel rods</td>
<td>Scrambled eggs</td>
</tr>
<tr>
<td>Papaya</td>
<td>turkey on WGR bun</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate flavored almonds</td>
<td>Toasted flat bread cut into</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>sticks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roasted eggplant topped</td>
<td>Sloppy Joes or Sloppy Janes:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>with Meat sauce</td>
<td>Ground beef or ground</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mango</td>
<td>mango</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheddar cheese slices</td>
<td>Mango</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WGR pancake with Nut or seed butter</td>
<td>WGR pancake with Nut or seed butter</td>
<td>WGR toast topped with Avocado slices</td>
<td>Fruit Salad*</td>
<td>Pretzel rods</td>
</tr>
<tr>
<td>WGR toast topped with</td>
<td>Avocado slices</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avocado slices</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheesy French bread topped</td>
<td>String cheese and</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>with Tomato slices</td>
<td>WGR tortilla rollup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mandarin oranges</td>
<td>Mango</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WGR mini cinnamon raisin bagel</td>
<td>Cactus Salad*</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**KEY:**
- **Meat/Meat Alternate & Grain**
- **Vegetable & Grain**
- **Fruit & Grain**
- **Vegetable & Meat/Meat Alternate**
- **Fruit & Meat/Meat Alternate**
- **Fruit & Vegetable**

**WGR = Whole Grain Rich**

*Snack Inspiration Recipe*
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clementine</td>
<td>Creamy Cucumber Dill Salad*</td>
<td>Blueberry Yogurt</td>
<td>Baked sweet potato chunks</td>
<td>WGR pita stuffed with</td>
</tr>
<tr>
<td>Popcorn</td>
<td>Deli ham slices</td>
<td>Watermelon balls</td>
<td>Apples slices</td>
<td>Tuna or chicken salad</td>
</tr>
<tr>
<td>Hash brown patty</td>
<td>Fuji apples slices</td>
<td>Tahini (sesame seed butter)</td>
<td>Fresh pear slices</td>
<td>Apricots</td>
</tr>
<tr>
<td>WGR toast</td>
<td>Lunch Box Zucchini Muffins*</td>
<td>Red, orange and/or yellow bell</td>
<td>Roasted Chickpeas*</td>
<td>Fresh green beans</td>
</tr>
<tr>
<td>Rice cake topped with</td>
<td>Roasted zucchini and eggplant</td>
<td>Blueberries</td>
<td>Egg roll in a bowl (cooked</td>
<td>Peaches</td>
</tr>
<tr>
<td>Egg salad</td>
<td>WGR toast</td>
<td></td>
<td>cabbage and ground beef/turkey)</td>
<td>Edamame</td>
</tr>
<tr>
<td>Raw cauliflower</td>
<td>Oatmeal topped with</td>
<td>Kidney beans</td>
<td>Applesauce</td>
<td>Cheese slices</td>
</tr>
<tr>
<td>Berries</td>
<td>Nut or seed butter</td>
<td>Cheese Muffins*</td>
<td>WGR cinnamon toast</td>
<td>Black bean soup</td>
</tr>
<tr>
<td>Apricots</td>
<td>Grapes</td>
<td>Cheese bread:</td>
<td>Garlic bread</td>
<td>Banana</td>
</tr>
<tr>
<td>Cheese stick</td>
<td>Roasted sweet potato cubes</td>
<td>French bread and melted</td>
<td>Tomato soup</td>
<td>Irish Brown Bread*</td>
</tr>
<tr>
<td>Homemade baked potato</td>
<td>Cherries</td>
<td>mozzarella cheese with</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‘fries’</td>
<td>Peach yogurt</td>
<td>Italian seasonings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White Bean Ranch Dip*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dried fruit</td>
<td>Roasted Vegetables*</td>
<td>Berry smoothie</td>
<td>Blueberry bread</td>
<td>Bean burrito:</td>
</tr>
<tr>
<td>Buttermilk Corn Bread*</td>
<td>Cheese stick</td>
<td>Jicama sticks</td>
<td>Cheese stick</td>
<td>Whole and/or mashed black or</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>pinto beans in WGR tortilla</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(add shredded cheese and</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>salsa)</td>
</tr>
<tr>
<td>Creamy Cucumber Dill Salad*</td>
<td>Grapes</td>
<td>Applesauce</td>
<td>Mashed potatoes</td>
<td>Cheese quesadilla:</td>
</tr>
<tr>
<td>Cheese Muffins*</td>
<td>Cereal mix</td>
<td></td>
<td>Hard-boiled eggs</td>
<td>WGR tortilla and shredded</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>cheese (optional: add chicken</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>or beef)</td>
</tr>
</tbody>
</table>

**KEY:**
- Meat/Meat Alternate & Grain
- Vegetable & Grain
- Fruit & Grain
- Vegetable & Meat/Meat Alternate
- Fruit & Meat/Meat Alternate
- Fruit & Vegetable

WGR = Whole Grain Rich

*Snack Inspiration Recipe
BAKED APPLE CINNAMON OATMEAL
Recipe makes 9 squares (1 square = 1 oz. equivalent grains)

Ingredients:
- 1 ½ cups fat-free milk or soy milk
- ½ cup packed brown sugar (or less)
- 2 large eggs, beaten
- 1 Tablespoon melted butter
- ½ teaspoon cinnamon
- 2 cups rolled oats (not instant)
- 1 teaspoon baking powder
- 1 ½ cups chopped apples

Instructions:
1. Preheat oven to 350°F.
2. Grease 8x8 inch pan with cooking spray.
3. In a bowl, combine milk, brown sugar, eggs, butter, and cinnamon.
4. In another bowl, combine oats and baking powder.
5. Mix wet mixture with oats; add apples and stir to combine.
6. Pour mixture into pan. Bake for 30 - 40 minutes, until top is firm, and a toothpick comes out clean in the center.

Crediting Information:
1 square = 1 oz. equivalent grains

Serving Information:
1-5 year old: ½ square; 6+ year old: 1 square

BAKED TORTILLA CHIPS
Recipe makes 6 triangles per tortilla (6 triangles = 1 ½ oz. equivalent grains)

Ingredients:
- Whole wheat flour tortillas (8-inch)
- Cooking oil spray and salt (dash, optional)

Instructions:
1. Preheat oven to 400°F.
2. Grease baking sheet with cooking spray.
3. Cut tortillas into 6 equal-size triangles and place on baking sheet.
4. Spray tops of tortilla sections with cooking spray and lightly salt.
5. Bake 10 minutes, until crisp & light brown. Watch so chips do not burn.
**BANANA CHIP MUFFINS**

*Recipe makes 12 muffins (1 muffin = 1 oz. equivalent grains)*

**Ingredients:**
- 1 egg
- 1 ¾ cups mashed ripe banana
- ¾ cup packed brown sugar
- ½ cup applesauce
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour (or whole wheat flour)
- ½ teaspoon baking soda
- 2 teaspoons baking powder
- 1 ¼ teaspoons salt
- 1 teaspoon ground cinnamon
- 1 cup quick cooking oats
- ½ cup semisweet chocolate chips
- ½ cup chopped walnuts

**Instructions:**
1. Preheat oven to 350°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. In a large bowl, combine egg, banana, brown sugar, applesauce, and vanilla.
4. In a separate bowl, sift flour, baking soda, baking powder, salt, and cinnamon.
5. Gently stir flour mixture and oatmeal into banana mixture. Fold in chocolate chips and walnuts.
6. Divide batter evenly between the prepared muffin cups.
7. Bake in preheated oven for 15 to 20 minutes, until light brown and a toothpick inserted into the center of a muffin comes out clean.
8. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

**Crediting Information:**
1 muffin = 1 oz. equivalent grains

**Serving Information:**
1-5 year old: ½ muffin
6+ year old: 1 muffin

---

**CARROT QUINOA MUFFINS**

*Recipe makes 12 muffins (1 muffin = 2.5 oz. equivalent grains)*

**Ingredients:**
- 1 ½ cups cooked, cooled quinoa (about ¾ cup uncooked)
- 2 cups white whole wheat flour
- ¾ cup packed dark brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 ½ teaspoons baking powder
- ½ teaspoon kosher salt
- 1 large egg
- ½ cup, plus 2 Tablespoons low fat buttermilk
- ¼ cup plain non-fat Greek yogurt
- 3 Tablespoons canola oil or melted, cooled coconut oil
- 1 teaspoon pure vanilla extract
- 1 cup freshly grated carrots, lightly pressed dry
- ½ cup mix-ins: toasted chopped walnuts, pecans, raisins, golden raisins, dried cranberries, chopped dried apricots or other dried fruit

**Instructions:**
1. Preheat oven to 350°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. Cook quinoa. Quinoa grains should be tender but still separate, rather than mushy and clumped together.
4. In large bowl, whisk together cooked quinoa, white whole-wheat flour, brown sugar, cinnamon, ginger, baking powder, and salt.
5. In small bowl whisk together egg, buttermilk, yogurt, oil, & vanilla.
6. Add wet mixture to dry mixture and stir, until combined. Gently fold in carrots and ½ cup total of any desired mix-ins.
7. Divide batter evenly between the prepared muffin cups.
8. Bake 25 to 28 minutes, until a toothpick inserted into the center of a muffin comes out clean.
9. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

**Crediting Information:**
1 muffin = 2.5 oz. equivalent grains

**Serving Information:**
1-5 year old: ¼ muffin
6+ year old: ½ muffin
CHEESE MUFFINS
Recipe makes 12 muffins (1 muffin = 1 oz. equivalent grains)

Ingredients:
- 1 ¾ cups flour
- 1 ½ Tablespoons sugar
- 1 Tablespoon baking powder
- ½ teaspoon salt
- 3 cups shredded Colby-jack cheese
- 1 cup milk
- 1 egg
- ¼ cup (½ stick) melted butter

Instructions:
1. Preheat oven to 375°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. Whisk together dry ingredients, then stir in cheese.
4. In separate bowl, whisk egg, milk, and butter together. Pour milk mixture into dry ingredients and stir with a spoon to combine.
5. Divide batter evenly between the prepared muffin cups.
6. Bake for 20-25 minutes, until a toothpick inserted into the center of a muffin comes out clean.
7. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

Crediting Information:
1 muffin = 1 oz. equivalent grains

Serving Information:
1-5 year old: ½ muffin
6+ year old: 1 muffin

CHEESY RANCH CHEX™ CEREAL MIX
Recipe makes 13 (1 ½ cup servings) (1 ½ cups = 1 oz. equivalent grains)

Ingredients:
- 20 cups Corn Chex™, Rice Chex™, Wheat Chex™, or combination
- 6 Tablespoons butter
- 2 ounces dry ranch dressing mix
- 1 cup grated parmesan cheese

Instructions:
1. Preheat oven to 250°F.
2. Line a baking sheet with parchment paper.
3. In a large bowl, combine Chex™ cereal(s).
4. Melt butter and stir in the ranch dressing mix. Pour over the cereal mix and stir to combine.
5. Place on prepared baking sheet. Sprinkle with parmesan cheese.
6. Bake for 1 hour, stirring every 15 minutes.
7. Cool completely before serving.

Crediting Information:
1 ½ cups = 1 oz. equivalent grains

Serving Information:
1-5 year old: ¾ cup
6+ year old: 1 ½ cups
**CHOCOLATE ZUCCHINI MUFFINS**

*Recipe makes 12 muffins (1 muffin = 1.25 oz. equivalent grains)*

**Ingredients:**
- 1 cup shredded zucchini
- ¾ cup coconut sugar or brown sugar
- ¼ cup vegetable oil
- 2 large eggs
- 1 ¼ cups milk
- 2 teaspoons vanilla extract
- 2 cups whole wheat flour
- ½ cup unsweetened cocoa powder
- 4 teaspoons baking powder
- ½ teaspoon salt
- 1 cup semisweet chocolate chips

**Instructions:**
1. Preheat oven to 425°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. Shred zucchini and squeeze out excess liquid.
4. In large bowl, whisk sugar, oil, eggs, milk, and vanilla.
5. In medium bowl, combine flour, cocoa, baking powder, and salt. Gently fold flour mixture into liquid mixture until just combined (batter will be thick).
6. Fold in shredded zucchini and chocolate chips.
7. Divide batter evenly between the prepared muffin cups.
8. Bake muffins at 425°F for 5 minutes, then reduce heat to 375°F and bake for an additional 15 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
9. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

*Crediting Information:*
1 muffin = 1.25 oz. equivalent grains

*Serving Information:*
- 1-5 year old: ½ muffin
- 6+ year old: 1 muffin

---

**CORN BREAD**

*Recipe makes 12 pieces (1 piece = 1.25 oz. equivalent grains)*

**Ingredients:**
- 1 cup cornmeal, enriched or whole grain
- 1 cup all-purpose flour
- 2 Tablespoons sugar
- 1 Tablespoon baking powder
- 1 egg
- ¼ cup vegetable oil
- 1 cup milk, non-fat

**Instructions:**
1. Preheat oven to 425°F.
2. Grease 8 or 9-inch square pan.
3. In large bowl combine cornmeal, flour, sugar, and baking powder.
4. In small bowl, crack egg and beat with a fork.
5. Add egg, oil, and milk to flour mixture. Mix until well blended.
6. Pour batter into prepared pan.
7. Bake 20 to 25 minutes, until firm to touch or toothpick inserted in the center comes out clean.
8. Cut into 12 equal-sized pieces.

*Additional Corn Bread Flavors:*
- **Buttermilk Corn Bread:** Use only 2 teaspoons baking powder and add ¼ teaspoon baking soda. Substitute 1 cup buttermilk for non-fat milk.
- **Whole Wheat Corn Bread:** Use 1 cup whole wheat flour in place of all-purpose flour.
- **Corny Corn Bread:** Add 1 cup corn kernels in step 4.
- **Cheesy Corn Bread:** Add ½ cup shredded cheddar cheese in step 4.
- **Chili Cheese Corn Bread:** Add ½ teaspoon chili powder to the flour mixture. Drain one 4-ounce can chopped green chilies. Add chilies and ¼ cup shredded Monterey jack cheese in step 4.
- **Blueberry Corn Bread:** Fold 1 cup blueberries into the batter.

*Crediting Information:*
1 piece = 1.25 oz. equivalent grains

*Serving Information:*
- 1-5 year old: ½ piece
- 6+ year old: 1 piece
HEALTHY MAPLE OATMEAL MUFFINS

Recipe makes 12 muffins (1 muffin = 1.25 oz. equivalent grains)

**Ingredients:**
- 1 cup whole wheat flour
- ¾ cup old fashioned rolled oats
- ½ cup whole grain oat flour
- 1 Tablespoon baking powder
- 1¾ teaspoons ground cinnamon
- ¼ teaspoon kosher salt
- ¼ teaspoon ground nutmeg
- 1 cup plus 2 Tablespoons non-fat milk
- ½ cup pure maple syrup
- ¼ cup melted and cooled coconut oil (or melted and cooled unsalted butter)
- 2 large eggs, at room temperature
- 1 teaspoon vanilla extract

**Crumb topping:**
- 1 Tablespoon cold butter, cut in small pieces
- 3 Tablespoons flour
- 1 Tablespoon brown sugar
- ¼ - ½ teaspoon cinnamon

**Instructions:**
1. Preheat oven to 400°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. In large bowl, combine whole wheat flour, oats, oat flour, baking powder, cinnamon, salt, and nutmeg.
4. In a separate bowl, whisk together milk, maple syrup, oil (or butter), eggs, and vanilla.
5. Make a well in the center of the dry ingredients. Pour wet ingredients into the center.
6. Stir the batter gently, just until combined (it will be somewhat lumpy).
7. Divide batter evenly between the prepared muffin cups.
8. Make crumb topping: In small bowl, quickly rub the butter, flour, brown sugar, and cinnamon together with your fingers until fine crumbs form. Sprinkle over each unbaked muffin.
9. Bake muffins 18-20 minutes, until golden brown and a toothpick in the center comes out clean.
10. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

**Crediting Information:**
1 muffin = 1.25 oz. equivalent grains

**Serving Information:**
1-5 year old: ½ muffin
6+ year old: 1 muffin

INDIAN RICE PILAF

Recipe makes 26 (½ cup servings) (½ cup = 1 oz. equivalent grains)

**Ingredients:**
- 1 cup and 2 Tablespoons water
- Two 32-ounce cans chicken broth
- 1 ¾ pounds (or 4 ½ cups) basmati rice
- 1 Tablespoon and 1 ½ teaspoons curry powder
- 2 ¼ teaspoons garlic powder
- 1 teaspoon ground cinnamon
- ½ teaspoon paprika
- 1 teaspoon ground cloves
- 4 small onions, coarsely chopped

**Instructions:**
1. In a large pot, bring water and chicken broth to a boil.
2. In a bowl, combine rice, curry powder, garlic powder, cinnamon, paprika, and cloves.
3. Add rice mixture and onion to boiling broth.
4. Cover and cook until rice is tender, 20-25 minutes.

**Crediting Information:**
½ cup serving = ½ cup rice
(1 oz. equivalent grains)

**Serving Information:**
1-5 year old: ¼ cup
6+ year old: ½ cup
**IRISH BROWN BREAD**  
*Recipe makes 28 slices (1 slice = 1 oz. equivalent grains)*

**Ingredients:**
- 4 cups whole wheat pastry flour
- 2 Tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1 ½ cups buttermilk
- 2 Tablespoons vegetable oil or melted butter

**Instructions:**
1. Preheat oven to 400°F.
2. Lightly grease a 9 x 5 x 3-inch loaf pan.
3. In large bowl, combine flour, sugar, salt, baking soda, and baking powder.
4. Make a well in dry mix and pour in the buttermilk and oil or butter. Stir together until blended (some lumps will remain).
5. Place dough on a floured board and knead about 10 times, until dough holds together.
6. Place dough into loaf pan.
7. Bake for 40 minutes, or until a toothpick inserted into the center of bread comes out clean.
8. Remove bread from pan and cool.
9. Cut loaf in half lengthwise. Cut each half into 16 pieces (for a total of 28 pieces).

**Crediting Information:**  
1 slice = 1 oz. equivalent grains

**Serving Information:**  
1-5 year old: ½ slice  
6+ year old: 1 slice

---

**LUNCH BOX ZUCCHINI MUFFINS**  
*Recipe makes 12 muffins (1 muffin = 1.25 oz. equivalent grains)*

**Ingredients:**
- 2 cups shredded zucchini
- 1 cup finely chopped red bell pepper
- 2 eggs, beaten
- ½ cup cottage cheese
- ½ cup + 1 Tablespoon milk
- ½ cup shredded cheddar cheese, plus more for topping (optional)
- 2 cups flour, all-purpose
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ½ teaspoon black pepper

**Instructions:**
1. Preheat oven to 375°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. Shred zucchini and squeeze out excess liquid.
4. In large bowl combine shredded zucchini, chopped red bell pepper, eggs, cottage cheese, milk, and shredded cheddar cheese.
5. In a separate bowl combine flour, baking soda, baking powder, Italian seasoning, salt, and pepper.
6. Add the dry mixture to the wet mixture and stir to combine.
7. Divide batter evenly between prepared muffin cups. Sprinkle the tops of each muffin with shredded cheddar cheese (optional).
8. Bake muffins for 30-35 minutes, until golden brown on top and a toothpick in the center comes out clean.
9. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

**Crediting Information:**  
1 muffin = 1.25 oz. equivalent grains

**Serving Information:**  
1-5 year old: ½ muffin  
6+ year old: 1 muffin
BAKED AVOCADO FRIES
Recipes makes 40 (½ cup) servings

Ingredients:
- 11 ½ pounds avocados (about 23 avocados)
- 10 cups Panko breadcrumbs
- Juice of 6 limes (¾ cup)
- Cooking spray
- Salt and pepper

Instructions:
1. Preheat oven to 425°F.
2. Spray baking sheet with cooking spray.
3. Cut each avocado in half and remove pit. Scoop out avocado halves and slice each half the long way into ½-inch slices.
4. In a small bowl pour in lime juice.
5. In a separate bowl, combine breadcrumbs, salt, and pepper.
6. Dip avocado slices into juice and then coat with breadcrumb mixture.
7. Lay slices on baking sheet in single layer.
8. Bake for 12-15 minutes, until golden.

Crediting Information:
½ cup serving = ½ cup vegetable

Serving Information:
1-5 year old: ½ cup = 4 slices (½ inch x 4 ½ inch slices)
6+ year old: ¾ cup = 6 slices (½ inch x 4 ½ inch slices)

BAKED ZUCCHINI ‘CHIPS’
Recipes makes 30 (½ cup) servings

Ingredients:
- 6 pounds zucchini
- 15 eggs
- 5 ½ cups Italian seasoned breadcrumbs
- Salt and pepper, to taste
- 2 cups grated parmesan cheese

Instructions:
1. Preheat oven broiler.
2. Spray baking sheet with cooking spray.
3. Wash and slice zucchini into ¼” rounds.
4. Lightly beat eggs in bowl.
5. Place zucchini slices in bowl and coat with egg wash.
6. Combine breadcrumbs, parmesan cheese, salt, and pepper in separate bowl.
7. In batches, coat zucchini in breadcrumb mixture. Place on baking sheet.
8. Broil 5-7 minutes. Turn zucchini. Broil for another 5-7 minutes, until tender.

Crediting Information:
½ cup serving = ½ cup vegetable

Crediting Information:
1-5 year old: ½ cup zucchini slices
6+ year old: ¾ cup zucchini slices
CABBAGE SALAD

Recipe makes 16 (½ cup) servings

Ingredients:
- 5 cups shredded green cabbage
- 2 cups shredded red cabbage
- 1 cup shredded carrot

Dressing:
- ¼ cup apple cider vinegar
- 2 Tablespoons oil (vegetable or light olive oil)
- 1 ½ - 2 Tablespoons sugar (adjust to taste)
- 1 teaspoon Dijon mustard
- ½ teaspoon salt

Instructions:
1. In a jar, combine dressing ingredients and shake.
2. In a large bowl, place salad ingredients. Pour dressing over and toss to combine.

Crediting Information:
½ cup serving = ½ cup vegetable

Serving Information:
1-5 year old: ½ cup
6+ year old: ¾ cup

CACTUS SALAD

Recipe makes 32 (½ cup) servings

Ingredients:
- 5 pounds medium cactus leaves, cleaned of thorns
- ½ pound green onions, chopped
- 3 pounds fresh medium tomatoes, diced
- 1 bunch cilantro, chopped
- 1 teaspoon dried oregano
- ½ cup olive oil
- Juice of 4 limes (½ cup)
- Salt and pepper to taste
- 1 cup crumbled Queso Anejo, queso cotija or Feta

Instructions:
1. Clean cactus leaves of thorns and wash very well. Slice leaves thin or dice.
2. Put cactus leaves in a large pot and cover with water. Cook on medium-high heat until tender, for 15-20 min.
4. When leaves are cooked, remove from stove, drain water, rinse, and place in cold icy water. When cool, assemble salad.
5. In a large bowl, place cactus leaves, onion, tomatoes, cilantro, and oregano.
6. In a small bowl, combine lime juice and oil. Add to salad bowl and mix. Add salt and pepper to taste.
7. Sprinkle crumbled cheese over salad and serve.

Crediting Information:
½ cup serving = ½ cup vegetable

Serving Information:
1-5 year old: ½ cup
6+ year old: ¾ cup
**CREAMY CUCUMBER DILL SALAD**

*Recipe makes 26 (½ cup) servings*

**Ingredients:**
- 5 cups whole milk yogurt, plain
- 2 teaspoons garlic powder
- Juice of 2 lemons (⅛ cup)
- ½ cup white vinegar
- 3 Tablespoons dried dill (or ¼ cup fresh minced dill)
- 1 ½ Tablespoons white sugar
- Salt and pepper, to taste
- 5 pounds medium-size cucumbers, peeled and thinly sliced

**Instructions:**
1. Wash, peel, and thinly slice cucumbers.
2. In a large bowl, whisk together yogurt, garlic powder, lemon juice, vinegar, dill, sugar, salt, and pepper.
3. Add in the cucumbers and toss to coat.
4. Refrigerate for at least 10 minutes before serving.

*Crediting Information:*
½ cup serving = ½ cup vegetable

*Servicing Information:*
- 1-5 year old: ½ cup
- 6+ year old: ¾ cup

---

**EASY BRUSCHETTA**

*Recipe makes 46 (½ cup) servings*

**Ingredients:**
- 1 cup extra-virgin olive oil
- Eight 28-ounce cans petite diced tomatoes, drained
- 5 cups chopped fresh basil
- ½ cup minced garlic
- 3 teaspoons kosher salt
- 2 teaspoons black pepper

**Instructions:**
1. Combine olive oil, drained tomatoes, basil, garlic, salt, and pepper in a small bowl.
2. Serve with toasted French bread slices.
3. For bread: Preheat oven to 350°F. Slice French bread and place slices on a baking sheet. Brush tops with olive oil. Bake 12 to 15 minutes or until lightly toasted.

*Crediting Information:*
½ cup serving = ½ cup vegetable

*Servicing Information:*
- 1-5 year old: ½ cup
- 6+ year old: ¾ cup
GUACAMOLE DIP
Recipe makes 25 (½ cup) servings

Ingredients:
- 10 pounds ripe avocados (about 20 avocados)
- Juice of 6 limes (¾ cup)
- 5-8 cloves fresh garlic
- Salt, to taste

Instructions:
1. Cut avocados in half, remove pit, scoop avocado out from halves.
2. In a large bowl, mash avocado. Grate fresh garlic and add to bowl, along with juice from limes, and salt, to taste. Mix well. Or place all ingredients in a blender or food processor and blend until desired consistency is reached.

Crediting Information:
½ cup serving = ½ cup vegetable
Serving Information:
1-5 year old: ½ cup
6+ year old: ¾ cup

HONEY ROASTED ASPARAGUS
Recipe makes 24 (½ cup) servings

Ingredients:
- 10 pounds asparagus
- Olive oil
- Honey
- Salt

Instructions:
1. Preheat oven to 375°F.
2. Drizzle olive oil on baking sheet.
3. Rinse asparagus and trim stems.
4. Spread asparagus spears evenly on baking sheet and mix around to coat asparagus in oil.
5. Drizzle honey over asparagus and sprinkle with salt.
6. Roast asparagus 25-30 minutes, until tender and lightly browned.

Crediting Information:
½ cup serving = ½ cup vegetable
Serving Information:
1-5 year old: ½ cup
6+ year old: ¾ cup

ROASTED CAULIFLOWER ‘POPCORN’
Recipe makes 35 (½ cup) servings

Ingredients:
- 8 pounds cauliflower, cut into florets (or 5 pounds ready-to-use cauliflower florets)
- ¾ cup olive oil
- ½ Tablespoon each salt, pepper, smoked paprika, onion powder, and garlic powder
- 1 ½ teaspoons chili powder

Instructions:
1. Preheat oven to 425°F.
2. Spray baking sheet with cooking spray.
3. In large bowl, toss cauliflower florets with olive oil until everything is evenly coated.
4. In small bowl, stir together salt, black pepper, smoked paprika, onion powder, and garlic powder.
5. Add spice mixture to cauliflower and mix well to combine.
6. Place cauliflower florets on baking sheet.
7. Roast 20-25 minutes or until cauliflower is tender and golden.

Crediting Information:
½ cup serving = ½ cup vegetable
Serving Information:
1-5 year old: ½ cup
6+ year old: ¾ cup
ROASTED VEGETABLES
Recipe makes 40 (½ cup) servings

Ingredients:
- 2 pounds butternut squash, peeled and cubed (or purchase frozen cubed squash)
- 1 pound red bell peppers, seeded and diced
- 3 pounds sweet potato, cubed
- 3 pounds red potatoes, cubed
- 2 Tablespoons thyme
- 4 Tablespoons chopped fresh rosemary
- ı cup olive oil
- 4 Tablespoons balsamic vinegar
- Salt and black pepper

Instructions:
1. Preheat oven to 425°F.
2. Spray baking sheet with cooking spray.
3. In a large bowl, combine all vegetables.
4. In a small bowl, combine thyme, rosemary, olive oil, balsamic vinegar, salt, and pepper. Toss with vegetables until coated. Spread on a baking pan.
5. Roast for 35 to 40 minutes in oven, stirring every 10 minutes, until vegetables are cooked through and browned.

SWEET CARROT STICKS
Recipe makes 25 (½ cup) servings

Ingredients:
- 5 pounds carrots
- 48 or 64-ounces unsweetened pineapple juice

Instructions:
1. Peel and cut raw carrots into strips (4 inch by ½ inch in size).
2. Place carrots in a container and pour unsweetened pineapple juice over carrots to cover.
3. Chill for an hour or more before serving.
4. Drain juice from carrots before serving.

Crediting Information:
½ cup serving = ½ cup vegetable

Serving Information:
1-5 year old: ½ cup
6+ year old: ¾ cup
**HUMMUS**

Recipe makes 13 (½ cup) servings vegetable OR 53 (½ oz.) servings m/ma

**Ingredients:**
- Four 15-ounce cans chickpeas (garbanzo beans)
- 8 to 16 Tablespoons water
- 8 Tablespoons olive oil
- 4 Tablespoons lemon juice
- 4 large cloves garlic, minced
- 3 teaspoons ground cumin
- 1 teaspoons salt

**Instructions:**
1. Drain and rinse chickpeas, pat dry.
2. Add chickpeas, 8 Tablespoons water, olive oil, lemon juice, garlic, cumin and salt to a food processor or bowl.
3. Blend in processor or mash in bowl until mixture has consistency of a coarse paste (add water as needed).
4. Cover hummus and refrigerate 1 hour or until use.

**Crediting Information:**
Vegetable: ½ cup serving = ½ cup vegetable
Meat/meat alternate: 1/8 cup serving = ½ ounce meat/meat alternate

**Serving Information:**
- Vegetable:
  - 1-5 year old: ½ cup
  - 6+ year old: ¾ cup
- Meat/meat alternate:
  - 1-5 year old: 1/8 cup
  - 6+ year old: ⅛ cup

**ROASTED CHICKPEAS**

Recipe makes 22 (½ cup) servings vegetable OR 84 (½ oz.) servings m/ma

**Ingredients:**
- #10 can (105 oz.) chickpeas (garbanzo beans)
- ¾ teaspoon salt
- 2 Tablespoons garlic powder

**Instructions:**
1. Preheat oven to 375°F.
2. Spray baking sheet with cooking spray.
3. Drain and rinse chickpeas, pat dry.
4. Arrange chickpeas on a baking sheet and roast for 30-35 minutes. Shake pan every 10 minutes. They will be golden brown and crunchy on the inside when done. Watch so they do not burn.
5. In a bowl, combine the salt and garlic powder.
6. Remove chickpeas from the oven and spray with cooking spray. Immediately toss with seasoning while hot.
7. Cool before serving.

**Crediting Information:**
Vegetable: ½ cup serving = ½ cup vegetable
Meat/meat alternate: 1/8 cup serving = ½ ounce meat/meat alternate

**Serving Information:**
- Vegetable:
  - 1-5 year old: ½ cup
  - 6+ year old: ¾ cup
- Meat/meat alternate:
  - 1-5 year old: 1/8 cup
  - 6+ year old: ⅛ cup
**VEGETABLE AND GRAIN**

**WHITE BEAN RANCH DIP**

*Recipe makes 8 (½ cup) servings vegetable OR 34 (½ oz.) servings m/ma*

**Ingredients:**
- Four 14-ounce cans Great Northern Beans (drained and rinsed)
- 4 ounces dry ranch dressing mix
- ½ cup olive oil
- Water

**Instructions:**
1. Drain and rinse canned beans, place in food processor.
2. Add ranch dressing mix and olive oil. Blend until smooth and creamy.
3. Add water until reach desired consistency.

**Crediting Information:**
Vegetable: ½ cup serving = ½ cup vegetable
Meat/meat alternate: 1/8 cup serving = ½ ounce meat/meat alternate

**Serving Information:**
- Vegetable:
  - 1-5 year old: ½ cup
  - 6+ year old: ¾ cup
- Meat/meat alternate:
  - 1-5 year old: 1/8 cup
  - 6+ year old: ¼ cup

**TOFU STIR-FRY**

*Recipe makes 50 (1/8 cup) servings tofu and 50 (½ cup) servings vegetables*

**Ingredients:**
- Four 14-ounce packages extra firm tofu
- ¾ cup oil
- 6 Tablespoons minced garlic (6-12 cloves)
- ¾ cup brown sugar
- 1 cup soy sauce
- 7 pounds broccoli, cut into florets (about 18 cups)
- 2 pounds red bell peppers, cut into thin 1-inch-long strips
- 2 pounds red onions, thinly sliced

**Instructions:**
1. Drain tofu. Wrap each block in paper towels and pat dry, pressing down on the tofu to squeeze out moisture.
2. Cut tofu into 3/4-inch cubes.
3. In a large nonstick skillet or wok, heat oil over medium-high heat. Add tofu and cook, stirring every minute or so until the tofu is nicely colored on all sides and the moisture has cooked off, about 8 to 10 minutes.
4. Add garlic to tofu and cook until garlic becomes fragrant.
5. Add sugar and ½ cup soy sauce to tofu. Stir until sugar blends with ingredients.
6. Remove tofu from pan to a plate. Allow some sauce to remain in the pan.
7. Add the broccoli, red pepper strips, onions, and ½ cup soy sauce to pan and cook for 3-4 minutes or until vegetables are tender.
8. Serve required minimum amount of vegetable on plate. Serve required minimum amount of tofu on top of vegetables.
MACARONI SALAD
Recipe makes 50 cups (1 cup = ½ cup vegetable and 1 oz. equivalent grains)

Ingredients:
- 3 gallons water
- 3 pounds 2 ounces whole grain elbow macaroni
- 1 pound 8 ounces fresh red bell peppers, diced
- 1 pound 8 ounces fresh green bell peppers, diced
- ¼ cup canned pimientos, diced, drained
- 1 pound 8 ounces fresh carrots, grated
- 1 pound 8 ounces fresh celery, diced
- 3 cups fresh red onions, diced
- 1 ½ teaspoon salt
- 1 teaspoon black pepper
- 2 teaspoons paprika

Dressing:
- 3 cups mayonnaise
- ½ cup white vinegar
- 2 cups sugar
- ¼ cup 2 Tablespoons mustard

Instructions:
1. Heat water to a boil. Add macaroni and cook 10-12 minutes or until al dente. Stir occasionally. Do not overcook. Drain macaroni when done.
2. In a large bowl, combine macaroni, peppers, pimientos, carrots, celery, onions, salt, and pepper.
3. In a small bowl, combine mayonnaise, vinegar, sugar, and mustard.
4. Pour dressing over vegetable and pasta mixture. Stir well.
5. Serve immediately or store in refrigerator until served.
6. Garnish with paprika.

Crediting Information:
1 cup serving = ½ cup vegetable and ½ oz. equivalent grains
Serving Information:
1-5 year old: 1 cup
6+ year old: 1 ½ cups

FRUIT SALAD
Recipe makes 38 (½ cup) servings

Ingredients:
- #10 can pineapple chunks, in juice
- 2 pounds fresh blueberries
- 2 pounds fresh strawberries

Dressing:
- ½ cup pineapple juice (from can)
- ¼ cup honey
- Zest of one lemon

Instructions:
1. Drain pineapple chunks, saving juice for later.
2. Cut whole strawberries into quarters.
3. Place pineapple chunks, strawberries, and blueberries into bowl.
4. In a small bowl, mix pineapple juice, honey, and lemon zest. Toss with fruit.
5. Refrigerate until it is served.

Crediting Information:
½ cup serving = ½ cup fruit
Serving Information:
1-5 year old: ½ cup
6+ year old: ¾ cup
CROCKPOT APPLES WITH CINNAMON
Recipe makes 34 (½ cup) servings

**Ingredients:**
- 10 pounds fresh apples
- 4 Tablespoons cinnamon
- 2 cups sugar
- 1 stick of butter

**Instructions:**
1. Peel and core apples. Cut into 1/3 to 1/2-inch slices.
2. Place sliced apples in crock pot or large roaster. Sprinkle with cinnamon and sugar and stir to coat them.
3. Place butter on top of the apples.
4. Close lid. Cook 3 hours (high) or 6 hours (low). Stir occasionally.

_Crediting Information:_
½ cup serving = ½ cup fruit

_Serving Information:_
1-5 year old: ½ cup
6+ year old: ¾ cup

FRUIT ON A RAFT (WAFFLES WITH APPLES)
Recipe makes 60 (½ oz. equivalent grains) and 60 (½ cup) servings fruit

**Ingredients:**
- 30 frozen waffles (or homemade waffles) square or round, approximately 4"
- Two #10 cans unsweetened apples (peeled and diced), drained
- 2 quarts water
- 2 pounds seedless raisins
- 1 Tablespoon cinnamon
- 3 teaspoons allspice
- 2/3 cup cornstarch
- 2/3 cup cold water

**Instructions:**
1. Preheat oven to 375°F.
2. Place waffles on baking pan and bake in oven for 15 minutes, or until golden.
3. While waffles are in oven, heat apples in large pot or steam kettle.
4. Add water, raisins, cinnamon, and allspice to apple mixture and bring to boil.
5. In a small bowl, whisk cornstarch and cold water. Pour into apple mixture, stirring constantly to blend well. When mixture thickens remove from heat.
6. Remove waffles from oven.
7. Serve waffle with apple mixture on top.

_Crediting Information:_
Grains: 1 waffle = 1 oz. equivalent grains
Fruit: ½ cup serving apple mixture = ½ cup fruit

_Serving Information:_
1-5 year old: ½ waffle and ½ cup apples
6+ year old: 1 waffle and ¾ cup apples
**MINTY WATERMELON CUCUMBER SALAD**

*Recipe makes 16 cups (1 cup = ½ cup fruit and ½ cup vegetable)*

**Ingredients:**
- 5 ½ pounds cubed seedless watermelon
- 3 pounds cucumbers, halved lengthwise and sliced
- ¼ cup minced fresh mint

**Dressing:**
- ¼ cup olive oil
- ¼ cup balsamic vinegar
- ½ teaspoon salt
- ½ teaspoon pepper

**Instructions:**
1. Cut watermelon into cubes. Cut cucumbers in half lengthwise and slice. The amount of watermelon chunks and cucumbers slices should be equal before combining for the salad.
2. In a large bowl, combine watermelon, cucumbers, and mint.
3. In small bowl, whisk dressing ingredients. Pour over salad and toss to coat.

**Crediting Information:**
1 cup serving = ½ cup fruit and ½ cup vegetable

**Serving Information:**
1-5 year old: 1 cup salad
6+ year old: 1 ½ cups salad

---

**APPLES AND YOGURT DIP**

*Recipe makes 32 (½ cup) servings fruit and 32 (¼ cup) servings yogurt*

**Ingredients:**
- 4 ½ pounds apples
- Two 32-ounce containers vanilla-flavored yogurt (must meet sugar limits)

**Instructions:**
1. Cut apples into thin slices.
2. Portion yogurt into bowls/cups.

**Crediting Information:**
Fruit: ½ cup serving = ½ cup fruit
Meat/meat alternate: ¼ cup yogurt = ½ oz. meat/meat alternate

**Serving Information:**
1-5 year old: ¼ cup yogurt and ½ cup apples
6+ year old: ½ cup yogurt and ¾ cup apples
COTTAGE CHEESE DIP
Recipe makes 48 (1/8 cup) servings

Ingredients:
- Two 24-ounce containers of cottage cheese
- 2 ounces dry ranch dressing mix

Instructions:
1. Place cottage cheese in blender or mixer and blend to desired consistency.
2. Stir in ranch dressing mix and refrigerate.

Crediting Information:
1/8 cup cottage cheese = ½ oz. meat/meat alternate

Serving Information:
- 1-5 year old: 1/8 cup
- 6+ year old: ¼ cup

CRISPY BAKED TOFU
Recipe makes 50 (1/8 cup) servings

Ingredients:
- Four 14-ounce packages extra firm tofu
- 4 Tablespoons tamari (or soy sauce or coconut aminos)
- 4 Tablespoons oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 teaspoons garlic powder
- 4 Tablespoons cornstarch

Instructions:
1. Preheat oven to 400°F.
2. Line baking sheet with parchment paper.
4. Line cutting board with paper towels. Lay tofu in an even layer on towel and top with another towel. Add heavy things on top. Let tofu sit for 15-30 minutes allowing the liquid to be squeezed out.
5. In a bowl, combine tamari (or soy sauce or coconut aminos), oil, salt, pepper, and garlic powder. Add tofu and gently toss until all tofu is covered in seasoning.
6. Sprinkle cornstarch over tofu and gently toss together.
7. Lay tofu on baking sheet and bake for 30 minutes, flipping tofu halfway through. Tofu is done when crispy and golden brown on edges.

Crediting Information:
1/8 cup = ½ oz. meat/meat alternate

Serving Information:
- 1-5 year old: 1/8 cup
- 6+ year old: ¼ cup
**FRUITY DIP**

*Recipe makes 32 (¼ cup) servings*

**Ingredients:**
- Two 32-ounce containers plain yogurt
- ½ cup orange juice
- 4 teaspoons vanilla
- Sprinkle of cinnamon

**Instructions:**
1. Mix all ingredients in a bowl.

**Crediting Information:**
- ¼ cup (2 oz.) = ½ oz. meat/meat alternate

**Serving Information:**
- 1-5 year old: ¼ cup (2 oz.)
- 6+ year old: ½ cup (4 oz.)

---

**SHEET PAN EGGS**

*Recipes makes 24 eggs*

**Ingredients:**
- 24 large eggs
- Salt and pepper

**Instructions:**
1. Preheat oven to 400°F.
2. Lightly coat a large, rimmed baking sheet with non-stick spray, line with parchment, and spray again.
3. Crack eggs into blender and process until combined; add salt and pepper and quickly blend.
4. Pour eggs into prepared baking sheet and carefully transfer to oven.
5. Bake until barely set in the middle, 10 - 12 minutes.

**Crediting Information:**
- 1 square = 1 egg

**Serving Information:**
- 1-5 year old: ½ square
- 6+ year old: ½ square

---

**TACO SOUP**

*Recipe makes 50 (¼ cup) servings*

**Ingredients:**
- 2 pounds, 2 ounces ground beef, raw (no more than 15% fat)
- ¼ cup chili powder
- ¼ cup, 1 Tablespoon ground cumin
- 2 Tablespoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon crushed red pepper
- 2 teaspoons black pepper
- 1 pound onions, diced
- 1 quart water
- 1 ounce dry ranch dressing mix
- 6 ½ cups canned, crushed tomatoes
- 2 cups salsa
- 2 ½ cups canned corn
- 9 ¼ cups canned kidney beans, drained

**Instructions:**
1. In large stock pot, brown ground beef over medium-high heat. Drain ground beef.
2. Add cumin, garlic powder, onion powder, crushed red pepper, and black pepper. Stir well. Remove beef mixture and set aside for step 5.
3. In same pot, cook onions over medium heat for 5-7 minutes, until soft.
4. Reduce heat to low. Add water, ranch dressing mix, tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.
5. Add beef to pot and stir. Simmer uncovered for 15-20 minutes.

**Crediting Information:**
- ½ cup = 1 oz. meat/meat alternate

**Serving Information:**
- 1-5 year old: ¼ cup
- 6+ year old: ½ cup