

# SNACK MENU

### Apple Toast

8 servings

4 slices bread  
3 apples, peeled, cored, sliced  
½ cup sugar  
2 tablespoons butter, melted

1. Spray a baking dish/pan with non-stick coating.
2. Put the slices of bread in the baking pan.
3. Mix the sugar and melted butter together.
4. Dip each slice of apple in the melted butter.
5. Arrange slices of apple on top of slices of bread.
6. Put baking pan in oven.
7. Let bake for about 10 minutes at 350 degree oven, or until apple slices are brown and tender.
8. Then serve.

Per serving **calories 133: Total Fat 3.4g** (Saturated Fat 1.9g), **Cholesterol 7mg, Sodium 106mg, Total Carbohydrate 26.0g**, Dietary Fiber 1.5g, Sugars 18.4g, **Protein 1.1g**

### Ranch Pretzels

20 servings

1 (20 ounce) package pretzels  
1 (2 tablespoon) packet ranch dressing mix  
¼ cup oil, vegetable  
1½ teaspoons dill weed  
1½ teaspoons garlic powder

1. Spread in single layer in 15 inch pan.
2. Bake at 200 degrees for 1 hour, stirring every 15 minutes.

Per serving **calories 133: Total Fat 3.5g** (Saturated Fat 0.5g), **Cholesterol 0mg, Sodium 387mg, Total Carbohydrate 22.9g**, Dietary Fiber 0.9g, Sugars 0.8g, **Protein 3.0g**

### Frosty Fruit Dip

8 servings

1-cup yogurt  
8 ounces cream cheese

1. Soften cream cheese.

2. Beat cheese and yogurt together.
3. Serve with fruit.

Per serving **calories 117: Total Fat 10.9g** (Saturated Fat 6.9g), **Cholesterol 35mg, Sodium 98mg, Total Carbohydrate 2.2g**, Dietary Fiber 0.0g, Sugars 1.5g, **Protein 3.2g**

### Carrot Pinwheels

Serves - 18 children  
3 adults

12 flour tortillas  
10 carrots, finely shredded  
2 green onions, diced, optional  
8 ounces fat free cream cheese  
½ cup Free Peppercorn Ranch Dressing

Mix cream cheese & dressing until well blended, spread onto tortillas. Top with veggies.

Per serving **calories 110: Total Fat 2g** (Saturated Fat 0.5g), **Cholesterol 0mg, Sodium 300mg, Total Carbohydrate 18g, Dietary Fiber 2g, Sugars 3g, Protein 4g Vitamin A 110% DV Vitamin C 6% DV Calcium 8% DV Iron 6% DV**

### Fluffy Strawberry Dip

8 servings

1 (8 ounce) strawberry yogurt  
¼ teaspoon cinnamon  
½ cup Cool Whip

1. Place yogurt and cinnamon in a 1 quart bowl.
2. Stir to mix.
3. Gently stir in Cool Whip until blended.

Per serving **calories 44: Total Fat 1.6g** (Saturated Fat 1.3g), **Cholesterol 1mg, Sodium 19mg, Total Carbohydrate 6.4g**, Dietary Fiber 0.0g, Sugars 1.1g, **Protein 1.4g**

### Yummy Pita Pockets

18 servings

18 pita pockets  
1 (16 ounce) jar peanut butter  
4 bananas

4 apples

1. Cut pita pockets in half.
2. Open them up to spread peanut butter and fruit inside.
3. Place inside each, half banana slices, and half apple slices.

Per serving **calories 434: Total Fat 19.7g** (Saturated Fat 5.3g), **Cholesterol 3mg, Sodium 710mg, Total Carbohydrate 55.9g**, Dietary Fiber 1.9g, Sugars 4.7g, **Protein 8.6g**

### **Gorilla Chips (King Kong's Chips)**

4 servings

2 bananas, sliced  
½ cup orange juice  
½ cup wheat germ

1. Dip banana slices into orange juice and then into wheat germ.
2. Allow children to eat them fresh if they are hungry.
3. Or, you can arrange in cake pans or on plates in a single layer.
4. Cover with plastic and freeze.

Per serving **calories 118: Total Fat 1.7g** (Saturated Fat 0.3g), **Cholesterol 0mg, Sodium 2mg, Total Carbohydrate 24.1g**, Dietary Fiber 3.5g, Sugars 9.8g, **Protein 4.2g**

### **Peanut Butter Pancakes**

12 servings

1-cup pancake mix  
2 tablespoons sugar  
1 egg  
⅓ cup peanut butter  
1 (15 ounce) can milk, evaporated  
⅓ cup water

1. In a bowl, combine pancake mix and sugar.
2. In a small bowl, beat egg and peanut butter; add milk and water.
3. Stir in dry ingredients just until moistened.
4. Pour batter by ¼ cupfuls onto a lightly greased medium hot griddle.
5. Turn when bubbles form on top of pancakes; cook until second side is golden.
6. Combine ¼ cup butter and 2 tablespoons honey in a small bowl.

7. Serve with pancakes.

Per serving **calories 121: Total Fat 5.9g** (Saturated Fat 1.8g), **Cholesterol 25mg, Sodium 189mg, Total Carbohydrate 13.0g**, Dietary Fiber 0.7g, Sugars 2.8g, **Protein 4.7g**

### **Peacheritos**

6 servings

1 (28 ounce) can peaches, peeled and sliced or 3 fresh peaches, peeled and sliced

1 ½ cups milk, low fat-2

1. Combine ingredients in a blender container.
2. Blend until smooth.
3. Pour into paper cups.
4. Cover cups with foil.
5. Make a small slit in the center of each foil cover.
6. Insert Popsicle sticks and freeze.

Per serving **calories 90: Total Fat 2.6g** (Saturated Fat 1.4g), **Cholesterol 8mg, Sodium 29mg, Total Carbohydrate 15.5g**, Dietary Fiber 2.0g, Sugars 11.1g, **Protein 3.2g**

### **Sopaipillas**

40 servings

2 cups flour  
1-tablespoon baking powder  
2 teaspoons salt  
1 tablespoon shortening  
⅔ cup water, lukewarm  
6 cups oil, vegetable for frying

1. Stir together flour, baking powder, and salt.
2. Cut in the shortening until mixture resembles cornmeal.
3. Gradually add the water, stirring with a fork (dough will be crumbly).
4. Turn onto floured surface; knead into a smooth ball.
5. Divide dough in half; let stand 10 minutes.
6. Roll each half into a 12x10 inch rectangle.
7. Cut into 2-inche squares (do not re-roll or patch dough).
8. Fry a few at a time in deep hot vegetable oil (425 degrees) until golden.
9. Drain on paper towels.

Per serving **calories 314: Total Fat** 33.1g (Saturated Fat 5.0g), **Cholesterol** 0mg, **Sodium** 143mg, **Total Carbohydrate** 4.9g, Dietary Fiber 0.2g, Sugars 0.0g, **Protein** 0.6g

### **Corn Salad**

Serves 18 children  
3 adults

7 cups frozen corn  
2 ¾ cups chopped tomato  
1 ¾ cups chopped green pepper  
1 ¾ cups chopped celery  
¼ cup diced onion, optional  
7/8 cup Fat Free Ranch Dressing

In a large salad bowl, combine veggies; stir in dressing.

#### Grocery List:

1 ½ pounds frozen whole kernel corn  
1 ¼ pounds fresh tomatoes  
1 pound bell pepper, fresh  
1 pound celery  
1 small onion – optional

Taken from Allrecipes.com

Per serving ½ cup (with fat free dressing) **Calories** 64, **Fat** 1g, **Cholesterol** 0g, **Sodium** 93mg  
**Carbohydrate** 15g, **Dietary Fiber** 0g, **Protein** 2g, **Diabetic Exchange:** 1 starch

### **Creamy Cucumber Salad**

Serves – 18 children  
3 adults

4 pounds cucumbers, thinly sliced  
8 tomatoes, diced  
1 small onion, diced  
½ cup dry roasted peanuts  
2 cups Fat Free Ranch Dressing

Toss cucumbers, tomatoes, and onion with dressing.  
Sprinkle peanuts before serving. (Eliminate peanuts if any nut allergies).

Taken from Kraft Foods

Per serving: **Calories**, 130, **Fat**, 10g, (Saturated Fat 1.5g), **Protein** 2g, **Calcium** 4% DV, **Sugars**, 6g, **Dietary Fiber**, 2g, **Sodium**, 310mg, **Cholesterol**, 10mg, **Vit C**, 25% DV, **Vit A**, 100% DV, **Iron**, 4% DV

### **Strawberry Jamboree**

2 servings

1 cup milk  
2 tablespoons jam, strawberry

1. Pour cold milk into a jar.
2. Add strawberry jam.
3. Place the lid on the jar and shake well or blend for 30 seconds.

Per serving **calories 133: Total Fat** 4.5g (Saturated Fat 2.8g), **Cholesterol** 17mg, **Sodium** 66mg, **Total Carbohydrate** 19.4g, Dietary Fiber 0.2g, Sugars 9.7g, **Protein** 4.1g

### **Italian Peas**

Serves 18 children  
3 adults

5 pounds frozen green peas - (80 ounces)  
1 small onion, chopped (optional)  
1 teaspoon garlic powder  
½ cup olive oil  
¼ cup chicken stock

Heat olive oil in skillet over medium heat. Stir in onion and garlic. Cook about 5 minutes. Add frozen peas and chicken stock. Cover and cook until peas are tender, about 10 minutes.

Taken from Allrecipes.com

Per serving **Calories** 106, **Total Fat** 4.8g, **Cholesterol** 1mg, **Sodium** 161mg, **Carbohydrate** 12.3g, **Dietary Fiber** 3.5g

### **Fluffy Peanut Butter Dip**

8 servings

½ cup creamy peanut butter  
1 (8 ounce) yogurt, vanilla  
⅛ teaspoon cinnamon  
½ cup Cool Whip

1. Place peanut butter, yogurt and cinnamon in a 1-quart bowl.
2. Whisk until thoroughly blended.
3. Using the whisk, gently stir Cool Whip into peanut butter mixture until blended.
4. Put dip in chilled bowls for serving.
5. For dippers: cut apples or pears.

Per serving **calories 127: Total Fat** 10.2g (Saturated Fat 3.3g), **Cholesterol** 3mg, **Sodium** 88mg, **Total Carbohydrate** 5.6g, Dietary Fiber 1.0g, Sugars 3.9g, **Protein** 5.1g

### **Wacky Waffle Stacks**

2 servings

2 waffles, round frozen toaster  
2 tablespoons cream cheese, soft  
4 teaspoons strawberry preserves  
2 bananas, sliced

1. Toast waffles.
2. Place 1 waffle on plate.
3. Spread with 1-tablespoon cream cheese and 2 teaspoons preserves.
4. Arrange one half of banana slices on top.
5. Top with another waffle and repeat layers.
6. Cut waffle stack into quarters.
7. Serve Immediately.

Per serving **calories 410: Total Fat** 16.0g (Saturated Fat 5.5g), **Cholesterol** 67mg, **Sodium** 431mg, **Total Carbohydrate** 61.1g, Dietary Fiber 3.2g, Sugars 20.8g, **Protein** 8.4g

### **Peachy Cinnamon Apple Wraps**

8 servings

8 (7 inch) flour tortillas  
2 cups applesauce

2 cups peaches  
2 ½ tablespoons ground cinnamon

1. Mix applesauce and peaches together.
2. Spread ½ cup of fruit over tortilla.
3. Sprinkle 2 teaspoons of cinnamon on fruit.
4. Wrap each tortilla and heat in microwave until warm or place on cookie sheet and warm at 350 degrees.

Per serving **calories 223: Total Fat** 4.1g (Saturated Fat 1.0g), **Cholesterol** 0mg, **Sodium** 330mg, **Total Carbohydrate** 43.6g, Dietary Fiber 4.1g, Sugars 4.6g, **Protein** 4.6g

### **Baked Sweet Potato Sticks**

Serves – 18 children  
3 adults

7.5 pounds sweet potatoes, sliced lengthwise into quarters  
(average - 3 sweet potatoes per pound)  
3 tablespoons olive oil

Preheat oven to 400° F. Spray baking sheet with Pam. In large bowl, mix olive oil and potato sticks, and stir by hand to coat. Place on baking sheet. Bake 40 minutes in oven.

Taken from Allrecipes.com

Per serving **Calories** 132: **Total Fat** 1.9g **Cholesterol** 0mg, **Sodium** 47mg, **Total Carbohydrate** 27g, **Dietary Fiber** 4.3g, **Protein** 2.6g

### **Quick and Creamy Grape-Orange Shake**

4 servings

2 cups green or red seedless grapes, halved  
2 oranges, peeled and quartered  
2 teaspoons honey-optional  
2 bananas, peeled  
16 ice cubes, crushed

Puree grapes, bananas and oranges in blender or food processor. Add honey if desired and ice. Blend until well mixed. Garnish with a handful of grapes.

Per serving **calories 168: Total Fat** 1.0g (Saturated Fat 0g), **Cholesterol** 0mg, **Sodium** 5mg, **Total Carbohydrate** 42.5g, Dietary Fiber 4.5g, Sugars 35.8g, **Protein** 2.0g

### Watermelon “Zipper Sippers”

32 servings

15 pounds watermelon  
2 tablespoons orange juice

1. Give each child a slice of melon.
2. Melon should be cut with a dull knife or side of a fork into small cubes.
3. Remove the seeds, and place the melon chunks into a bag.
4. Place a straw into the corner of the bag and close the zipper around the straw.
5. The child then squishes.
6. Drink.
7. Afterwards, the pulpy leftover can be eaten.

Per serving **calories 64: Total Fat 0.3g** (Saturated Fat 0.0g), **Cholesterol 0mg, Sodium 2mg, Total Carbohydrate 16.2g**, Dietary Fiber 0.9g, Sugars 13.3g, **Protein 1.3g**

### Dino Sandwiches

1 servings

1 slice white bread  
2 tablespoons tuna salad  
1-tablespoon raisins

1. Spread on slice of bread with tuna salad.
2. Use dinosaur cookie cutter to cut a dinosaur from the center of the bread.
3. Press on raisins to make eyes.

Per serving **calories 143: Total Fat 3.2g** (Saturated Fat 0.6g), **Cholesterol 3mg, Sodium 272mg, Total Carbohydrate 22.9g**, Dietary Fiber 1.0g, Sugars 6.9g, **Protein 6.2g**

### April Fools’ Day Egg

1 servings

½ peach  
¼ cup yogurt, vanilla

- Open the can of peaches.  
Place a drained peach half in a bowl.

Have each child take ½ peach, measure ¼ cup yogurt and spread around their peach half on a plate.

Per serving **calories 56: Total Fat 2.1g** (Saturated Fat 1.3g), **Cholesterol 7mg, Sodium 28mg, Total Carbohydrate 7.5g**, Dietary Fiber 0.7g, Sugars 7.0g, **Protein 2.6g**

### Confetti Celery

3 servings

1 raw carrot, finely chopped  
¼ cup red bell peppers, finely chopped  
½ cup cottage cheese  
¼ cup Parmesan cheese (or ¼ cup mozzarella cheese)  
6 celery ribs, cut in half

1. Mix the first 4 ingredients together.
2. Stuff celery.

Per serving **calories 94: Total Fat 4.2g** (Saturated Fat 2.5g), **Cholesterol 12mg, Sodium 347mg, Total Carbohydrate 6.3g**, Dietary Fiber 2.1g, Sugars 3.1g, **Protein 8.4g**

### Ladybug Lunch

1 servings

1 lettuce leaves  
½ English muffin  
1-tablespoon cream cheese  
2 tablespoons raisins  
red food coloring

1. Stir red food coloring into soft cream cheese.
2. Wash the lettuce and use 1 leaf.
3. Spread the colored cream cheese on the English muffin half.
4. Use raisins to create black spots for lady bug.

Per serving **calories 178: Total Fat 5.7g** (Saturated Fat 3.4g), **Cholesterol 15mg, Sodium 172mg, Total Carbohydrate 29.3g**, Dietary Fiber 2.0g, Sugars 12.9g, **Protein 4.6g**

### Peanut Butter Caterpillars

1 serving

1 banana  
2 tablespoons peanut butter  
2 grapes, green

1. Peel and slice a banana
2. Spread slices with peanut butter and connect the slices.
3. Add a grape up front for the head (gluing with more peanut butter).

Per serving **calories 300: Total Fat 16.5g** (Saturated Fat 3.4g), **Cholesterol 0mg, Sodium 148mg, Total Carbohydrate 35.0g**, Dietary Fiber 5.1g, Sugars 18.9g, **Protein 9.4g**

### **Frozen Fruit Kabobs**

18 servings

2 pounds grapes  
 2 (20 ounce) cans pineapple, chunks  
 2 pints strawberries  
 2 pounds oranges, chunks

1. String chunks of fruit, strawberries, orange chunks, grapes, and pineapple onto a cocktail straw and freeze them.
2. At snack time put the straws in a glass of water for the children.

Per serving **calories 102: Total Fat 0.3g** (Saturated Fat 0.0g), **Cholesterol 0mg, Sodium 2mg, Total Carbohydrate 26.4g**, Dietary Fiber 3.4g, Sugars 20.4g, **Protein 1.5g**

### **Peanut Butter Protein Balls**

8 servings

1-cup peanut butter  
 ½ cup nonfat dry milk powder  
 ½ cup raisins  
 ¼ cup honey  
 ½ cup cracker crumbs, graham

1. Mix all ingredients except the graham cracker crumbs.
2. Shape mixture into balls and roll into cracker crumbs.
3. Store in the refrigerator.

Per serving **calories 303: Total Fat 16.5g** (Saturated Fat 3.4g), **Cholesterol 1mg, Sodium 191mg, Total Carbohydrate 31.9g**, Dietary Fiber 2.5g, Sugars 21.0g, **Protein 11.8g**

### **Brown Cow**

2 servings

1 cup chocolate milk  
 ½ banana

1. Measure 1 cup of milk.
2. Pour into blender pitcher.
3. Cut 1 banana into 2 pieces. Peel 1 piece and put in blender pitcher.
4. Blend in blender.

Per serving **calories 130: Total Fat 4.3g** (Saturated Fat 2.7g), **Cholesterol 15mg, Sodium 75mg, Total Carbohydrate 19.7g**, Dietary Fiber 1.8g, Sugars 15.5g, **Protein 4.3g**

### **Ice Cream**

6 servings

1-cup skim milk  
 1-cup cream, heavy  
 ½ cup sugar  
 12 teaspoons vanilla

1. Mix up ingredients and put into small clean coffee can.
2. Tape the can shut.
3. Put the small can inside a big coffee can.
4. Add layers of ice and rock salt.
5. Tape the large can shut.
6. Roll the cans around for 20 minutes.
7. Open the large can and take out the smaller can.
8. Open the smaller can and spoon out the ice cream.

Per serving **calories 183: Total Fat 7.8g** (Saturated Fat 4.9g), **Cholesterol 27mg, Sodium 40mg, Total Carbohydrate 21.5g**, Dietary Fiber 0.0g, Sugars 17.8g, **Protein 2.7g**

### **Butterfly Salad**

18 servings  
 4 (20 ounce) cans pineapple, rings  
 1 head lettuce  
 1-pound celery  
 2 (26 ounce) cartons cottage cheese  
 1 carrot, finely chopped

1. Place lettuce leaf on a plate.

2. Slice 2 pineapple rings in half to use as an outline of the butterfly's wing.
3. Use celery stick as the body.
4. Place cottage cheese inside the pineapple rings.
5. Decorate the cottage cheese with bits of diced carrot.

Per serving **calories 161: Total Fat 4.2g** (Saturated Fat 2.5g), **Cholesterol 13mg, Sodium 386mg, Total Carbohydrate 20.5g**, Dietary Fiber 2.6g, Sugars 13.1g, **Protein 12.2g**

### **Butterfly Bites**

2 servings

1 stalk celery  
 8 pretzels, small twisted  
 8 pretzels, stick  
 1-tablespoon peanut butter or cream cheese

1. Cut celery stalk into fourths.
2. Spread the cream cheese in the middle of the celery slices.
3. Stick the twisted pretzels in the cream cheese to make the wings.
4. Stick the pretzel ticks in the front of the celery to make antennae.

Per serving **calories 159: Total Fat 4.1g** (Saturated Fat 0.8g), **Cholesterol 0mg, Sodium 52mg, Total Carbohydrate 2.2g**, Dietary Fiber 0.8g, Sugars 1.1g, **Protein 2.1g**

### **Apple Cinnamon Shake-Ups**

18 servings

9 apples  
 1-cup sugar  
 2 tablespoons cinnamon

1. Give each child ½ apple cut into 4 slices.
2. Using plastic knives have them cut the apple into bite size chunks.
3. Give them each a plastic Ziploc bag.
4. Fill shakers or bowls with cinnamon and sugar mixture.
5. Have each child put about 1 teaspoon of the cinnamon and sugar mixture into their baggy.
6. Zip closed.

Per serving **calories 80: Total Fat 0.1g** (Saturated Fat 0.0g), **Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 21.2g**, Dietary Fiber 2.1g, Sugars 18.3g, **Protein 0.2g**

### **Peanut Butter Mud Pies**

18 servings

1 (32 ounce) jar peanut butter (creamy for smooth mud and crunchy for mud with rocks)  
 1-pound crackers, graham  
 2 pounds apples, sliced  
 6 large bananas, sliced

1. Give each child a small pie tin.
2. Put 2 tablespoons of mud in the tin.
3. Allow each child to put whatever they want into their mud pies- graham crackers, bananas, apples.
4. Have them eat the pies them for snack.

Per serving **calories 489: Total Fat 32.0g** (Saturated Fat 6.2g), **Cholesterol 0mg, Sodium 445mg, Total Carbohydrate 42.6g**, Dietary Fiber 5.8g, Sugars 15.9g, **Protein 15.1g**

### **George of the Jungle Slush**

4 servings

4 cups pineapple juice  
 2 teaspoons coconut extract  
 4 bananas, sliced  
 16 ice cubes

Combine all ingredients in a blender and mix until smooth.

Per serving **calories 291: Total Fat 1.6g** (Saturated Fat 0g), **Cholesterol 0mg, Sodium 7mg, Total Carbohydrate 72.9g**, Dietary Fiber 4.7g, Sugars 64.1g, **Protein 2.8g**

### **Frozen Fruit Chunk Cups**

4 servings

⅔ cup applesauce, chunky or regular  
 7 ounces fresh strawberries  
 7 ounces mandarin orange segments, drained  
 ⅓cup grapes (optional)  
 1 tablespoon plus 1-teaspoon orange juice concentrate

Combine all ingredients in a bowl. Spoon fruit mixture into individual dishes or paper cups. Freeze until firm. Remove from freezer about 30 minutes before serving.



Per serving **calories 64**: **Total Fat** 0.5g (Saturated Fat 0g), **Cholesterol** 0mg, **Sodium** 3mg, **Total Carbohydrate** 15.9g, Dietary Fiber 2.8g, Sugars 12.9g, **Protein** 0.8g

### **Frozen Fruit Treat**

4 servings

1 ¼ cups strawberries  
1 ⅔ cups crushed pineapple  
3 ¼ bananas cut in cubes  
2 ¾ teaspoon frozen orange juice concentrate  
1-cup water  
Paper cup

Combine all ingredients in a blender or food processor. Blend or process until smooth. Pour into small paper cups and freeze. Serve partially defrosted.

Per serving **calories 184**: **Total Fat** 1.8g (Saturated Fat 0g), **Cholesterol** 0mg, **Sodium** 5mg, **Total Carbohydrate** 46.7g, Dietary Fiber 5.4g, Sugars 37.9g, **Protein** 2.3g

### **Food Sheep**

1 serving

⅛ cup cauliflower  
1 (1 ounce) mozzarella string cheese  
1-tablespoon cheese spread  
1-tablespoon raisins

1. Put 1-cauliflower floweret on a plate.
2. Cut string cheese into 4 pieces and put on plate.
3. Cover the bottom of the cauliflower with cheese spread.
4. Attach the 4-pieces of cheese to the cauliflower to make legs.
5. Dip 2-raisins in the cheese spread and attach to make eyes.
6. Dip 1-raisin in cheese spread and attach to make nose.

Per serving **calories 145**: **Total Fat** 7.6g (Saturated Fat 4.8g), **Cholesterol** 25mg, **Sodium** 410mg, **Total Carbohydrate** 10.5g, Dietary Fiber 0.7g, Sugars 6.5g, **Protein** 9.8g

### **Stegosaurus Sandwiches**

4 servings

2 slices whole wheat bread  
1-tablespoon peanut butter

1-tablespoon jelly  
5 tortilla chips  
1 banana  
2 tablespoons raisins

1. Spread peanut butter on one slice of bread.
2. Spread jelly on one slice of bread and put together with peanut butter slice.
3. Cut the sandwich in 4-triangle pieces.
4. Add triangular tortilla chips for his spikes.
5. Cut a banana in half and cut lengthwise for the neck.
6. Add raisins for the eyes.

Per serving **calories 112**: **Total Fat** 2.7g (Saturated Fat 0.6g), **Cholesterol** 0mg, **Sodium** 94mg, **Total Carbohydrate** 21.6g, Dietary Fiber 2.2g, Sugars 10.4g, **Protein** 2.8g

### **Sneaky Cat Snacks**

1 serving

1 slice whole wheat bread  
1-ounce cheese, sliced  
1 green olive  
1 maraschino cherry  
6 pretzels, sticks

1. Trim the slice of bread into a round shape for a cats face.
2. Add 2 cheese triangle ears.
3. Use the green olive halves for the eyes.
4. Use the cherry for the nose.
5. Place 3 stick pretzels on wither side of the nose for whiskers.

Per serving **calories 170**: **Total Fat** 8.1g (Saturated Fat 4.6g), **Cholesterol** 18mg, **Sodium** 421mg, **Total Carbohydrate** 17.4g, Dietary Fiber 2.1g, Sugars 3.5g, **Protein** 8.3g

### **Grapple Pops**

4 servings

⅓ cup frozen grape juice concentrated, thawed  
10 ounces chunky applesauce  
4 paper cups, about 3 ounces volume  
4 wooden sticks

Combine juice and applesauce in a bowl and blend well. Fill each cup with about 1/3 cup juice mixture. Put cups in freezer. After about 1-hour of freezing, insert sticks. Freeze about 2-hours, until firm. Remove cups to serve.

Per serving **calories 68: Total Fat** 0.4g (Saturated Fat 0g), **Cholesterol** 0mg, **Sodium** 3mg, **Total Carbohydrate** 17.0g, Dietary Fiber 1.0g, Sugars 15.7g, **Protein** 0.7g

### Afternoon Apple Snacks

4 servings

2 red delicious apples  
1/2 cup chunky peanut butter  
2 tablespoons honey  
1/2 teaspoon cinnamon  
6 graham crackers  
1 tablespoon lemon juice

1. Core apples and cut each in half.
2. Cut each half into 3 wedges to make a total of 12 wedges.
3. Dip wedges in lemon juice to prevent browning and place in a single layer on a microwave-safe plate or baking dish.
4. Cover loosely with waxed paper and microwave on high (100%) 3 1/2 to 4 minutes or until apples are tender and hold their shape. (If microwave does not have carousel, rotate dish halfway through cooking.)
5. Drain apples on paper towels.
6. In small bowl, combine peanut butter, honey and cinnamon.
7. Snap graham crackers in half to make 12 square crackers.
8. Spread a layer of peanut butter mixture on each of 6-square crackers; top each with 2 apple wedges.
9. Top with remaining graham cracker squares to make sandwich snacks.

Per serving **calories 303: Total Fat** 17.3g (Saturated Fat 2.8g), **Cholesterol** 0mg, **Sodium** 221mg, **Total Carbohydrate** 33.8g, Dietary Fiber 4.7g, Sugars 21.9g, **Protein** 8.7g

### Rainbow Parfait

1 servings

1/2 cup yogurt  
1/8 cup strawberries  
1/8 cup bananas  
1/4 cup cereal

1. Put 2-spoons of yogurt in a cup.
2. Add 1-spoon of cereal.
3. Add 2-spoons of fruit #1.
4. Add 2-spoons of fruit #2.
5. Add 2-spoons of yogurt.
6. Top with cereal.

Per serving **calories 124: Total Fat** 4.2g (Saturated Fat 2.6g), **Cholesterol** 15mg, **Sodium** 123mg, **Total Carbohydrate** 17.4g, Dietary Fiber 0.9g, Sugars 9.5g, **Protein** 5.0g

### Freckle-Faced Bears

6 servings – 6 bears

10 ounces biscuits, refrigerator  
1/4 cup sunflower seeds  
3/4 cup raisins

1. Preheat oven to 400 degrees and spray a cookie sheet with nonstick cooking spray.
2. Roll 6-row biscuits into balls, in the seeds, and then flatten slightly on the cookie sheet to form the bears' heads.
3. Roll small pieces of dough to form ears and noses, and use raisins for eyes.

Per serving **calories 255: Total Fat** 10.8g (Saturated Fat 2.4g), **Cholesterol** 1mg, **Sodium** 276mg, **Total Carbohydrate** 36.6g, Dietary Fiber 2.0g, Sugars 11.9g, **Protein** 5.2g

### Caterpillars

1 servings

1 lettuce leaves  
1-tablespoon cream cheese  
4 crackers, round shaped  
1-tablespoon raisins  
1-tablespoon chow mein noodles

1. Tear up a lettuce leaf and sprinkle on a plate.
2. Take 4-round crackers and spread with cream cheese.
3. Lay crackers on the plate and add raisin eyes.
4. Add 2-noodles for the insect feelers.

Per serving **calories 158: Total Fat** 9.0g (Saturated Fat 3.8g), **Cholesterol** 15mg, **Sodium** 164mg, **Total Carbohydrate** 17.8g, Dietary Fiber 1.0g, Sugars 6.3g, **Protein** 2.8g

### **Strawberry Watermelon Slush**

18 servings

2 cups sugar  
½ (46 ounce) can pineapple juice  
3 cups water  
½ (46 ounce) apricot nectar  
1 (12 ounce) orange juice concentrate, thawed  
1 (12 ounce) can lemonade concentrate, thawed  
3 bananas, chunked  
1 pint fresh strawberries, blended

1. Combine sugar and water in pan and boil 5 minutes.
2. Cool to room temperature.
3. Blend orange juice and banana in blender until smooth.
4. In a 5-quart pail combine all ingredients stir thoroughly.
5. Cover and freeze at least 24 hours.
6. To serve – fill glass ½ to ¾ full and add 7Up or ginger ale.

Per serving **calories 223: Total Fat** 0.3g (Saturated Fat 0.0g), **Cholesterol** 0mg, **Sodium** 4mg, **Total Carbohydrate** 56.6g, Dietary Fiber 1.4g, Sugars 52.1g, **Protein** 1.2g

### **Bunny in a Hole**

1 servings

1 slice whole wheat bread  
1-tablespoon butter  
1 egg

1. Cut a circle shape in a slice of bread with a round cookie cutter.
2. Butter both sides of the bread.
3. Place on a hot griddle and crack an egg inside the hole.
4. Fry on both sides.

Per serving **calories 244: Total Fat** 17.7g (Saturated Fat 9.1g), **Cholesterol** 242mg, **Sodium** 299mg, **Total Carbohydrate** 13.3g, Dietary Fiber 1.9g, Sugars 2.0g, **Protein** 9.1g

### **Apple Grande**

6 servings

3 tortillas, large  
1 (29 ounce) can apple pie filling

1-teaspoon cinnamon  
¼ cup cheddar cheese, shredded (optional)

1. Put tortillas in oven at 350 degree for a few minutes to crisp.
2. Warm apple pie filling in microwave.
3. Spread on warm tortillas.
4. Sprinkle on cheese.
5. Microwave if necessary.

Per serving **calories 249: Total Fat** 2.9g (Saturated Fat 0.7g), **Cholesterol** 0mg, **Sodium** 283mg, **Total Carbohydrate** 54.5g, Dietary Fiber 2.7g, Sugars 19.7g, **Protein** 3.1g

### **Frozen Strawberry Pops**

6 servings

1 ½ cups plain low-fat yogurt  
2 tablespoons strawberry jam, reduced calorie  
2 cups strawberries, fresh

1. In a blender combine all ingredients.
2. Blend 1-minute.
3. Spoon mixture into 6 (4 ounce) paper cups that have been sprayed lightly with nonstick cooking spray.
4. Freeze 30 minutes.
5. Then stand a wooden stick in the center of each pop.
6. Freeze until solid.
7. To eat peel off paper cup.

Per serving **calories 78: Total Fat** 1.1g (Saturated Fat 0.6g), **Cholesterol** 3mg, **Sodium** 46mg, **Total Carbohydrate** 14.2g, Dietary Fiber 1.1g, Sugars 10.9g, **Protein** 3.6g

### **Spider Pretzels**

1 servings

2 crackers, round shaped  
2 tablespoons creamy peanut butter  
8 small pretzel sticks  
2 raisins

1. Spread peanut butter on 1-cracker.
2. Make a cracker sandwich.
3. Insert the pretzel “legs” into the middle of the 2-cracker sandwich.
4. With a dab of peanut butter, set raisin eyes on top.

Per serving **calories 221: Total Fat 17.6g** (Saturated Fat 3.5g), **Cholesterol 0mg, Sodium 197mg, Total Carbohydrate 10.7g**, Dietary Fiber 2.1g, Sugars 3.7g, **Protein 8.5g**

### Juicy Fruit Salad

4 servings

1-cup apples, shredded  
½ cup strawberries, diced  
⅓ cup peaches, diced  
¼ cup grapes, chopped  
¼ cup orange juice  
1 tablespoon lemon juice  
⅛ cup grapefruit juice

1. Stir the shredded apples, strawberries, peaches and chopped grapes in a medium sized bowl.
2. Pour the orange, lemon and grapefruit juice over the fruit and stir well.

Per serving **calories 45: Total Fat 0.2g** (Saturated Fat 0.0g), **Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 11.5g**, Dietary Fiber 1.5g, Sugars 8.9g, **Protein 0.6g**

### Tropical Cooler

5 servings

2 cups pineapple juice, unsweetened  
1 banana, frozen  
1-tablespoon coconut, unsweetened  
4-6 ice cubes

1. Place all ingredients in a blender and puree for 30 seconds or until smooth.
2. Pour into small cups and serve.

Per serving **calories 84: Total Fat 1.3g** (Saturated Fat 1.0g), **Cholesterol 0mg, Sodium 3mg, Total Carbohydrate 18.6g**, Dietary Fiber 1.1g, Sugars 13.0g, **Protein 0.7g**

### Mooseberry Juice

4 servings

10 ounces raspberries, frozen  
1½ cups low fat milk  
1-tablespoon wheat germ

1. Combine all ingredients in a blender container.
2. Blend until smooth.

Per serving **calories 82: Total Fat 1.5g** (Saturated Fat 0.6g), **Cholesterol 4mg, Sodium 41mg, Total Carbohydrate 14.0g**, Dietary Fiber 4.9g, Sugars 7.9g, **Protein 4.4g**

### Jungle Shake

4 servings

1-cup plain yogurt  
1 banana  
1-tablespoon fruit spread  
1-cup milk

Combine all ingredients in the blender and blend until smooth.

Per serving **calories 102: Total Fat 4.3g** (Saturated Fat 2.7g), **Cholesterol 16mg, Sodium 58mg, Total Carbohydrate 12.4g**, Dietary Fiber 0.8g, Sugars 6.5g, **Protein 4.5g**

### Applesauce Cones

18 servings

2 (29 ounce) jars applesauce  
1 (24 count) box ice cream cones

1. Freeze applesauce in 9x13 cake pan until partially frozen.
2. Fill ice cream cones.
3. Sprinkle with cinnamon if desired.

Per serving **calories 69: Total Fat 0.2g** (Saturated Fat 0g), **Cholesterol 0mg, Sodium 25mg, Total Carbohydrate 18.3g**, Dietary Fiber 1.1g, Sugars 0g, **Protein 0.2g**

### **Fresh Fruit Salad Shake**

4 servings

1 ½ cups milk  
¼ cup frozen orange juice concentrate  
1-tablespoon honey  
⅓ cup dry milk  
1-cup strawberries, unsweetened  
1 medium banana  
1-cup ice cubes

1. Place all ingredients in a blender.
2. Cover and blend 1-minute at high speed until shake is smooth.
3. Makes 3 ½ cups. Allow ¾ to 1-cup servings for 3-6 year olds.

Per serving **calories 193: Total Fat 6.4g** (Saturated Fat 3.9g), **Cholesterol 23mg, Sodium 86mg, Total Carbohydrate 28.9g**, Dietary Fiber 1.6g, Sugars 20.3g, **Protein 6.8g**

### **Banana Smoothie**

4 servings

2 bananas  
2 cups milk  
½ teaspoon vanilla

1. Blend all ingredients in blender until smooth.
2. Serve.

Per serving **calories 132: Total Fat 4.7g** (Saturated Fat 2.9g), **Cholesterol 17mg, Sodium 60mg, Total Carbohydrate 19.2g**, Dietary Fiber 1.5g, Sugars 7.3g, **Protein 4.7g**

### **Ghost Toast**

8 servings

8 slices bread  
4 tablespoons butter  
12 tablespoons coconut

1. Toast bread and spread with butter.
2. Put coconut on a plate spreading it out evenly.
3. Put buttered toast face down in coconut. Coconut will adhere to toast.
4. Turn toast over to see.
5. Serve with milk.

Per serving **calories 199: Total Fat 14.6g** (Saturated Fat 11.0g), **Cholesterol 15mg, Sodium 215mg, Total Carbohydrate 15.6g**, Dietary Fiber 2.6g, Sugars 2.0g, **Protein 2.8g**

### **Crunchy Apple Salad**

4 servings

1 large apple  
1 stalk celery  
¼ cup salted peanuts and/or raisins  
¼ cup mayonnaise  
4 lettuce leaves  
1-cup Cheerios toasted oat cereal

1. Dice apple and celery into small pieces.
2. Mix apple, celery, nuts, raisins and mayonnaise in a bowl.
3. Refrigerate until ready to serve.
4. Put lettuce leaf on a plate.
5. Add cereal to fruit mixture.
6. Put salad with cereal on lettuce leaf.

Per serving **calories 200: Total Fat 12.5g** (Saturated Fat 1.8g), **Cholesterol 3mg, Sodium 288mg, Total Carbohydrate 20.4g**, Dietary Fiber 3.8g, Sugars 7.7g, **Protein 4.9g**

### **Peanut Butter Pizza**

24 servings

1 loaf bread (24 slices)  
1 (32 ounce) jar peanut butter  
2 cups raisins  
2 large bananas, sliced

1. Cut a slice of bread into shapes-squares or circles.
2. Spread with peanut butter.
3. Top with raisins or sliced bananas.

Per serving **calories 312: Total Fat 19.7g** (Saturated Fat 4.0g), **Cholesterol 0mg, Sodium 288mg, Total Carbohydrate 28.0g**, Dietary Fiber 3.4g, Sugars 12.7g, **Protein 11.3g**

### Green Eggs and Ham

8 servings

8 eggs  
½ cup fresh parsley, minced  
4 ounces turkey ham or Canadian bacon  
¼ cup chives, minced (optional)  
½ cup milk  
salt and pepper

1. Beat eggs, parsley and milk together.
2. Scramble egg mixture in a heavy or nonstick pan in a small amount of oil or spray the pan with a nonstick spray.
3. Serve with small amounts of turkey ham or Canadian bacon on the side.

Per serving **calories 84: Total Fat 5.6g** (Saturated Fat 1.9g), **Cholesterol 213mg**, **Sodium 79mg**, **Total Carbohydrate 1.3g**, Dietary Fiber 0.1g, Sugars 0.4g, **Protein 6.9g**

### Zoo Salad

18 servings

9 oranges  
5 bananas  
2 pounds carrots  
2 cups raisins  
8 ounces cream cheese  
7 ounces crackers

1. Slice oranges into circles.
2. Cut bananas into ½ inch pieces.
3. Spread softened cream cheese on banana slices.
4. Shred 1½ pounds carrots and slice ½ pound carrots.
5. Roll bananas in crushed crackers or shredded carrots.
6. Use raisins or sliced carrots to make eyes and nose. Attach with cream cheese.
7. Use shredded carrots for hair.
8. Set on top of orange slice.

Per serving **calories 228: Total Fat 7.6g** (Saturated Fat 3.3g), **Cholesterol 13mg**, **Sodium 167mg**, **Total Carbohydrate 39.9g**, Dietary Fiber 4.6g, Sugars 22.2g, **Protein 3.7g**

### Party Pops

18 servings

2 (20 ounce) cans pineapple chunks  
2 (6 ounces) frozen juice concentrate  
36 ounces water

1. Place 1-pineapple chunk in each section of divided ice tray.
2. Fill with orange juice.
3. Freeze for 30 minutes.
4. Remove tray from freezer and insert Popsicle stick into pineapple in each section.
5. Return to freezer and freeze until solid.

Per serving **calories 59: Total Fat 0.1g** (Saturated Fat 0g), **Cholesterol 0mg**, **Sodium 2mg**, **Total Carbohydrate 15.2g**, Dietary Fiber 0.6g, Sugars 9.6g, **Protein 0.3g**

### Funny Faces

1 servings

1 slice bread  
2 teaspoons raisins  
2 tablespoons peanut butter  
2 teaspoons sunflower seeds, shelled  
2 tablespoons coconut  
2 tablespoons pumpkin seeds

1. Cut a circle out of the bread.
2. Spread the peanut butter.
3. Use coconut for hair, raisins for ears, sunflower seeds for eyes and pumpkin seeds for the mouth.
4. You can use all sorts of nuts and seeds for this.

Per serving **calories 509: Total Fat 38.6g** (Saturated Fat 14.8g), **Cholesterol 0mg**, **Sodium 327mg**, **Total Carbohydrate 31.6g**, Dietary Fiber 6.8g, Sugars 9.0g, **Protein 16.9g**

### Wojapi

15 servings

2 (16 ounce) cans red raspberries or strawberries  
1-cup sugar  
5 tablespoons flour  
1-cup water

1. Heat raspberries and sugar.
2. Mix flour and water and stir into raspberries.
3. Cook over medium heat until thick.

Per serving **calories 92: Total Fat 0.4g** (Saturated Fat 0g), **Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 22.6g**, Dietary Fiber 4.0g, Sugars 16.0g, **Protein 1.0g**

### **Fry Bread**

24 servings

2 loaves bread dough  
4 cups olive oil

1. Thaw 2-loaves of bread dough overnight in the refrigerator.
2. Break into 25 individual servings.
3. Flatten into circles.
4. Drop into hot oil or shortening.
5. Brown on each side.
6. Fry bread is dipped in wojapi.

Per serving **calories 318: Total Fat 36.0g** (Saturated Fat 5.0g), **Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 0g**, Dietary Fiber 0g, Sugars 0g, **Protein 0g**

### **Rocket Salad (or Jack-Be-Nimble Salad)**

1 serving

1 pineapple slice  
½ banana, peeled  
½ maraschino cherry  
1 lettuce leaves

1. Place a crisp lettuce leaf on a salad plate.
2. The launching is the pineapple ring.
3. The rocket is the banana set upright in the center of the pineapple slice.
4. The nose cone is the cherry fastened to the top of the banana with a raw spaghetti noodle.

Per serving **calories 100 Total Fat 0.3g** (Saturated Fat 0.1g), **Cholesterol 0mg, Sodium 8mg, Total Carbohydrate 25.8g**, Dietary Fiber 3.1g, Sugars 16.2g, **Protein 1.4g**

### **Zoo Sandwiches**

24 servings

1 loaf bread (24 slices)  
2 cups raisins  
1½ pounds American cheese, sliced

1. Have each child take a slice of cheese and using a cookie cutter, cut an animal or other shape.
2. Place the cheese on a slice of bread.
3. Add raisins for features, such as eyes, tail, nose, and ears.

Per serving **calories 174: Total Fat 7.5g** (Saturated Fat 4.5g), **Cholesterol 18mg, Sodium 388mg, Total Carbohydrate 20.4g**, Dietary Fiber 0.9g, Sugars 7.9g, **Protein 7.2g**

### **Bread Sticks**

6 servings

3 slices day old bread  
¼ tablespoon garlic salt  
2 tablespoons margarine or butter, melted  
2 tablespoons Parmesan cheese, grated

1. Cut each bread slice into 5-sticks.
2. Place bread sticks in small baking dish.
3. Combine margarine and garlic salt and pour over bread sticks.
4. Sprinkle cheese on top.
5. Bake 15-20 minutes turning to brown on both sides.

Per serving **calories 74: Total Fat 4.7g** (Saturated Fat 1.0g), **Cholesterol 1mg, Sodium 154mg, Total Carbohydrate 6.4g**, Dietary Fiber 0.3g, Sugars 0.6g, **Protein 1.6g**

### **Red Raspberry Rouser**

4 servings

2 cups raspberries, unsweetened  
8 ounces raspberry yogurt  
½ cup pineapple juice

1. Measure and pour all ingredients into a blender container.
2. Blend until smooth.

Per serving **calories 100: Total Fat 1.0g** (Saturated Fat 0.4g), **Cholesterol 2mg, Sodium 33mg,**  
**Total Carbohydrate 20.8g,** Dietary Fiber 4.0g, Sugars 15.6g, **Protein 3.3g**

### **Space Food Sticks**

8 servings

1 cup peanut butter  
½ cup Karo syrup  
½ - 1 cup powdered milk

1. Mix peanut butter and syrup.
2. Add powdered milk until stiff.
3. Roll into finger shapes and wrap in wax paper.
4. Refrigerate.
5. Before wrapping in wax paper they may be rolled in wheat germ or chopped nuts.

Per serving **calories 283: Total Fat 18.4g** (Saturated Fat 4.7g), **Cholesterol 7mg, Sodium 178mg,**  
**Total Carbohydrate 24.1g,** Dietary Fiber 1.9g, Sugars 11.2g, **Protein 10.2g**

### **Banana-Orange Push Ups**

6 servings

2 bananas, peeled and sliced  
1 (6 ounce) can frozen orange juice concentrate, thawed  
½ cup non-fat powdered milk  
½ cup water  
1-cup plain yogurt

1. In container or electric blender combine banana slices with orange juice concentrate, dry milk, water and yogurt.
2. Cover and blend until foamy.

3. Pour into small paper cups and freeze.
4. To eat squeeze the bottom of the cup pushing the ingredient up.

Per serving **calories 152: Total Fat 1.6g** (Saturated Fat 1.0g), **Cholesterol 7mg, Sodium 74mg,**  
**Total Carbohydrate 29.6g,** Dietary Fiber 1.3g, Sugars 25.2g, **Protein 6.3g**

### **Carrot Salad**

11 servings 5½ cups

1 pound carrots, shredded  
1 (8¼ ounce) can pineapple chunks in syrup  
1-cup raisins

1. Wash carrots.
2. Can shred by hand or using food processor.
3. Mix with washed raisins and pineapple.

Per serving **calories 67: Total Fat 0.2g** (Saturated Fat 0g), **Cholesterol 0mg, Sodium 30mg,**  
**Total Carbohydrate 17.3g,** Dietary Fiber 1.8g, Sugars 12.4g, **Protein 0.9g**

### **Easy Snack Mix**

1 servings

1 dill pickles, spear  
1 ounce dried beef, sliced (or other luncheon meat)  
1-tablespoon cream cheese

1. Spread cream cheese on slice of lunchmeat.
2. Wrap slice spread with cream cheese around pickle spear.

Per serving **calories 105: Total Fat 5.7g** (Saturated Fat 3.5g), **Cholesterol 38mg, Sodium 1667mg,**  
**Total Carbohydrate 3.8g,** Dietary Fiber 0.8g, Sugars 3.0g, **Protein 10.3g**

### **Tortilla Banana Roll-Ups**

2 servings

1-flour tortilla  
2 tablespoons peanut butter  
1 banana

- Spread peanut butter on tortilla.  
Peel banana and roll-up in a peanut butter tortilla.  
Slice and serve.



Per serving **calories 193: Total Fat 9.4g** (Saturated Fat 2.0g), **Cholesterol 0mg, Sodium 169mg, Total Carbohydrate 24.3g**, Dietary Fiber 3.0g, Sugars 9.0g, **Protein 5.9g**

### **Tuna Snack Spread**

15-18 servings

- 1 (6½ ounce) can tuna, drained
- 2 tablespoons mayonnaise
- 4 ounces cheddar cheese, grated

Mix ingredients and spread on crackers.

Per serving **calories 55: Total Fat 3.8g** (Saturated Fat 1.8g), **Cholesterol 13mg, Sodium 65mg, Total Carbohydrate 0.6g**, Dietary Fiber 0g, Sugars 0.2g, **Protein 4.8g**

### **Blooming Biscuits**

20 servings

- 4 (7½ ounce) cans biscuits
- 4 ounces apple jelly
- 4 ounces strawberry jelly
- 4 ounces apricot jam

1. You will need 2-knife and 1-spoon per child; 2-aluminum foil squares per child; 1-cookie sheet; 1-oven; colorful plastic wrap; and curling ribbon.
2. Place each child's biscuits on separate foil squares. Mark with child name.
3. Arrange ingredients and utensils near children.
4. Have each child bake 1 or 2-biscuits for him/herself.
5. Spread baked biscuits with jam or jelly of child's choice.
6. Extra biscuits can be cooled and each child can wrap their cooled biscuits and tie with a length of curling ribbon and served the next day as snack again.

Per serving **calories 194: Total Fat 6.9g** (Saturated Fat 1.8g), **Cholesterol 1mg, Sodium 252mg, Total Carbohydrate 30.6g**, Dietary Fiber 0.8g, Sugars 8.8g, **Protein 3.0g**

### **Baked Apples**

12 servings

- 6 apples
- ¼ cup brown sugar, packed
- 1-teaspoon cinnamon
- 1-cup water

1. Preheat oven to 350 degrees.
2. Wash and dry apples and remove cores.
3. Peel off a strip of skin around top of each hole.
4. Put apples in baking dish and combine brown sugar and cinnamon.
5. Fill apples with mixture and pour water around apples.
6. Put cover on baking dish and bake for 1-hour.
7. Prick with fork to test for doneness, apples should be easy to prick.

Per serving **calories 53: Total Fat 0.1g** (Saturated Fat 0g), **Cholesterol 0mg, Sodium 2mg, Total Carbohydrate 14.1g**, Dietary Fiber 1.8g, Sugars 11.6g, **Protein 0.2g**

### **Jam Jacket**

1 servings

- 1 slice bread
- 2 teaspoons jam or jelly
- 3-4 raisens

1. You will need 1-knife for trimming bread crusts.
2. 1-plastic knife per child.
3. Napkins.
4. An adult can trim the crust off each slice of bread.
5. Child can choose jam to spread on bread.
6. Child can cut "sleeves" on either side of bread slice to look like jacket.
7. Child can use raisens for jacket buttons.
8. Try reading the story "The Jacket I Wear in the Snow" by Shirley Neitzel (Scholastic, Inc.) as children eat this snack.

Per serving **calories 103: Total Fat 0.8g** (Saturated Fat 0.2g), **Cholesterol 0mg, Sodium 174mg, Total Carbohydrate 21.7g**, Dietary Fiber 0.7g, Sugars 7.4g, **Protein 2.0g**

### **Apple Salad**

1 servings

½ apple  
1-stick celery  
1-teaspoon raisins  
1-teaspoon mayonnaise

1. Give each child a small bowl, plastic knife and spoon.
2. Have each child clean the seeds from their apple piece and then cut into small pieces and put in the bowl.
3. Cut celery into small pieces and put into bowl.
4. Add raisins and then mayonnaise.
5. Mix and eat.
6. This is a great nutrition activity because children can make their own and can cut everything up by themselves. The recipe is portioned for 1-person.

Per serving **calories 69: Total Fat 1.8g** (Saturated Fat 0.3g), **Cholesterol 1mg, Sodium 67mg, Total Carbohydrate 14.2g**, Dietary Fiber 2.4g, Sugars 9.9g, **Protein 0.6g**

### **Baboon Butter**

4 servings

½ cup peanut butter  
1-tablespoon raisins  
1 large banana  
¼ teaspoon cinnamon  
1-tablespoon coconut

1. Mash together peanut butter and bananas.
2. Add other ingredients.
3. Serve on toast.
4. Children can work together in small groups to prepare.

Per serving **calories 241: Total Fat 17.7g** (Saturated Fat 4.5g), **Cholesterol 0mg, Sodium 149mg, Total Carbohydrate 16.6g**, Dietary Fiber 3.3g, Sugars 8.8g, **Protein 8.7g**

### **Peanut Butter Ping Pong Balls**

6 servings

½ cup peanut butter  
½ teaspoon vanilla

¼ cup honey  
2-3 cups Rice Krispies or crispy brown rice cereal

1. Stir together peanut butter, honey and vanilla.
2. Stir in cereal.
3. Wet hands and form the mixture into balls.
4. Place on waxed paper and chill.
5. Store in covered container in refrigerator.

Per serving **calories 206: Total Fat 10.9g** (Saturated Fat 2.3g), **Cholesterol 0mg, Sodium 187mg, Total Carbohydrate 23.9g**, Dietary Fiber 1.4g, Sugars 14.5g, **Protein 6.0g**

### **Lettuce Roll-Ups**

18 servings

1 head lettuce  
1 (16 ounce) jar pizza sauce  
1-pound cheese

1. Tear off leaves of lettuce, wash and dry.
2. Spread 2-tablespoons of pizza sauce on the lettuce leaf.
3. Lay cheese slice on sauce.
4. Roll up lettuce with sauce and cheese inside, eat.

Per serving **calories 105: Total Fat 6.8g** (Saturated Fat 4.0g), **Cholesterol 16mg, Sodium 370mg, Total Carbohydrate 5.5g**, Dietary Fiber 0.4g, Sugars 2.4g, **Protein 5.7g**

### **Lettuce Roll-Ups**

18 servings

1 (16 ounce) jar peanut butter  
1 head lettuce  
9 bananas

1. Wash and dry lettuce leaves.
2. Spread 2-tablespoons peanut butter on each lettuce leaf.
3. Place banana on peanut butter and roll up in lettuce leaf.
4. Enjoy.

Per serving **calories 203: Total Fat 12.9g** (Saturated Fat 2.7g), **Cholesterol 0mg, Sodium 121mg, Total Carbohydrate 19.0g**, Dietary Fiber 3.3g, Sugars 9.7g, **Protein 7.2g**

### **Cottage Cheese Dip**

8 servings

- 1½ cups low fat cottage cheese
- ½ cup milk
- 1 (2 ounce) packet dry ranch-dressing mix

1. Measure ingredients and pour into blender.
2. Blend.

Per serving **calories 47: Total Fat 1.4g** (Saturated Fat 0.9g), **Cholesterol 5mg, Sodium 179mg, Total Carbohydrate 2.2g**, Dietary Fiber 0g, Sugars 0.1g, **Protein 6.3g**

### **Easy Fruit Salad**

18 servings

- 1 (29 ounce) can peach pie filling
- 2 large bananas
- 1 (16 ounce) can mandarin oranges
- 2 (20 ounce) cans pineapple chunks
- 1-pound seedless grapes

1. Open pie filling and empty into serving bowl.
2. Open and drain mandarin oranges and pineapple chunks. Add to pie filling.
3. Slice 2-large bananas into filling and fruit mixture.
4. Wash grapes, dry and add to mixture.
5. Mix together and chill. The filling prevents bananas from turning black.

Per serving **calories 84: Total Fat 0.2g** (Saturated Fat 0g), **Cholesterol 0mg, Sodium 1mg, Total Carbohydrate 21.8g**, Dietary Fiber 1.6g, Sugars 18.0g, **Protein 0.8g**

### **Orange Julius**

7 servings

- 1 (6 ounce) orange juice concentrate
- 1½ cups water
- ½ cup dry milk
- 1-teaspoon vanilla
- 2 tablespoons sugar
- 12 ice cubes

1. Pour frozen juice concentrate into blender pitcher.
2. Add water and dry milk.
3. Add vanilla and sugar.
4. Add 3-4 ice cubes and blend. Add additional 3-4 ice cubes repeating until all blended.
5. Serve.

Per serving **calories 69: Total Fat 2.5g** (Saturated Fat 1.5g), **Cholesterol 8mg, Sodium 35mg, Total Carbohydrate 9.1g**, Dietary Fiber 0g, Sugars 9.1g, **Protein 2.5g**

### **Rainbow Toast**

25 servings

- 1 (20 ounce) loaf white bread
- 1-cup milk
- 1 ounce red food coloring
- 1 ounce green food coloring
- 1 ounce yellow food coloring
- 1 ounce blue food coloring

1. Place 4-bowls on the table and pour ¼ cup milk into each.
2. Allow child(ren) to add drops of a food color into each bowl.
3. Have a new food or paint brush with each bowl that child(ren) can use to “paint” with.
4. Have each child take 1-slice of bread and paint their slice of bread with the colored milk from the bowls.
5. Toast painted bread and eat.

Per serving **calories 59: Total Fat 1.0g** (Saturated Fat 0.4g), **Cholesterol 1mg, Sodium 140mg, Total Carbohydrate 10.6g**, Dietary Fiber 0.5g, Sugars 0.9g, **Protein 1.8g**

### **Ants in a Log**

18 servings

- 2 fresh bunches celery
- 1 (15 ounce) jar peanut butter
- 2 cups raisins

1. Wash and slice celery into 3-inch strips.
2. Wash and drain raisins.
3. On each plate put 1-2 tablespoons peanut butter.
4. Child can stuff celery stalk with peanut butter and put raisins on for ants.

Per serving **calories 187: Total Fat 12.0g** (Saturated Fat 2.4g), **Cholesterol 0mg, Sodium 113mg, Total Carbohydrate 17.5g**, Dietary Fiber 2.1g, Sugars 11.8g, **Protein 6.5g**

### **Sun Salad**

15 servings

3 (20 ounce) cans pineapple chunks in juice  
6 oranges, sliced

1. Wash oranges and dry, cut in slices.
2. Open pineapple and drain off juice.
3. Put 1-orange slice on each plate.
4. Have child take ½ cup pineapple chunks and arrange them like sunshine rays around orange slice.
5. Eat.

Per serving **calories 92: Total Fat 0.2g** (Saturated Fat 0g), **Cholesterol 0mg, Sodium 1mg, Total Carbohydrate 24.0g**, Dietary Fiber 2.2g, Sugars 21.3g, **Protein 1.0g**

### **Pretzel Pops**

20-30 servings

1 (15 ounce) bag pretzel sticks  
1-pound Colby cheese

1. Cut cheese into small cubes.
2. Give each child .4 ounces of pretzel sticks.
3. Children can insert pretzel stick into cheese cube.

Per serving **calories 170: Total Fat 7.9g** (Saturated Fat 4.7g), **Cholesterol 21mg, Sodium 427mg, Total Carbohydrate 17.7g**, Dietary Fiber 0.6g, Sugars 0.7g, **Protein 7.6g**

### **Apple Snack**

30-40 servings

15-20 apples  
1 (30 ounce) jar peanut butter  
15 ounces corn flakes

1. Cut apples into slices or wedges.
2. Spread with peanut butter.
3. Dip in crushed cornflakes.

4. Serve.

Per serving **calories 420: Total Fat 28.8g** (Saturated Fat 5.9g), **Cholesterol 0mg, Sodium 364mg, Total Carbohydrate 33.1g**, Dietary Fiber 5.4g, Sugars 13.9g, **Protein 15.4g**

### **Vegetable Stick People**

12 servings

1 cucumber, sliced  
1 bunch celery, washed and sliced into 3-inch sticks  
1 pound carrots, washed and sliced into 3-inch sticks  
1 (15 ounce) jar peanut butter  
1 (8 ounce) carton vegetable dip

1. Assemble vegetables; wash, peel and slice.
2. Stuff celery sticks with peanut butter for clothes.
3. Use cucumber slice for the head.
4. Dip on end of the carrot sticks in your favorite dip for hands and feet.
5. Other vegetables that can be used are radishes, cauliflower or try fruits.

Per serving **calories 233: Total Fat 18.0g** (Saturated Fat 3.7g), **Cholesterol 0mg, Sodium 221mg, Total Carbohydrate 12.7g**, Dietary Fiber 4.0g, Sugars 6.1g, **Protein 9.7g**

### **Bugs in a Boat**

8 servings

4 apples  
1-cup peanut butter  
¼ cup golden raisins

1. Halve each apple remove core and seeds.
2. Put peanut butter in hole.
3. Top with raisins.
4. Cut into slices.
5. Serve.

Per serving **calories 239: Total Fat 16.4g** (Saturated Fat 3.3g), **Cholesterol 0mg, Sodium 149mg, Total Carbohydrate 19.4g**, Dietary Fiber 3.8g, Sugars 12.8g, **Protein 8.4g**

### Orange Fruit Salad

21 servings

6 pounds oranges, sliced in half  
1 pound grapes, unsweetened  
1 pound Golden Delicious apples, unsweetened  
20 ounces pineapple slices, unsweetened  
1 pound bananas, unsweetened

1. Give each child one half of an orange.
2. Help them scoop out the orange sections with a spoon.
3. Set the rinds aside to use as bowls.
4. An adult should cut the orange sections into bite-sized pieces.
5. Put them into the orange bowl.
6. Let the children use serrated plastic knives and cutting boards to cut banana and apple slices into chunks, grapes in half and pineapple slices into smaller pieces.

Did you know that 6-pounds of oranges should equal about 21.6 oranges; 1 pound of grapes equals 10¼ cup servings; 1 pound of apples equals 4.2½ cup servings; 20 ounces of pineapple slices equals 8.8¼ cup servings; and 1 pound of bananas equals 3.2½ cup servings.

Per serving **calories 119: Total Fat 0.3g** (Saturated Fat 0.1g), **Cholesterol 0mg, Sodium 1mg, Total Carbohydrate 30.5g**, Dietary Fiber 4.8g, Sugars 22.9g, **Protein 1.8g**

### Strawberry Frullato

4 servings

6 ice cubes  
2 cups skim milk, unsweetened  
1½ cups strawberries, unsweetened (fresh, sliced)  
1-tablespoon sugar

1. Crush ice in blender.
2. Add remaining ingredients and process on high speed until smooth and foamy.
3. Pour into small glasses and serve immediately.

Per serving **calories 79: Total Fat 0.5g** (Saturated Fat 0.2g), **Cholesterol 2mg, Sodium 73mg, Total Carbohydrate 14.1g**, Dietary Fiber 1.1g, Sugars 5.7g, **Protein 5.2g**

### Rice Pudding

1-cup rice, uncooked  
4 cups water, boiling  
1-tablespoon margarine  
1-cup water, cool  
5 cups skim milk, unsweetened  
1-teaspoon salt  
1-tablespoon brown sugar  
2 eggs, lightly beaten  
½ cup raisins

1. Place rice in a sieve and pour boiling water over it.
2. In a saucepan melt ½ tablespoon margarine and add rice and cold water.
3. Boil mixture until water is absorbed, about 15 minutes.
4. Preheat oven to 400 degrees.
5. Then add milk to rice mixture and cook on low heat until rice becomes tender, about 45-minutes.
6. Mix in salt, brown sugar, remaining margarine, eggs and raisins.
7. Place mixture in a greased baking dish and bake for 45 minutes.

Per serving **calories 215: Total Fat 3.2g** (Saturated Fat 0.9g), **Cholesterol 55mg, Sodium 420mg, Total Carbohydrate 36.9g**, Dietary Fiber 0.7g, Sugars 7.1g, **Protein 9.6g**

### Tiger Snack

4 servings

½ cup peanut butter  
⅔ cup sunflower seeds  
¼ cup instant milk  
1-2 teaspoon honey  
¼ cup raisins, chopped  
¼ cup dates, chopped

1. Blend peanut butter and sunflower seeds. Stir in instant dry milk, honey, chopped raisins and dates.
2. Mix with hands if you wish.
3. If mixture is too dry, add liquid.
4. Shape into balls and roll in coconut.

Per serving **calories 429: Total Fat 30.4g** (Saturated Fat 5.9g), **Cholesterol 7mg, Sodium 179mg, Total Carbohydrate 30.8g**, Dietary Fiber 5.7g, Sugars 20.5g, **Protein 16.2g**

### Crunchy Banana Pops

4 servings

½ cup peanut butter  
2 tablespoons milk  
2 large bananas cut in half (4 banana halves)  
2 cups crushed cereal or wheat germ

1. Cut bananas crosswise.
2. Insert a stick in cut end of banana.
3. Spread with mixture of peanut butter and milk.
4. Roll in crushed cereal or wheat germ.
5. Place on waxed paper and freeze until firm (2-hours).

Per serving **calories 255: Total Fat 16.8g** (Saturated Fat 3.6g), **Cholesterol 1mg, Sodium 152mg, Total Carbohydrate 22.2g**, Dietary Fiber 3.7g, Sugars 11.3g, **Protein 9.1g**

### Igloo Salad

6 servings

1 (15¼ ounce) can fruit cocktail, drained  
1 (11 ounce) can mandarin oranges, drained  
½ cup flaked coconut  
1¾ cup whipped topping, divided  
2½ cup miniature marshmallows, divided

1. In a bowl, combine the fruit cocktail, oranges, coconut, 1-cup whipped topping and ½ cup marshmallows.
2. Spoon into 2-balls 1-5½ inches and 1-3½ inches on a serving plate with smaller ball in front of larger ball.
3. Spoon out some salad from the small ball to make a doorway.
4. Cover with remaining whipped topping and marshmallows.

Per serving **calories 209: Total Fat 6.1g** (Saturated Fat 4.2g), **Cholesterol 13mg, Sodium 60mg, Total Carbohydrate 39.8g**, Dietary Fiber 1.9g, Sugars 31.7g, **Protein 1.8g**

### Monkey Milkshake

3 servings

1-cup strawberries, sliced  
1 banana, peeled  
1-cup nonfat milk  
2 teaspoons vanilla extract  
3 ice cubes

1. Combine ingredients in a blender container.
2. Blend until smooth and fluffy.

Per serving **calories 87: Total Fat 0.4g** (Saturated Fat 0.1g), **Cholesterol 1mg, Sodium 44mg, Total Carbohydrate 17.0g**, Dietary Fiber 2.0g, Sugars 11.6g, **Protein 3.5g**

### Peanut Butter and Jelly Snack Mix

15 servings

3 cups Corn Chex  
3 cups Rice Chex  
3 cups Cheerios toasted oat cereal  
1-cup pretzels, sticks  
½ cup peanut butter  
1-tablespoon margarine  
1/3 cup grape jelly  
1-cup raisins

1. Heat oven to 350 degrees.
2. Mix cereals and pretzels in large bowl, set aside.
3. Heat peanut butter and margarine to boiling in a 1-quart saucepan stirring occasionally.
4. Pour over cereal mixture in bowl stirring until evenly coated.
5. Spread in ungreased rectangular pan 13x9 inch bake 5-minutes.
6. Meanwhile microwave jelly in small microwavable bowl uncovered on high about 30 seconds or until melted.
7. Drizzle jelly over cereal mixture bake 5-minutes longer.
8. Stir in raisins.
9. Spread on waxed paper to cool.
10. Store in airtight container.

Per serving **calories 226: Total Fat 6.0g** (Saturated Fat 1.2g), **Cholesterol 0mg, Sodium 403mg, Total Carbohydrate 40.5g**, Dietary Fiber 2.3g, Sugars 12.0g, **Protein 5.5g**

### Fruitsicles

5 servings

1 banana, ripe  
½ (10 ounce) package strawberries, thawed  
1-cup pineapple, crushed  
⅓ cup milk, evaporated

1. Combine banana and strawberries in bowl mixing well.
2. Add pineapple beating well.
3. Add milk beating well.
4. Pour into 4-5 ounce paper cups.
5. Insert small plastic spoon handle up in each cup.
6. Freeze until firm.
7. Peel off paper cup to serve.

Per serving **calories 55: Total Fat** 0.8g (Saturated Fat 0.4g), **Cholesterol** 2mg, **Sodium** 8mg, **Total Carbohydrate** 12.4g, Dietary Fiber 1.7g, Sugars 7.2g, **Protein** 1.2g

### Peach Fuzz

6 servings

1 banana, peeled  
1½ peaches, canned  
2 cups low fat milk  
½ teaspoon vanilla extract  
8 ounces plain low fat yogurt  
5 ice cubes

1. Combine all ingredients in a blender container.
2. Blend until smooth and frothy.

Per serving **calories 85: Total Fat** 1.5g (Saturated Fat 0.9g), **Cholesterol** 6mg, **Sodium** 62mg, **Total Carbohydrate** 13.6g, Dietary Fiber 0.9g, Sugars 11.4g, **Protein** 5.2g

### Artic Oranges

6 servings

3 oranges  
¼ cup honey (to taste)  
½ cup water  
1 tablespoon lemon juice

1. Using a zigzag pattern; cut tops off oranges.
2. Hollow out and reserve fruit.
3. Set orange shells in muffin cups so they will not topple over.
4. Squeeze and strain orange juice; set aside.
5. Cook honey and water in a small saucepan over low heat until slightly thickened about 15-minutes.
6. Add orange juice and lemon juice to mixture.
7. Fill oranges and freeze.
8. You can garnish with a little yogurt and a cherry.

Per serving **calories 74: Total Fat** 0.1g (Saturated Fat 0g), **Cholesterol** 0mg, **Sodium** 0mg, **Total Carbohydrate** 19.6g, Dietary Fiber 1.6g, Sugars 17.8g, **Protein** 0.7g

### Cheese Flautas

8 servings

8 corn tortillas  
1½ teaspoons oil  
8 ounces cheese (1-ounce sticks Mozzarella or string, low fat)

1. Preheat oven 375 degrees.
2. Microwave each corn tortilla on a double thickness of paper towels for about 30-seconds to soften.
3. Show your child how to lightly brush the oil on the topside of a tortilla then flip over onto a cookie sheet.
4. Place a stick of string cheese on edge of the tortilla and roll up tightly.
5. Set the rolled up tortilla seam side down on the cookie sheet.
6. Repeat with the remaining tortillas and string cheese.
7. Bake for about 15-minutes or until the tortillas are crisp.

Per serving **calories 153: Total Fat** 8.5g (Saturated Fat 4.6g), **Cholesterol** 18mg, **Sodium** 284mg, **Total Carbohydrate** 13.1g, Dietary Fiber 1.5g, Sugars 0.2g, **Protein** 6.9g

### **Gone Fishin'**

1 servings

¼ cup crackers, fish shaped  
¼ cup crackers, stick shaped  
2 tablespoons peanut butter

1. Put 2-tablespoons of peanut butter on a plate.
2. Add fish crackers to the peanut butter.
3. Use stick crackers as “fishing poles” and “go fishing”.

Per serving **calories 368: Total Fat 25.2g** (Saturated Fat 4.7g), **Cholesterol 0mg**,  
**Sodium 451mg, Total Carbohydrate 28.2g**, Dietary Fiber 2.5g, Sugars 3.6g, **Protein 10.7g**

### **Shredded Wheat Snack Mix**

12 servings

2 tablespoons butter  
1-tablespoon syrup (maple or pancake)  
2 teaspoons Worcestershire sauce  
4½ cups Shredded wheat cereal, spoon size  
2 cups pretzel sticks, low salt  
1½ cups cheese crackers, baked  
4 cups popcorn, popped (microwave)  
1 (⅔ ounce) envelope Italian salad dressing mix

1. Preheat oven to 300 degrees. Generously coat an 8x13x2” baking pan with nonstick cooking spray.
2. In glass measuring cup or microwavable cup/bowl heat butter with the syrup and Worcestershire sauce until the butter is melted, about 45-seconds on high stir to blend.
3. Your child can help you pour the shredded wheat, pretzels, cheese crackers and popcorn into a storage size Ziploc bag.
4. Sprinkle the dressing mix over the top of the mixture in the bag; seal the bag for your child.
5. Your child now can shake the bag and turn the bag upside down to blend the cereal with the dressing mix.
6. Reopen the bag; because the glass measuring cup/bowl may still be warm from the microwave it’s probably best that an adult drizzle the butter mixture over the cereal mixture in the bag.
7. Reseal the bag; now your child can shake the bag and turn it upside down to blend the cereal with the butter mixture.
8. Open the bag and your child can pour the mixture into the baking pan.

9. Bake for 15-minutes; then toss mixture around with a large spoon.
10. Bake another 10-15 minutes until golden brown.

Per serving **calories 166: Total Fat 4.2g** (Saturated Fat 2.1g), **Cholesterol 6mg**,  
**Sodium 113mg, Total Carbohydrate 6.4g**, Dietary Fiber 0.2g, Sugars 0.7g, **Protein 0.9g**

### **Cinnamon Apple Fruit Sticks**

6 servings

24 ounces applesauce  
2 teaspoons cinnamon  
½ teaspoon food coloring (optional)

1. Heat oven to 250 degrees.
2. Line jellyroll pan with plastic wrap securing ends with tape.
3. In medium bowl combine all ingredients.
4. Pour into prepared pan spread evenly.
5. Bake at 250 degrees for 1¼ hours.
6. Turn off oven.
7. Let stand in oven 2-3 hours until dry.
8. Cut into 8-squares carefully remove plastic wrap.
9. Roll up jellyroll fashion and wrap or bag.

Per serving **calories 88: Total Fat 0.2g** (Saturated Fat 0g), **Cholesterol 0mg**,  
**Sodium 32mg, Total Carbohydrate 23.4g**, Dietary Fiber 1.8g, Sugars 0g, **Protein 0.2g**

### **Strawberry Shake**

2 servings

½ cup strawberries  
1-cup milk  
2 tablespoons honey  
1-cup plain yogurt

1. Puree ½ cup strawberries and honey in blender or food processor.
2. Add milk and yogurt blend until smooth.
3. Pour into glasses garnish each with a whole strawberry.

Per serving **calories 228: Total Fat 8.6g** (Saturated Fat 5.4g), **Cholesterol 33mg**,  
**Sodium 117mg, Total Carbohydrate 31.5g**, Dietary Fiber 0.8g, Sugars 24.6g, **Protein 8.6g**



### **Frozen Grapes**

20 servings

2 pounds grapes, red  
2 pounds grapes, green

1. Rinse and drain the grapes; they should be fairly dry before freezing.
2. Place a whole cluster in a bowl or loose grapes on a cookie sheet.
3. Freeze them. Eat them alone or tossed in yogurt or a salad.

Per serving **calories 62: Total Fat 0.1g** (Saturated Fat 0g), **Cholesterol 0mg**,  
**Sodium 1mg, Total Carbohydrate 16.4g**, Dietary Fiber 0.8g, Sugars 14.1g, **Protein 0.7g**

### **Cat's Eyes**

4 servings

½ cup peanut butter  
8 crackers, Ritz  
1 banana, peeled  
2 tablespoons raisins

1. Cut banana into 8-slices.
2. Spread peanut butter on crackers and top each with a slice of banana.
3. Place a raisin in center of each banana to form a cat's eye and repeat for all banana-topped crackers.

Per serving **calories 260: Total Fat 17.9g** (Saturated Fat 3.6g), **Cholesterol 0mg**,  
**Sodium 199mg, Total Carbohydrate 20.6g**, Dietary Fiber 3.0g, Sugars 9.6g, **Protein 9.0g**

### **Animal Crackers**

8 servings

½ cup oatmeal  
2 teaspoons honey  
¼ teaspoon salt  
¾ cup flour  
¼ teaspoon baking soda  
¼ cup butter  
4-tablespoon buttermilk

1. Preheat oven to 400 degrees.
2. Grind oatmeal in blender until fine like a powder.

3. Put in a large mixing bowl.
4. Add honey, salt, flour, soda; stir.
5. Cut in butter.
6. Add buttermilk; stir until a well-mixed dough ball forms.
7. Roll dough out thinly on floured board.
8. Cut with animal cookie cutters; bake until light brown 10-12 minutes.

Per serving **calories 121: Total Fat 6.3g** (Saturated Fat 3.8g), **Cholesterol 15mg**,  
**Sodium 161mg, Total Carbohydrate 14.1g**, Dietary Fiber 0.8g, Sugars 1.9g, **Protein 2.3g**

### **Banana Tree**

1 servings

1 lettuce leaves  
1 pineapple ring  
½ banana  
¼ cup grapes (approx. 4-grapes)  
1-ounce cheese, cubed

1. Cut cheese cubes.
2. Place a leaf of lettuce on a plate.
3. Place a ring of pineapple on the lettuce leaf.
4. "Stand" the banana inside the pineapple ring.
5. Using a dry spaghetti noodle broken in pieces as the branches of the tree.
6. Attach the "leaves" to the tree, the grapes and cheese.

Per serving **calories 204: Total Fat 7.3g** (Saturated Fat 4.4g), **Cholesterol 18mg**,  
**Sodium 282mg, Total Carbohydrate 30.7g**, Dietary Fiber 3.2g, Sugars 18.3g, **Protein 7.1g**

### **Little Log Buildings**

3 servings

⅓ cup peanut butter  
3 tablespoons honey  
½ cup corn flakes, crushed  
½ cup oatmeal, quick  
¼ cup powdered milk

1. Mix ingredients well.
2. Shape like logs.

Per serving **calories 353: Total Fat 18.2g** (Saturated Fat 4.9g), **Cholesterol 10mg**,

**Sodium** 206mg, **Total Carbohydrate** 40.1g, Dietary Fiber 3.2g, Sugars 24.7g, **Protein** 12.5g

### **Banana Snake**

2 servings

2 lettuce leaves  
2 tablespoons peanut butter  
2 tablespoons chow mein noodles  
1 banana, peeled  
2 tablespoons raisins  
2 tablespoons candy sprinkles  
2 tablespoons breadcrumbs

1. Peel the banana and slice lengthwise.
2. On a plate place the banana half on a lettuce leaf.
3. Let each child decorate their snake using the peanut butter to “glue” their choices in place.

Per serving **calories 250: Total Fat** 9.9g (Saturated Fat 2.0g), **Cholesterol** 0mg, **Sodium** 197mg, **Total Carbohydrate** 36.9g, Dietary Fiber 3.9g, Sugars 15.6g, **Protein** 7.4g

### **Shape Sandwich**

1 serving

1 slice bread  
1-tablespoon peanut butter  
1-tablespoon jelly

1. Wash hands and have child choose a cookie cutter and have parent or you demonstrate how to use the cookie cutter to cut the sandwich shape from a slice of bread.
2. Let child choose sandwich filling (peanut butter, jelly or cheese).
3. Have child make sandwich using shape slice and filling (can cut cheese in sandwich shape too).
4. While child eats sandwich have parent read “Sam’s Sandwich” (if book is not available have a book available that is a story around a sandwich).

Per serving **calories 216: Total Fat** 8.9g (Saturated Fat 1.8g), **Cholesterol** 0mg, **Sodium** 249mg, **Total Carbohydrate** 30.5g, Dietary Fiber 1.8g, Sugars 13.3g, **Protein** 6.0g

### **Strawberry Bread**

24 servings

¾ cups flour, all-purpose  
2 cups sugar  
1-teaspoon baking soda  
1-teaspoon salt  
1-teaspoon ground cinnamon  
4 eggs, beaten  
1-cup vegetable oil  
4 cups strawberries, fresh, sliced

1. Combine flour, sugar, baking soda, salt and cinnamon in a large mixing bowl make a well in the center of the mixture.
2. Combine remaining ingredients.
3. Add to the dry ingredients stirring until well combined.
4. Do not use an electric mixer.
5. Spoon the mixture into 2-greased and floured 9x5 inch loaf pans.
6. Bake at 350 degrees for 1-hour.
7. Cool loaves in pans for about 10-minutes; remove from pans and let cool completely on wire racks.

Per serving **calories 226: Total Fat** 10.2g (Saturated Fat 1.5g), **Cholesterol** 35mg, **Sodium** 161mg, **Total Carbohydrate** 31.6g, Dietary Fiber 1.0g, Sugars 17.9g, **Protein** 3.0g

### **Fish Food**

1 serving

½ cup crackers, fish shapes  
1-tablespoon raisins  
1 tablespoon cranberries, dried (craisins)

1. Measure ½-cup fish crackers and pour into small resealable baggie.
2. Measure 1-tablespoon of raisins and add to crackers.
3. Measure 1-tablespoon of craisins and add to crackers and raisins.
4. Close and seal baggie and shake to mix.

Per serving **calories 213: Total Fat** 9.2g (Saturated Fat 1.4g), **Cholesterol** 0mg, **Sodium** 306mg, **Total Carbohydrate** 30.5g, Dietary Fiber 1.2g, Sugars 6.7g, **Protein** 3.0g

### Smiley Snack

10 servings

5 red apples  
10 tablespoons peanut butter  
2 cups marshmallows, miniatures

1. Cut the apples into quarters with a knife.
2. Cut each quarter in half again to make 2-thin slices for each “smile”.
3. Spread peanut butter on one side of each thin smiley slice to act as an adhesive glue.
4. Choose 4-5 marshmallows that will be the teeth of the smile.
5. Assemble the second apple slice with the peanut butter slice facing down on top of the first slice and the teeth (this forms a mouth with teeth inside).

Per serving **calories 161: Total Fat 8.2g** (Saturated Fat 1.7g), **Cholesterol 0mg**, **Sodium 82mg**, **Total Carbohydrate 20.8g**, Dietary Fiber 2.6g, Sugars 14.4g, **Protein 4.4g**

### Juicy Pops

5 servings

2 cups fruit juice, unsweetened (Tropical Juicy Juice 100% juice)  
½ cup strawberries, sliced (fresh or frozen)

1. Pour juicy juice into 5 (5 ounce) paper cups such as Dixie kitchen and bathroom cups.
2. Divide berries or fruit between cups.
3. Cover each cup with aluminum foil.
4. Insert 1-popsicle stick through the center of each foil; freeze for 3-hours or until firm.
5. To remove pops from cups carefully run warm water over side of cup to loosen, remove cup and enjoy.

Per serving **calories 54: Total Fat 0.2g** (Saturated Fat 0g), **Cholesterol 0mg**, **Sodium 5mg**, **Total Carbohydrate 13.2g**, Dietary Fiber 0.4g, Sugars 0.7g, **Protein 0.2g**

### Vegetable Soup

21 servings

60 ounces beef broth, low fat, low sodium  
1 pound carrots, diced  
15½ ounces green beans, frozen

1-pound celery, diced  
12 ounces corn, frozen  
1-pound potatoes

1. Get a big kettle.
2. Pour in the beef broth.
3. Add the canned vegetables.
4. Dice the carrots, celery and potatoes and add to the soup.
5. Simmer for 1-hour so vegetables can cook.

Per serving **calories 67: Total Fat 1.2g** (Saturated Fat 0.1g), **Cholesterol 0mg**, **Sodium 440mg**, **Total Carbohydrate 12.1g**, Dietary Fiber 2.6g, Sugars 2.4g, **Protein 3.8g**

### Bananapillar

2 servings

2 bananas  
½ ounce pretzels (sticks)  
1-teaspoon peanut butter  
4 raisins

1. Peel bananas
2. Poke 6-pretzel sticks in each side of both bananas for legs and 2-pretzel sticks on top of each head for antennae.
3. Using peanut butter for adhesive attach “eyes”.

Per serving **calories 145: Total Fat 1.9g** (Saturated Fat 0.4g), **Cholesterol 0mg**, **Sodium 91mg**, **Total Carbohydrate 32.9g**, Dietary Fiber 3.4g, Sugars 15.5g, **Protein 2.6g**

### Banana-Mobiles

2 servings

2 bananas  
2 kiwi fruits  
8 spaghetti noodles (raw)  
2 strawberries, unsweetened

1. Peel bananas.
2. Cut each kiwi “wheels” to banana “car” with raw spaghetti noodles.
3. Using raw spaghetti noodles, attach strawberry for the “passenger” in the car.

Per serving **calories 155: Total Fat 0.8g** (Saturated Fat 0.2g), **Cholesterol 0mg**,

**Sodium 3mg, Total Carbohydrate 39.0g, Dietary Fiber 5.6g, Sugars 21.8g, Protein 2.2g**

### **Hedgehogs**

6 servings

15 ounces pears, unsweetened (halves)

1/3 cup almonds, slivers

1/3 cup raisins

1-tablespoon peanut butter

1. Drain pear halves on a paper towel.
2. Place on plate.
3. Child can push almond “quills” into the pear halves.
4. Child can stick raisins to pear with peanut butter.

Per serving **calories 126: Total Fat 5.5g** (Saturated Fat 0.6g), **Cholesterol 0mg, Sodium 39mg, Total Carbohydrate 19.3g, Dietary Fiber 3.6g, Sugars 12.3g, Protein 2.9g**

### **Three Blind Mice**

2 servings

6 crackers (rectangular)

1/2 cup almonds

2 ounces cheese, sliced

1/4 cup chow mein noodles

1. Evenly space 3-almonds on each cracker.
2. Cut each cheese slice into thirds.
3. Cover the crackers and almonds with a slice of the cut cheese.
4. Insert the chow mein noodles under the cheese at the wide end of the almonds.
5. You can microwave or bake in a warm oven if melted cheese is desired.

Per serving **calories 374: Total Fat 29.2g** (Saturated Fat 6.3g), **Cholesterol 18mg, Sodium 491mg, Total Carbohydrate 17.7g, Dietary Fiber 4.4g, Sugars 1.9g, Protein 14.3g**

### **Walking Apples**

3 servings

3 apples

1/2 cup vanilla yogurt

2 tablespoons raisins

2 tablespoons nuts, chopped

1/4 teaspoon cinnamon

1. Core apples, leaving bottom skin intact.
2. Scoop out the insides of the apples.
3. Chop finely.
4. Add the chopped apple to the remaining ingredients mix well.
5. Spoon back into the hole and take it with you on a walk
6. –OR–
7. You can chop the apple and add the other ingredients and put in a small container with a lid and eat with a spoon.

Per serving **calories 149: Total Fat 4.4g** (Saturated Fat 1.3g), **Cholesterol 5mg, Sodium 57mg, Total Carbohydrate 27.7g, Dietary Fiber 4.2g, Sugars 20.4g, Protein 2.9g**

### **Homemade Popsicles**

21 servings

64 ounces apple juice, unsweetened

64 ounces, grape juice, unsweetened

1. Pour 4-ounces into each disposable paper cup.
2. Add a Popsicle stick.
3. Put in freezer until juice is frozen.

Per serving **calories 95: Total Fat 0.2g** (Saturated Fat 0g), **Cholesterol 0mg, Sodium 5mg, Total Carbohydrate 23.6g, Dietary Fiber 0.2g, Sugars 22.8g, Protein 0.5g**

### **Fruit Face Sandwich**

1 servings

1 slice bread  
¼ banana  
⅛ apple  
2 tablespoons raisins  
1 cherry (meriscino)  
1-tablespoon peanut butter

1. Toast bread spread with peanut butter.
2. Use raisins to make hair.
3. Slice banana and use slices with 2-raisins to make eyes.
4. Use apple slices for mouth.
5. Use 1-cherry for nose.

Per serving **calories 259: Total Fat 9.1g** (Saturated Fat 1.9g), **Cholesterol 0mg**,  
**Sodium 246mg, Total Carbohydrate 41.7g**, Dietary Fiber 3.6g, Sugars 20.5g, **Protein 7.0g**

### **Banorberry Smoothy**

3 servings

1-cup strawberries, unsweetened  
1 banana  
1 cup orange juice, unsweetened

1. Place all ingredients in blender container process until smooth.

Per serving **calories 87: Total Fat 0.4g** (Saturated Fat 0.1g), **Cholesterol 0mg**,  
**Sodium 1mg, Total Carbohydrate 21.3g**, Dietary Fiber 2.1g, Sugars 14.0g, **Protein 1.3g**

### **Carrot Salad**

5 servings

1-pound carrots, large  
½ cup raisins  
½ cup peanuts (optional)  
3 tablespoons coleslaw dressing

1. Wash and peel carrots.
2. Grate carrots.
3. Mix ingredients in bowl and add coleslaw dressing until moist.

Per serving **calories 116: Total Fat 3.4g** (Saturated Fat 0.5g), **Cholesterol 2mg**,  
**Sodium 129mg, Total Carbohydrate 22.4g**, Dietary Fiber 3.1g, Sugars 14.6g, **Protein 1.4g**

### **Blender Applesauce**

6 servings

6 apples  
½ cup honey  
1-teaspoon water

1. Peel apples; cut each apple into 4 pieces; cut out seeds and core pieces.
2. Put apples, honey, and small amount of water into blender.

Per serving **calories 157: Total Fat 0.2g** (Saturated Fat 0g), **Cholesterol 0mg**,  
**Sodium 2mg, Total Carbohydrate 42.3g**, Dietary Fiber 3.4g, Sugars 37.5g, **Protein 0.4g**

### **Mulled Cider**

17 servings

69 ounces apple juice  
½ teaspoon ground cinnamon  
1 orange  
10 cloves

1. Place apple juice in pan and begin to heat slowly.
2. Stick cloves (whole) into orange.
3. Cut orange into thick slices without cutting into cloves.
4. Place orange slices in apple juice.
5. Add cinnamon.
6. Let simmer 5 minutes.
7. Cool slightly and serve.

Per serving **calories 61: Total Fat 0.1g** (Saturated Fat 0g), **Cholesterol 0mg**, **Sodium 3mg**, **Total Carbohydrate 15.2g**, Dietary Fiber 0.3g, Sugars 14.0g, **Protein 0.1g**

### **Florida Frosty**

2 servings

1 cup orange juice  
½ cup plain low fat yogurt  
1 banana

1. Combine all ingredients in blender.
2. Put lid back on blender blend until smooth.
3. Serve immediately.

Per serving **calories 146: Total Fat 1.4g** (Saturated Fat 0.7g), **Cholesterol 3mg**, **Sodium 44mg**, **Total Carbohydrate 30.7g**, Dietary Fiber 1.8g, Sugars 21.9g, **Protein 4.7g**

### **Strawberry Popsicle**

4 servings

2 cups strawberries, unsweetened (fresh)  
1 cup orange juice

1. Place fruit and juice in a blender container or food processor bowl.
2. Whirl until smooth.
3. Pour mixture into 4 (7 ounce) paper cups.
4. Place in freezer until partially frozen.
5. Place pop sticks or plastic spoons in center of cups.
6. Freeze until firm.

Per serving **calories 50: Total Fat 0.3g** (Saturated Fat 0g), **Cholesterol 0mg**, **Sodium 1mg**, **Total Carbohydrate 12.0g**, Dietary Fiber 1.6g, Sugars 8.6g, **Protein 0.9g**

### **Bird's Nest Salad**

1 servings

⅓-cup carrots, grated  
¼ cup grapes  
1-teaspoon salad dressing

1. Place grated carrot in a bowl and add a teaspoon salad dressing stirring to moisten.

2. Place carrots in the center of the plate and make a hollow in the carrot nest with the back of a spoon.
3. Place grapes in the nest for eggs.
4. Cut grapes into smaller pieces to eat.

Per serving **calories 50: Total Fat 0.7g** (Saturated Fat 0.2g), **Cholesterol 3mg**, **Sodium 65mg**, **Total Carbohydrate 11.5g**, Dietary Fiber 1.4g, Sugars 8.3g, **Protein 0.9g**

### **Sunshine Carrot Cocktail**

6 servings

2 cups pineapple juice, unsweetened  
½ cup carrots  
1 banana  
½ cup ice, crushed

1. Cut carrots, place carrots in a blender and chop for a few seconds.
2. Add some pineapple juice and blend a few more seconds until carrots are smooth.
3. Add remainder of pineapple juice, banana and crushed ice and blend until smooth.

Per serving **calories 65: Total Fat 0.2g** (Saturated Fat 0g), **Cholesterol 0mg**, **Sodium 8mg**, **Total Carbohydrate 16.1g**, Dietary Fiber 0.9g, Sugars 11.1g, **Protein 0.6g**

### **Oven Fried Parmesan Potatoes**

8 servings

4 potatoes (about 4 cups)  
1-tablespoon vegetable oil  
1-tablespoon parmesan cheese, grated  
½ teaspoon garlic powder  
½ teaspoon paprika  
⅛ teaspoon pepper  
⅛ teaspoon salt

1. Scrub potatoes under running water and cut them into ½ inch wedges.
2. Place potato wedges in a plastic bag with the oil and shake well to coat potatoes evenly.
3. In a second plastic bag mix Parmesan cheese, garlic powder, paprika, pepper and salt.
4. Add potatoes and shake to coat.

5. Arrange potatoes in a single layer on a foil covered baking sheet that has been sprayed with nonstick cooking spray.
6. Bake at 450 degrees for 30-35 minutes or until golden brown.

Per serving **calories 100: Total Fat 2.0g** (Saturated Fat 0.4g), **Cholesterol 0mg**, **Sodium 52mg**, **Total Carbohydrate 18.9g**, Dietary Fiber 2.4g, Sugars 0.9g, **Protein 2.4g**  
2.7g

### Graham Cracker Smacker

1 servings

1 graham cracker (2-squares)  
1-teaspoon peanut butter  
½ banana, sliced

1. Spread a graham cracker square with a thin layer of peanut butter.
2. On top of the peanut butter place the banana slices or can substitute peach, pear or other soft fruit slices.
3. Top with another graham cracker square spread with peanut butter (peanut butter facing inside).

Per serving **calories 114: Total Fat 3.6g** (Saturated Fat 0.7g), **Cholesterol 0mg**, **Sodium 67mg**, **Total Carbohydrate 19.9g**, Dietary Fiber 2.1g, Sugars 9.9g, **Protein 2.5g**

### Sweet Potato Oven Fries

18 servings

4 pounds sweet potatoes, peeled and sliced  
1-tablespoon salt  
½ teaspoon pepper

1. Cut up fresh sweet potatoes like French fries and spray with a low fat cooking spray.
2. Place on baking sheet and bake at 375 degrees for 20 minutes.
3. Sprinkle with a purchased seasoning mix and lemon juice if desired.
4. Instead of catsup as a garnish try Ranch dressing.

Per serving **calories 86: Total Fat 0.1g** (Saturated Fat 0g), **Cholesterol 0mg**, **Sodium 443mg**, **Total Carbohydrate 20.3g**, Dietary Fiber 3.0g, Sugars 4.2g, **Protein 1.6g**

### New Wave Morning Cobbler

4 servings

1 cup peaches, unsweetened (canned in own juice)  
1 cup pears, unsweetened (canned in own juice)  
6 prunes, pitted and diced  
¼ teaspoon vanilla  
1 orange  
1-cup granola cereal (low fat)

1. In a large microwave safe bowl mix peach slices, pear slices, prunes and vanilla.
2. Rub an orange against a grater to remove 1-teaspoon of peel.
3. Then cut the orange in half and squeeze ¼ cup orange juice.
4. Add orange peel and juice to fruit mixture.
5. Top with granola.
6. Microwave on high for 5 minutes.
7. Let stand for 2 minutes.

Per serving **calories 236: Total Fat 7.7g** (Saturated Fat 1.4g), **Cholesterol 0mg**, **Sodium 7mg**, **Total Carbohydrate 38.5g**, Dietary Fiber 6.2g, Sugars 21.6g, **Protein 5.7g**

### Snow Waffles

1 servings

1 waffle  
1 tablespoon powdered sugar

1. Toast frozen waffle.
2. Let each child use cookie cutters to cut a waffle into wintertime shapes (snowmen, trees, etc).
3. Sprinkle powdered sugar on the top of the waffle shapes.
4. Serve with cocoa, cider or apple juice.

Per serving **calories 249: Total Fat 10.6g** (Saturated Fat 2.2g), **Cholesterol 51mg**, **Sodium 383mg**, **Total Carbohydrate 32.6g**, Dietary Fiber 0g, Sugars 7.8g, **Protein 5.9g**

### Apple Sandwiches

1 servings

1 apple, sliced  
1-tablespoon peanut butter or cream cheese

1. Slice apple across making 6-8 slices.
2. Spread peanut butter or cream cheese on one slice then top with a second slice to make a sandwich.

Per serving **calories 165: Total Fat** 8.3g (Saturated Fat 1.7g), **Cholesterol** 0mg, **Sodium** 74mg, **Total Carbohydrate** 22.2g, Dietary Fiber 4.3g, Sugars 15.8g, **Protein** 4.4g

### Banana Sticks

1 servings

1 banana  
1-tablespoon peanut butter

1. Slice a banana in half, lengthwise.
2. Spread one side with peanut butter.
3. Put 2 slices back together.
4. Wrap with plastic and freeze.

Per serving **calories 199: Total Fat** 8.5g (Saturated Fat 1.8g), **Cholesterol** 0mg, **Sodium** 74mg, **Total Carbohydrate** 30.1g, Dietary Fiber 4.0g, Sugars 15.9g, **Protein** 5.3g

### Purple Cow

4 servings

1 (6 ounce) can frozen grape juice concentrate (purple)  
1 cup milk  
1 teaspoon vanilla  
10 ice cubes

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into glass and drink immediately.

Per serving **calories 104: Total Fat** 2.4g (Saturated Fat 1.4g), **Cholesterol** 8mg, **Sodium** 32mg, **Total Carbohydrate** 17.7g, Dietary Fiber 0.2g, Sugars 14.7g, **Protein** 2.8g

### Veggie Dill Dip

12 servings

8 ounces sour cream  
8 ounces mayonnaise (not Miracle Whip)  
1 teaspoon seasoning salt  
2 teaspoons parsley  
2 teaspoons dill  
2 teaspoons onion flakes

1. Mix all ingredients together and refrigerate for at least ½ hour.
2. Serve cold with cut up veggies.

Per serving **calories 117: Total Fat** 10.5g (Saturated Fat 3.5g), **Cholesterol** 13mg, **Sodium** 145mg, **Total Carbohydrate** 5.6g, Dietary Fiber 0g, Sugars 1.3g, **Protein** 0.8g

### Fruit Kabobs

Serves 6 (6-skewers)

1 apple  
1 banana  
1 kiwi  
1-pound pineapple

1. Help your child cut fruit into bite-sized chunks, slices or shapes.
2. To make one kabob, carefully push a skewer through the fruits, alternating colors.
3. Make as many as you wish.

Per serving **calories 73: Total Fat** 0.3g (Saturated Fat 0g), **Cholesterol** 0mg, **Sodium** 1mg, **Total Carbohydrate** 19.1g, Dietary Fiber 2.5g, Sugars 12.9g, **Protein** 0.8g

### Egg Boats

24 servings (24 boats)

12 eggs, hard-boiled  
½ cup mayonnaise  
1-teaspoon salt  
1-teaspoon pepper  
12 ounces cheese, sliced

1. This recipe requires hard-boiled eggs. Have an adult help cook the eggs.



2. When the eggs are ready, peel your egg and then cut it in half the long way.
3. Scoop the egg yolks out in a bowl and use a fork to mix the yolk with 2 teaspoons of mayonnaise sprinkle with salt and pepper.
4. Spoon your mixture back into the white part of the egg.
5. Or you can peel your egg cut it in half the long way and use the 2-halves to make your boats.
6. Cut a slice of cheese into 2-triangles.
7. Thread the cheese on to a raw spaghetti noodle or a bamboo skewer.
8. Stick the sail into the yolk to form a boat.

Per serving **calories 102: Total Fat 7.6g** (Saturated Fat 3.2g), **Cholesterol 116mg**, **Sodium 303mg**, **Total Carbohydrate 2.6g**, Dietary Fiber 0g, Sugars 0.5g, **Protein 6.0g**

### Trail Mix

Serves 8

4 cups toasted oat cereal  
2 cups raisins  
4 cups goldfish crackers

1. In a bowl combine all ingredients.
2. Not for beginner eaters because of potential choking hazards.

Per serving **calories 319: Total Fat 8.9g** (Saturated Fat 3.1g), **Cholesterol 4mg**, **Sodium 419mg**, **Total Carbohydrate 57.8g**, Dietary Fiber 3.9g, Sugars 22.1g, **Protein 6.0g**

### Penguins

Serves 6

1 pound pitted dates  
3 ounces cream cheese

1. Slice the dates open for stuffing ahead of time.
2. Give each child a plate with ½ cup dates and 1-tablespoon of cream cheese.
3. Each child can use a plastic knife or Popsicle stick to stuff cream cheese in dates.
4. The black and white looks like penguins.
5. Read a story about penguins while children eat their snack.

Per serving **calories 263: Total Fat 5.2g** (Saturated Fat 3.1g), **Cholesterol 15mg**, **Sodium 43mg**, **Total Carbohydrate 57.3g**, Dietary Fiber 6.1g, Sugars 48.1g, **Protein 2.9g**

### Crunchy Vegetable Burrito Banditos

Serves 8 children

½ cup shredded carrots  
½ cup chopped broccoli  
½ cup chopped cauliflower  
2 green onions thinly sliced  
4 ounces shredded lowfat Cheddar Cheese  
¼ cup nonfat ranch salad dressing  
½ teaspoon chili powder  
4 (7-inch) flour tortillas  
1 cup torn iceberg lettuce bite size pieces

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing and chili powder.
2. Lay tortillas flat on the counter and spoon about ½ cup vegetable mixture and ¼ cup of lettuce down the center. Wrap each tortilla around the vegetable mixture.

Per serving **calories 204: Total Fat 7g** (Saturated Fat 3g), **Cholesterol 20mg**, **Sodium 323mg**, **Total Carbohydrate 22g**, **Protein 10g**

### Crispy Winter Vegetable Salad

Serves 12 children

4 cups broccoli florets  
2 large carrots peeled and sliced thin  
1 large red bell pepper seeded and sliced thin  
2 stalks celery sliced thin  
1 bottle (8 ounce) fat free Italian salad dressing or other fat free dressing  
1 bag (1 pound) Dole Salad Mix

1. Combine broccoli, carrots, red pepper and celery with salad dressing; toss. Cover with plastic wrap and refrigerate for at least 15 minutes.
2. Toss with salad mix before serving.

Per serving **calories 58: Total Fat 0g** (Saturated Fat 0g), **No Cholesterol**, **Sodium 34mg**, **Total Carbohydrate 12g**, **Protein 1g**

### **Carrot and Raisin Sunshine Salad**

Serves 4 to 6

1 pound carrots (5 to 6) peeled and shredded  
½ cup raisins  
1 carton (8 ounce) lowfat vanilla yogurt  
4 to 6 Iceberg lettuce leaves

1. Mix all ingredients together, except lettuce leaves, in a mixing bowl. Cover with plastic wrap and refrigerate for 15 minutes.
2. Toss again before serving.
3. Serve on lettuce leaves.

Per serving **calories 166: Total Fat 1g (Saturated Fat 0.5g), Cholesterol 3mg, Sodium 84mg, Total Carbohydrate 35g, Protein 4.5g**

### **Garlic Green Beans**

Serves 18 children  
3 adults

4 pounds fresh green beans, trimmed  
1 clove garlic, minced  
1 teaspoon salt  
1/8 teaspoon white pepper  
4 teaspoons olive oil

Place beans and enough water to cover in a saucepan; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender; drain. Toss beans with garlic, salt and pepper. Drizzle with oil. Serve immediately.

Taken from Allrecipes.com

Per ¾ cup serving **Calories 61: Total Fat 3g (Trace of Saturated Fat) Cholesterol 0mg, Sodium 298mg, Total Carbohydrate 9g, Dietary Fiber 4g, Protein 2g** Diabetic ex: 1 veg, ½ fat

### **Tomato-Cheese Skewers**

4 pounds fresh, whole cherry tomatoes with stem  
(1/2 cup = 6 whole cherry tomatoes)  
15 ounces cheese, Mozzarella, brick  
Bamboo skewers (2 per child & 3 per adult)

Wash and remove stems on tomatoes. Cut mozzarella into cubes. Skewer tomato-cheese cube-tomato on each skewer.

Per serving **calories 46: Total Fat 3g, Cholesterol 8mg, Sodium 217g, Total Carbohydrate 1g, Fiber, 0**

### **Strawberry-Apple Salsa Salad**

Serves 18 children  
3 adults

4 pints fresh strawberries, sliced  
4 medium McIntosh apples, chopped  
4 medium Granny Smith apples, chopped  
1 (0.5#) bag spinach leaves, torn  
1 cup Light Raspberry Vinaigrette Dressing

Toss fruit and spinach with dressing in large bowl. Serve.

Per serving **calories 110: Total Fat 4.5g, Cholesterol 0mg, Sodium 290g, Total Carbohydrate 118g, Fiber 3g, Protein, 1g, Sugars, 14g, Saturated Fat, 0.5g,**

# SNACK MENUS

## Page 1

Apple Toast  
Milk

Ranch Pretzels  
Chocolate Milk

Frosty Fruit Dip  
Apples/Pears  
Wheat Crackers

Carrot Pinwheels  
Milk

Fluffy Strawberry Dip  
Apples/Pears/Bananas Sliced  
Crackers

Yummy Pita Pockets  
Milk

## Page 2

Gorilla Chips (King Kong's  
Chips)  
Chocolate Milk

Peanut Butter Pancakes  
Orange Juice

Peacheritos  
Whole Wheat Crackers

Sopaipillas  
Cocoa (Fluid Milk)

## Page 3

Corn Salad  
Milk

Creamy Cucumber Salad  
Milk

Strawberry Jamboree  
Graham Crackers

Italian Peas  
Crackers

## Page 4

**Cocoa:** to be made with fluid milk and not a cocoa mix.

**Juices:** real juice no sugar added – pineapple, grape, tomato, grapefruit, orange.

**Water:** water needs to be offered during meals and snacks.

**Milk:** when milk is part of the snack menu, skim milk will be served.

Fluffy Peanut Butter Dip  
Apples/Pears/Bananas Sliced  
Crackers

Wacky Waffle Stacks  
Milk

Peachy Cinnamon Apple  
Wraps  
Milk

Baked Sweet Potato Sticks  
Milk

Quick and Creamy Grape-  
Orange Shake  
Wheat Crackers

## Page 5

Watermelon "Zipper Sippers"  
Wheat Crackers

Dino Sandwiches  
Milk

April Fools' Day Egg  
Whole Wheat Crackers

Confetti Celery  
Milk

Ladybug Lunch  
Grape Juice

Peanut Butter Caterpillars  
Date

## Page 6

Frozen Fruit Kabobs  
Graham Crackers

Peanut Butter Protein Balls  
Milk

Brown Cow  
Crackers

---

Reviewed by

---

Date

Ice Cream  
Graham Crackers  
Banana Slices

Butterfly Salad  
Wheat Thins

## Page 7

Butterfly Bites  
Milk

Apple Cinnamon Shake Ups  
Milk

Peanut Butter Mud Pies  
Whole Wheat Crackers  
Juice

George of the Jungle Slush  
Whole Wheat Crackers

## Page 8

Frozen Fruit Chunk Cups  
Graham Crackers

Frozen Fruit Treat  
Club Crackers or Wheat Thins

Food Sheep  
Milk

Stegosaurus Sandwiches  
Milk

Sneaky Cat Snacks  
Juice

Grapple Pops  
Cheese Cubes

## Page 9

Afternoon Apple Snacks  
Milk

# SNACK MENUS

Rainbow Parfait  
Milk

Freckle-Faced Bears  
Chocolate Milk

Caterpillars  
Milk

## Page 10

Strawberry Watermelon  
Slush  
Wheat Crackers

Bunny in a Hole  
Juice

Apple Grande  
Milk

Frozen Strawberry Pops  
Oyster Crackers

Spider Pretzels  
Milk

## Page 11

Juicy Fruit Salad  
Wheat Crackers

Tropical Cooler  
Whole Wheat Toast

Mooseberry Juice  
Oyster Crackers

Jungle Shake  
Graham Crackers

Applesauce Cones  
Milk

## Page 12

Fresh Fruit Salad Shake  
Whole Wheat Crackers

Banana Smoothie  
Whole Wheat Toast

Ghost Toast

Grape Juice

Crunchy Apple Salad  
Milk

Peanut Butter Pizza  
Milk

## Page 13

Green Eggs and Ham  
Juice

Zoo Salad  
Milk

Party Pops  
Crackers

Funny Faces  
Milk

Wojapi and

## Page 14

Fry Bread

Rocket Salad  
WW Crackers

Zoo Sandwiches  
Juice

Bread Sticks  
Juice

## Page 15

Red Raspberry Rouser  
Crackers

Space Food Sticks  
Milk

Banana-Orange Push Ups  
Crackers

Carrot Salad  
Saltine Crackers

Easy Snack Mix

Milk

Tortilla Banana Roll-Ups  
Milk

## Page 16

Tuna Snack Spread  
Whole Wheat Crackers  
Milk

Blooming Biscuits  
Milk

Graham Crackers  
Milk

Baked Apples  
Milk

Jam Jacket  
Milk

## Page 17

Apple Salad  
Milk

Baboon Butter  
Toast  
Juice

Peanut Butter Ping Pong  
Balls  
Juice

Lettuce Roll-Ups  
Milk

## Page 18

Cottage Cheese Dip  
Carrot Sticks  
Chocolate Milk

Easy Fruit Salad  
Whole Wheat Crackers

Orange Julius  
Whole Wheat Crackers

Rainbow Toast  
Juice

**Cocoa:** to be made with fluid milk and not a cocoa mix.

**Juices:** real juice no sugar added – pineapple, grape, tomato, grapefruit, orange.

**Water:** water needs to be offered during meals and snacks.

**Milk:** when milk is part of the snack menu, skim milk will be served.

# SNACK MENUS

Ants in a Log  
Milk

## Page 19

Sun Salad  
Milk

Pretzel Pops  
Juice

Apple Snack  
Milk

Vegetable Stick People  
Milk

Bug in a Boat  
Milk

## Page 20

Orange Fruit Salad  
Whole Wheat Toast

Strawberry Frullato  
Toast

Rice Pudding  
Milk

Tiger Snack  
Whole Wheat Crackers

## Page 21

Crunchy Banana Pops  
Milk

Igloo Salad  
Whole Wheat Crackers

Monkey Milkshake  
Pretzels

Peanut Butter and Jelly Snack  
Mix  
Milk

## Page 22

Fruitsicles  
Wheat Thins

Peach Fuzz  
Toast

Artic Oranges  
Town House Crackers

Cheese Flautas  
Juice

## Page 23

Gone Fishin'  
Juice

Shredded Wheat Snack Mix  
Juice

Cinnamon Apple Fruit Sticks  
Milk

Strawberry Shake  
Whole Wheat Crackers

## Page 24

Frozen Grapes  
Animal Crackers

Cat's Eyes  
Milk

Animal Crackers  
Milk

Banana Tree  
Milk

Little Log Buildings  
Milk

## Page 25

Banana Snake  
Milk

Shape Sandwich  
Apple Juice

Strawberry Bread  
Milk

Fish Food  
Milk

## Page 26

Smiley Snack  
Milk

Juicy Pops  
Whole Wheat Crackers

Vegetable Soup  
Soup Crackers

Bananapillar  
Milk

Banana-Mobiles  
Milk

## Page 27

Hedgehogs  
Pretzels

Three Blind Mice  
Apple Juice

Walking Apples  
Milk

Homemade Popsicles  
Dry Cereal

## Page 28

Fruit Face Sandwich  
Milk

Banorberry Smoothy  
WW Crackers

Carrot Salad  
Wheat Crackers

Blender Applesauce  
Milk

Mulled Cider  
Oyster Crackers

**Cocoa:** to be made with fluid milk and not a cocoa mix.

**Juices:** real juice no sugar added – pineapple, grape, tomato, grapefruit, orange.

**Water:** water needs to be offered during meals and snacks.

**Milk:** when milk is part of the snack menu, skim milk will be served.

# SNACK MENUS

## Page 29

Florida Frosty  
Graham Crackers

Strawberry Popsicle  
Toast

Bird's Nest Salad  
Whole Wheat Toast

Sunshine Carrot Cocktail  
Raisin Toast

Oven Fried Parmesan  
Potatoes  
Milk

## Page 30

Graham Cracker Smacker  
Milk

Sweet Potato Oven Fries  
Milk

New Wave Morning Cobbler  
Milk

Snow Waffles  
Apple Juice

## Page 31

Apple Sandwiches  
Milk

Banana Sticks  
Milk

Purple Cow  
Toast with Peanut Butter

Veggie Dill Dip  
Fresh Vegetables (in season)  
Whole Wheat Crackers

Fruit Kabobs  
Milk

Egg Boats  
Juice

## Page 32

Trail Mix  
Milk

Penguins  
Milk

Crunchy Vegetable Burrito  
Banditos  
Milk

Crispy Winter Vegetable  
Salad  
Crackers

## Page 33

Carrot & Raisin Sunshine  
Salad  
WW Crackers

Garlic Green Beans  
Chocolate Skim Milk

Tomato-Cheese Skewers  
Crackers

Strawberry – Apple Salsa  
Salad  
Milk

---

Applesauce  
Graham Crackers

½ Bagel & Cream Cheese  
Juice

Cereal (Crispex, Kix, Life,  
Chex)  
Juice

Cinnamon Toast  
Milk

Cocoa  
Graham Crackers

½ English Muffin with  
Peanut Butter  
Milk

French Toast

Juice

Fruit Cup (in season)  
Milk

Mini Pizzas with English  
Muffins  
Milk

Muffin (Blueberry, Bran)  
Milk

Soft Tortilla Shells  
Cheese Slices  
Juice

Toasted Raisin Bread  
Juice

Whole Wheat Crackers  
Cheese

Yogurt  
Whole Wheat Crackers

Cinnamon Soft Tortilla  
Shells  
Milk

Deviled Eggs  
Juice

Fresh Fruit  
WW Crackers

Me Dolls  
Milk

Pineapple Chunks or  
Apricots  
Cottage Cheese

Scrambled Eggs  
Orange Juice

Smiley Pancakes  
Milk

Orange  
Milk

Grapes  
Milk

**Cocoa:** to be made with fluid milk and not a cocoa mix.

**Juices:** real juice no sugar added – pineapple, grape, tomato, grapefruit, orange.

**Water:** water needs to be offered during meals and snacks.

**Milk:** when milk is part of the snack menu, skim milk will be served.

# SNACK MENUS

Bananas  
Milk

Whole Wheat Crackers  
Melon

Peaches (fresh)  
Graham Crackers

Mangoes  
Graham crackers

Pears (fresh)  
WW Crackers

Fresh strawberries  
Milk

Kiwi  
Animal crackers

Watermelon  
Milk

Baby carrots  
Milk

Tangerines  
WW Crackers

Cauliflower  
Chocolate Milk

Cabbage salad (Coleslaw)  
Milk

Tomatoes (fresh)  
Crackers

Plum (fresh)  
Milk

Raisins  
Oyster (soup) crackers

Nectarine  
Milk

Apricots (fresh)  
Crackers

Pineapple (fresh)  
Toast

Lettuce Salad  
WW Crackers

**Cocoa:** to be made with fluid milk and not a cocoa mix.

**Juices:** real juice no sugar added – pineapple, grape, tomato, grapefruit, orange.

**Water:** water needs to be offered during meals and snacks.

**Milk:** when milk is part of the snack menu, skim milk will be served.