

Peanut Butter Pancakes

18 children and 3 adults

2-cup pancake mix
2 tablespoons sugar
2 eggs
2/3 cup peanut butter
1 (15 ounce) can milk, evaporated
2/3 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.

Calories 121 Fat 5.9 g, Sat Fat 1.8 g; Cholesterol 25g, Sodium 18.9mg
Carbohydrate 13g, Dietary Fiber 0.7g,; Sugars 2.8 g; Protein 4.7g.

Brown Cow

18 children and 3 adults

1 gallon chocolate milk
6 bananas

1. Measure 4 cups of milk.
2. Pour into blender pitcher.
3. Cut 1 banana into 2 pieces. Peel 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

Apple Cinnamon Shake-Ups

18 children and 3 adults

4.25 pounds apples
½ 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

Bread Sticks

18 children and 3 adults

1 -23 ounce loaf of bread
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

Rainbow Toast

18 children and 3 adults

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**

Sun Salad

18 children and 3 adults

4 - (20 ounce) cans pineapple chunks in juice
8 - 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

18 children and 3 adults

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.
4. Reminder - .5 oz cheese per child and 1.0 oz. per adult.

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**

Frozen Grapes

18 children and 3 adults

2.5 pounds grapes, red
2.5 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**

Snow Waffles

18 children and 3 adults

21 waffles
1/4 cup 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.

Hint - frozen purchased waffles serving is 0.6 oz per child or 16 grams and 1.1 oz per adult or 31 grams. Label on product shows 1 waffle is 55 grams.

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**

Peacheritos

18 children and 3 adults

1 # 10 can (about 47.1 peach halves) peeled and sliced or 6.86 lbs. fresh peaches peeled and sliced
6.75 cups milk, low fat-or skim

1. Measure 3 cups milk & 4 peach halves in a blender container.
2. Blend until smooth.
3. Pour into paper cups.
4. Can drink or freeze for popsicles

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**

Frozen Fruit Kabobs

18 children and 3 adults

3 pounds grapes
3 pints strawberries

1. String chunks of fruit; strawberries and grapes 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**

April Fools' Day Egg

18 children and 3 adults

1 # 10 can peach halves
2 - 2# containers vanilla yogurt

1. Open the can of peaches.
2. 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**

Purple Cow

18 children and 3 adults

2 (12- ounce) cans frozen grape juice concentrate (purple)
4 cup milk
4 teaspoon vanilla
40 ice cubes – size circle or square

1. Combine ½ 12 oz frozen grape juice concentrate & 1 cup milk. Add 10 ice cubes to blend. Blend 2nd half, then 3rd and 4th.
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**

Spider Pretzels

18 children and 3 adults

1 box Ritz crackers
3 cups creamy peanut butter
10 ounces small pretzel sticks
2 cups 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**

Applesauce Cones

18 children and 3 adults

100 ounces applesauce

1 (24 count) box ice cream cones, whole grain or enriched

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

FYI - Ice cream cones can be creditable if made with whole grain or enriched flour.

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**

Banana Smoothie

18 children and 3 adults

6 bananas

1 gallon skim or 1% milk

½ teaspoon vanilla

1. Blend 4 cups milk and vanilla and 1 banana in blender until smooth.
2. Serve. Blend another batch.

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**

Tuna Snack Spread

18 children and 3 adults

2 (6½ ounce) cans tuna, drained

3 tablespoons mayonnaise

4 ounces cheddar cheese, grated

Mix ingredients and spread on whole wheat 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**

Tortilla Banana Roll-Ups

18 children and 3 adults

12 large -flour tortillas

1 1/2 cups peanut butter

12 bananas

1. Spread peanut butter on tortilla.
2. Peel banana and roll-up in a peanut butter tortilla.
3. Slice and serve. 1/2 for a child and 1 for an adult.

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**

Ants in a Log

18 children and 3 adults

3 1/2 pounds 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**

Monkey Milkshake

18 children and 3 adults

1 pint strawberries, sliced
3 bananas, peeled
1 gallon skim or 1% milk
2 teaspoons vanilla extract
15 ice cubes

1. Measure 3 cups milk, 5 strawberries, ½ banana with ¼ tsp vanilla and 5 ice cubes into blender. Repeat as needed.
2. Blend until smooth and fluffy.
Counting milk as 1 snack component and served with pretzels for 2nd component.

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

Gone Fishin'

18 children and 3 adults

6 cups crackers, fish shaped
10 ounces stick pretzels
3 cups peanut butter

1. Put 2-tablespoons of peanut butter on a plate.
2. Add fish crackers to the peanut butter.
3. Use stick pretzels 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

Strawberry Shake

18 children and 3 adults

4 ½ cups strawberries
9 cups milk
½ cup honey
9 cups plain yogurt

1. Puree strawberries and honey in blender or food processor.
2. Add milk and yogurt, blend until smooth.
3. Pour into glasses and 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

Bears Walking in the Mud

18 children and 3 adults

2 (10 ounces each) boxes crackers, honey graham bears
1 (32 ounce) jar peanut butter
1 -cup syrup

1. Mix together the peanut butter and the syrup.
2. Give each child some graham bears and a spoonful of "mud."
3. Let the children walk their bears on a walk through the mud.

*Counting bears as the snack component and serving with milk provides the second snack component.

Per serving **calories 495**; Total Fat 33.4 g (Saturated Fat 6.4 g); **Cholesterol 0 mg**; Sodium 512 mg. total **carbohydrate 39.8 grams**. Dietary Fiber 3.7 g, **sugars 11.0g**, Protein 15.0g

Deviled Eggs

18 children and 3 adults

1. 12 hard-cooked eggs
2. 1/4 cup mayonnaise or salad dressing (Miracle Whip)
3. 1/4 cup mustard
4. Salt and pepper to taste

1/2 egg is serving size for child and 1 egg per adult.

1/2 egg- **65 calories**; 6 g fat; 2 grams Sat Fat. **Cholesterol 121 mg**. Sodium 94 mg; Total **Carbohydrates 0.42g**. Protein 3.59 g. **Sugars 0.33 g** Vit A 0%. Vit C 0% Calcium 2%. Iron 2%. Dietary Fiber 0.

Cinnamon Tortilla Shells

18 children and 3 adults

12 - large soft flour tortilla shells
2 teaspoons cinnamon
1/2 cup sugar
4 tablespoons margarine, melted

1. Heat oven to 400° F.
2. In small bowl, combine the sugar and cinnamon. Brush one side of each tortilla lightly with melted margarine; sprinkle with sugar-cinnamon mixture.
3. Place tortillas, sugared side up on cookie sheet.
4. Bake at 400° F. for 5-8 minutes or until crisp and lightly browned.
Cool.

1/2 tortilla serving size for child and 1 tortilla per adult.

Calories 225.1 per whole tortilla. Fat 7.1 g, **Sat Fat 1.5 g** Cholesterol 0.0 mg **Sugars 7.3 g** Sodium, 389.4 mg **Carbohydrate 35.3g** Dietary Fiber 1.8 g **Protein 4.6 g**.

Fruit Stacked English Muffins

18 children and 3 adults

12 English Muffins
48 oz container pineapple yogurt
6 bananas

1. Lightly toast the English muffin halves in a toaster.
2. Spread each half with pineapple yogurt.
3. Top each half with bananas.
4. Serve while English muffins are still warm.

Calories 161 Total Fat 1.1 g **Cholesterol 4 mg** Sodium 134 mg **Carbohydrate 33.9 g**
Dietary Fiber 1.2 g **Protein 4.6 g**