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## Baboon Butter

### Ingredients:

- 3/4 cup peanut butter
- 1/4 tsp. cinnamon
- 1/2 cup raisins
- 3 small, very ripe bananas
- 1 Tbsp. shredded coconut

### Procedure:

Using a fork, mash together the peanut butter and bananas in a mixing bowl. Add cinnamon, coconut, and raisins. Blend well. Good on any bread or crackers. Spread on fruit, too!

### Yield:

Yield: 12 servings

### Serving Size:

2 generous Tbsp.

### Food Program Meal Component:

1/2 oz. meat/meat alternate

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## **Ships Ahoy!**

### Ingredients:

- 7 hard-cooked eggs
- 1/4 tsp. salt
- 1/3 cup cream style cottage cheese
- 1/4 tsp. dry mustard
- Cheese slices

### Procedure:

Cut eggs in half lengthwise. Place yolks in dish. Mash with fork. Add remaining ingredients. Mix lightly with fork. Place the yolk mixture into white halves. For sail, attach toothpick to triangular slice of cheese. Insert toothpick into each egg white.

### Yield:

14 "ships" (14 egg halves)

### Serving Size:

1 "ship" for 1-5 year olds

### Food Program Meal Component:

1 meat/meat alternate at snack

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## Grape Fuzzy

### Ingredients:

- 1 container (12 oz.) plain yogurt
- 1 - 6 oz. can thawed grape juice concentrate
- 1/2 cup pineapple chunks
- Ice to fill blender 3/4 full

### Procedure:

Put all ingredients into blender and whirl until foamy and icy. Serve immediately.

### Yield:

3 - 1/2 cups

### Serving Size:

6 Generous 1/2 cup servings

### Food Program Meal Component:

1/2 cup fruit

2 oz. (1/4 cup) meat at snack only for 1 to 5 year olds



## Frosty Pops

### Ingredients:

- 2/3 cup non-dairy creamer powder
- 1 cup water
- 1 - 6 oz. can frozen orange juice concentrate, thawed
- 6 - 3 oz. paper cups
- 6 sturdy plastic spoons or popsicle sticks

### Procedure:

In a large bowl, mix together the non-dairy creamer powder and water. Add thawed juice concentrate. Stir until well mixed. Pour 1/3 cup into 5 oz. paper cups. Freeze for one hour. Insert a plastic spoon in each popsicle and return to the freezer for at least one more hour, or until frozen solid. To eat, peel off cup.

### Yield:

6 pops

### Serving Size:

1 pop

### Food Program Meal Component:

1/2 cup fruit

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## Telescopes

### Ingredients:

- 1 oz. slice all meat bologna
- 1 Tbsp. cheese spread
- 1 tsp. sunflower nuts

### Procedure:

Spread cheese on bologna, sprinkle with nuts, and roll up. Secure with a pretzel if the cheese does not hold it together. You can also slice these into spirals.

### Yield:

2 servings

### Serving Size:

1/2 roll

### Food Program Meal Component:

1/2 oz. meat/meat alternate

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## Pop Corney Snacks

### Ingredients:

- 1 cup unpopped popcorn
- 1/2 cup of meat (small chunks)
- 6 - 3/4 oz. slices of cheese

### Procedure:

Pop the corn. Put into a 10" x 15" cake pan. Put cheese on, then put meat over it. Put into 300 degree oven, let cheese melt, then take out. Let stand for one minute. Divide pan into 10 squares of 5" x 3" size.

### Yield:

10 squares

### Serving Size:

1 square

### Food Program Meal Component:

1/2 oz. meat/meat alternate

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## Yograpple

### Ingredients:

- 1 - 8 oz. container of plain yogurt
- 1/2 cup crushed pineapple in its own juice
- 3 Tbsp. wheat germ
- 1/4 cup grated coconut

### Procedure:

Mix and serve.

### Yield:

4 servings

### Serving Size:

Generous 1/4 cup

### Food Program Meal Component:

1/2 oz. meat/meat alternate for 1 to 5 year olds, at snack only

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## Banana Smoothies

### Ingredients:

- 1 1/2 cups milk
- 2 small bananas
- 1 Tbsp. honey
- 1/4 tsp. vanilla

### Procedure:

Combine in a blender and mix well. You can also use a frozen banana. Freezing is a good way to use up extra or left-over bananas.

### Yield:

2 cups

### Serving Size:

1 cup

### Food Program Meal Component:

- 3/4 cup milk
  - 1/2 cup fruit
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## Patio Punch Shake

### Ingredients:

- 6 cups 100% juice (any kind)
- 3/4 cup lemon juice
- 1 quart vanilla ice cream
- 12 oz. lemon-lime carbonated soda

### Procedure:

Combine juice and lemon juice. Spoon about 1/4 cup ice cream into a glass. Add 1/4 cup of juice, mix with ice cream, and add another 1/4 cup of juice. Tip each glass and pour carbonated beverage down the side to fill. Top each with a scoop of ice cream. Trim with lemon peel.

### Yield:

12 servings

### Serving Size:

1 glass

### Food Program Meal Component:

1/2 cup fruit juice

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## Drizzle Day Sundae

### Ingredients:

- 1 envelope unflavored gelatin
- 3 ice cubes
- 1/4 cup grape juice, boiling
- 1 1/4 cup grape juice, cold
- 1 1/2 cup milk

### Procedure:

Mix gelatin with boiling juice. Stir in remaining juice and ice cubes. Place 1/2 cup in three clear plastic glasses. Chill until firm. Pour 1/2 cup milk into glass, about 1/2" deep. Make tunnels around the outside of the gelatin with a drinking straw. Milk will drizzle into the tunnels.

### Yield:

- 3 glasses

### Serving Size:

- 1 glass

### Food Program Meal Component:

- 1/2 cup fruit juice or 1/2 cup milk

Only one of these components may be claimed at snack. Juice may not be claimed when milk is served as the only other component.

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## Painted Toast

### Ingredients:

- 1/4 cup of milk
- 6 slices enriched bread
- 2 to 3 drops of food coloring

### Procedure:

Mix your choice of food coloring into the milk. Using a paint brush, paint your bread different colors. Toast the bread as usual to see the results. (For example, paint the bread like a flag for Flag Day, or paint a sun for the first day of summer.)

### Yield:

12 servings

### Serving Size:

1/2 slice bread

### Food Program Meal Component:

1 bread/bread alternate

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## Ants on a Log

### Procedure:

Fill a 3-inch length of celery with 1 tsp. cheese or 1 tsp. peanut butter. Use raisins for the "ants," placing them so they stick to the cheese or peanut butter.

### Serving Size:

4 strips needed for 3 to 6 year olds at lunch/supper

8 strips needed for 3 to 6 year olds at breakfast/snack

### Food Program Meal Component:

1 fruit/vegetable

1 meat/meat alternate

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## Trail Mix

### Ingredients:

- 1 cup sunflower seeds
- 1 cup raisins
- 1 cup grated unsweetened coconut
- 1 cup peanuts
- 1 cup dried fruit

### Procedure:

Put all ingredients into separate bowls. Put a spoon in each bowl. Give each one of the children a reclosable plastic bag. Let them fill their bags with a scoop of goodies from each of the bowls. Help them seal and then shake their bags to mix up the ingredients.

### Yield:

18 servings

### Food Program Meal Component:

1/2 oz. meat/meat alternate

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## Watermelon Fruit Pops

Ingredients:

4 cups diced watermelon

Procedure:

Remove seeds from watermelon. Mash melon in a blender. Freeze 1/2 cup in 9 popsicle forms, or small paper cups. When partially frozen, insert a plastic spoon or popsicle stick. Return to freezer until solid.

Yield:

9 servings

Serving Size:

1 pop

Food Program Meal Component:

1/2 fruit/vegetable

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## Sand Cups

### Ingredients:

- 2 - 8 oz. cups of fruit-flavored yogurt
- 1 - 8 oz. tub of whipped topping
- 1 - 10 oz. bag vanilla wafers, crushed
- 8 - 7 oz. plastic cups

### Procedure:

Stir together the yogurt, whipped topping, and half of the crushed wafers. Place one tablespoon of crushed wafers into cups. Fill cup 3/4 full with yogurt mixture. Top with remaining crushed wafers. Refrigerate one hour. Decorate with such items as miniature umbrellas, gummy worms, candy stars, chopped peanuts, etc.

### Yield:

8 servings

### Serving Size:

1 sand cup, at snack only

### Food Program Meal Component:

1 oz. meat/meat alternate

1 bread/bread alternate

Note: Cookies/bars are limited to twice per week service



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## Flower Pot Sundae

### Ingredients:

- 1/2 lb. enriched chocolate wafer cookies, crushed
- 1/2 gallon vanilla ice cream

### Procedure:

Set aside half of the crushed cookies. Divide the remainder of the crushed cookies equally into 6 styrofoam cups. Next add a scoop of ice cream to cover the cookie material. Sprinkle the crushed cookies you set aside equally on top of the ice cream to look like soil.

### Yield:

6 servings

### Serving Size:

1 flower "pot"

### Food Program Meal Component:

- Only the cookies are creditable
- 2 bread/bread alternate, at snack only
- Note: Cookies/bars are limited to twice per week service



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## Apple Donuts

### Ingredients:

- 12 enriched miniature donuts
- 1 apple
- Peanut butter

### Procedure:

Core the apple, and slice into donut holes. Spread one donut with peanut butter and top the other donut for a "sandwich."

### Yield:

6 servings

### Food Program Meal Component:

1 bread/bread alternate

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## Orange Sherbet Treat

### Ingredients:

- 1 - 12 oz. can orange juice concentrate
- 1/4 cup apple juice concentrate
- 3 1/2 cups water
- 1 cup whipped cream

### Procedure:

Thoroughly blend the ingredients together in a blender. Pour into a baking dish and place in freezer. Stir every hour for 6 to 7 hours.

### Yield:

14 servings

### Food Program Meal Component:

1/2 cup full-strength juice

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## Ghost Pancakes

### Ingredients:

1/2 cup whole wheat flour  
1 egg, beaten  
1 1/2 cups rolled oats  
1 tsp. oil  
1 Tbsp. baking powder  
1 Tbsp. honey  
1 tsp. salt  
1 1/2 cups water  
1/2 cup dry milk

### Procedure:

Stir the dry ingredients together in a large bowl. Beat the egg and honey with a fork. Combine with oil and milk. Add to the dry ingredients. On a hot griddle, pour batter in ghost-like shapes. The batter will be thin. When cooked, the "ghosts" will puff up!

### Yield:

21 servings

### Food Program Meal Component:

1 bread/bread alternate

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## Candle Salad

### Ingredients:

- 1 - 20 oz. can pineapple rings
- 3 medium bananas
- 1 carrot
- Lettuce
- Nuts
- Dried fruit

### Procedure:

Place a pineapple ring on a lettuce leaf. Stand 1/2 of a peeled banana in the center of the pineapple ring. Cut off the pointed end of the banana. Next, make a "flame" for the banana candle by peeling off a strip of carrot with a vegetable peeler. Roll the carrot strip into a circle, overlapping the two ends. Stick one end of a toothpick through the ends of the carrot strip, and the other end down into the top of the banana. Pinch the carrot strip to make it pointed. Decorate the candle salad with nuts and pieces of other fruit, if desired.

### Yield:

6 servings

### Serving Size:

1 salad

### Food Program Meal Component:

1/2 cup fruit/vegetable



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## Dinosaur Sesame Thins

### Ingredients:

- 2 cups enriched white flour
- 1/3 cup vegetable oil
- 1/4 cup unsweetened fruit juice
- 1 cup sesame seeds
- 1/2 tsp. salt (optional)

### Procedure:

Preheat oven to 325 degrees. Combine flour and oil in a mixing bowl. Gradually add the fruit juice, stopping when the dough is soft and easy to work with. Add the sesame seeds (and salt, if desired). Mix thoroughly by hand. Roll on a floured surface to 1/2-inch thickness. Cut into 2-inch dinosaur shapes. Place on nonstick baking sheets and poke twice with a fork. Bake 20 to 25 minutes until the edges brown.

### Yield:

31 servings

### Food Program Meal Component:

1 bread/bread alternate