

SNACK TIME WITH CEREAL

Cereal isn't just for the A.M.

It can also be used to make a snack that kids love! Cereal pairs well with yogurt, fruit, nut or seed butter, or even veggies to make a creditable snack in the Child and Adult Care Food Program. Whole grain-rich cereal is an easy, great tasting way to meet the daily whole grain requirement.

Here are a few ideas to get you started!

STEP 1
Select a whole grain-rich cereal



$\frac{3}{4}$ cup Cinnamon Chex™ = 0.5 oz eq grains



$\frac{1}{2}$ cup Original Cheerios™ = 0.5 oz eq grains



$\frac{3}{4}$ cup Kix™ = 0.5 oz eq grains

STEP 2
Pair it with a meat alternate



4 oz Yoplait™ Peach Yogurt (1 meat alternate)

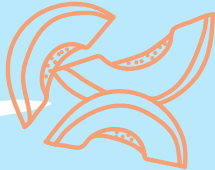


1 oz sunflower seeds (1 meat alternate)



4 oz Yoplait™ Parfait Pro® Blueberry Yogurt or Yoplait™ Original Blueberry Yogurt (1 meat alternate)

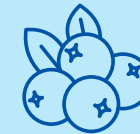
STEP 3
Round it out with a fruit or veggie



Canned peaches ($\frac{1}{2}$ cup fruit)



Box of raisins ($\frac{1}{2}$ cup fruit)



Blueberries ($\frac{1}{2}$ cup fruit)

STEP 4
Name it!

DIY Peach Cobbler

Sunny Day Trail Mix

Blueberrylicious Parfait



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OF HEALTH & NUTRITION
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