



# Orange Yogurt Sippers

Prep Time 

Total Time 

Servings 

## INGREDIENTS

- 1 container (6 oz) Yoplait™ Original yogurt orange crème
- 2 tablespoons orange juice
- 1 orange slice, if desired

## DIRECTIONS

1. Eat about a tablespoon of yogurt out of yogurt container. Stir orange juice into yogurt with fork until smooth. Garnish with orange slice. Add a straw, and enjoy from yogurt container.

Toddler 1-2 year old	1/2 Container	0.5 oz meat/ meat alternate at breakfast* and snack
Preschool 3-5 year old	1/2 Container	0.5 oz meat/ meat alternate at breakfast* and snack
School Age 6-12 year old	1 Container	1 oz meat/ meat alternate at breakfast* and snack

\* Effective October 1, 2017 with the NEW CACFP Meal Patterns meat/ meat alternate can replace grain/ bread at breakfast up to three times per week.

## Nutrition Information:

Serving Size: 1 - 4 oz. container yogurt

160  
CALORIES

2g  
TOTAL FAT

1g  
SATURATED  
FAT

0g  
TRANS  
FAT

95mg  
SODIUM

29g  
CARBS

21g  
SUGARS

6g  
PROTEIN



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# Sunny Lemon-Raspberry Muffins

Prep Time  15 min

Total Time  35 min

Servings  10

## INGREDIENTS

- 1 egg or 1/4 cup fat-free egg product
- 1 1/2 cups Gold Medal™ whole wheat flour
- 1 1/2 cups Whole Grain Total™ cereal, slightly crushed (1 cup)
- 1/3 cup sugar
- 1/4 cup fat-free (skim) milk
- 1/4 cup canola or soybean oil
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 container (6 oz) Yoplait™ Original yogurt lemon burst
- 1/2 cup fresh or frozen (partially thawed) raspberries

## DIRECTIONS

1. Heat oven to 400°F. Line 10 regular-size muffin cups with paper baking cups.
2. In large bowl, beat egg slightly. Stir in remaining ingredients except raspberries just until moistened; gently stir in raspberries. Divide batter evenly among muffin cups.
3. Bake 15 to 20 minutes or until golden brown. Immediately remove from pan.

Toddler 1-2 year old	1/2 Muffin	0.5 oz grain/ bread at breakfast
Preschool 3-5 year old	1/2 Muffin	0.5 oz grain/ bread at breakfast
School Age 6-12 year old	1 Muffin	1 oz grain/ bread at breakfast

\* Effective October 1, 2017 with the NEW CACFP Meal Patterns meat/ meat alternate can replace grain/ bread at breakfast up to three times per week.  
~20g whole grain per serving  
16g whole grain = 1 whole grain ounce-equivalent

## Nutrition Information:

Serving Size: 1 medium muffin

190  
CALORIES

7g  
TOTAL FAT

0.5g  
SATURATED  
FAT

0g  
TRANS  
FAT

330mg  
SODIUM

28g  
CARBS

3g  
FIBER

10g  
SUGARS

4g  
PROTEIN



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# Cheerios™ Banana Quesadillas

Prep Time  10 min

Total Time  10 min

Servings  2

## INGREDIENTS

- 2 whole-wheat flour tortillas (8-9 inch)
- 2 tablespoons peanut butter
- 1/2 cup Cheerios™ cereal
- 2 medium bananas, thinly sliced (1 cup)
- 2 teaspoons honey

## DIRECTIONS

1. Over each tortilla, spread 1 tablespoon peanut butter. Over half of each peanut butter-topped tortilla, sprinkle 1/4 cup of the cereal. Arrange 1 sliced banana over cereal and drizzle with 1 teaspoon honey.
2. Fold tortillas over filling, then cut each in half, making 4 triangles.

Toddler 1-2 year old	1/2 Quesadilla	0.5 oz grain/ bread 0.5 oz meat/ meat alternate 1/4 cup fruit
Preschool 3-5 year old	1/2 Quesadilla	0.5 oz grain/ bread 0.5 oz meat/ meat alternate 1/4 cup fruit*
School Age 6-12 year old	1 Quesadilla	1 oz grain/ bread 1 oz meat/ meat alternate 1/2 cup fruit

~30g whole grain per serving  
 16g whole grain = 1 whole grain ounce-equivalent  
 \* An additional 1/4 cup fruit served on the side is needed for a reimbursable breakfast.

## Nutrition Information:

Serving Size: 1 Quesadilla



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# Banana-Strawberry Parfaits

Prep Time  Total Time  Servings 

## INGREDIENTS

- 1 1/2 cups Yoplait™ Original yogurt, strawberry (from 32 oz container)
- 2 cups Cheerios™ cereal or Multigrain Cheerios™ cereal
- 1 medium banana, sliced
- 1 1/2 cups sliced fresh strawberries

## DIRECTIONS

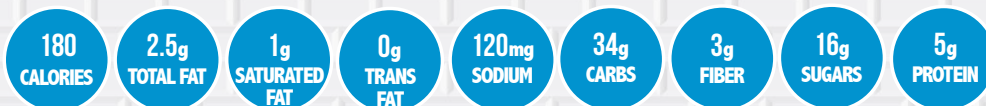
1. In each of 4 parfait glasses, alternate layers of yogurt, cereal, banana, and strawberries. Serve immediately.

Toddler 1-2 year old	1 Parfait	0.5 oz grain/ bread 0.5 oz meat/ meat alternate 1/2 cup fruit
Preschool 3-5 year old	1 Parfait	0.5 oz grain/ bread 0.5 oz meat/ meat alternate 1/2 cup fruit
School Age 6-12 year old	2 Parfait	1 oz grain/ bread 1 oz meat/ meat alternate 1 cup fruit

~ 11g whole grain per serving  
 16g whole grain = 1 whole grain ounce-equivalent  
 \* Effective October 1, 2017 with the NEW CACFP  
 Meal Patterns meat/ meat alternate can replace grain/  
 bread at breakfast up to three times per week.

## Nutrition Information:

Serving Size: 1 Parfait



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# Funny Face Yogurt Cup

Prep Time  5 min

Total Time  5 min

Servings  1

## INGREDIENTS

1 container (4 or 6 oz) Yoplait™ Original yogurt (any flavor)  
Assorted cut fruits and vegetables (such as apples, bananas, strawberries, grapes, carrots, celery)

## DIRECTIONS

Using photo as a guide, top yogurt with desired toppings to make a funny face.

Toddler 1-2 year old	1/2 Container	0.5 oz meat/ meat alternate at breakfast* and snack
Preschool 3-5 year old	1/2 Container	0.5 oz meat/ meat alternate at breakfast* and snack
School Age 6-12 year old	1 Container	1 oz meat/ meat alternate at breakfast* and snack

**KEEP KIDS SAFE!** To avoid choking, give fruit and vegetables cut to the appropriate size to children. Children should be seated and supervised while eating.

\* Effective October 1, 2017 with the NEW CACFP Meal Patterns meat/ meat alternate can replace grain/ bread at breakfast up to three times per week.

## Nutrition Information:

Serving Size: 1 - 4 oz container yogurt

150  
CALORIES

1.5g  
TOTAL FAT

1g  
SATURATED  
FAT

0g  
TRANS  
FAT

70mg  
SODIUM

28g  
CARBS

1g  
FIBER

23g  
SUGARS

5g  
PROTEIN



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