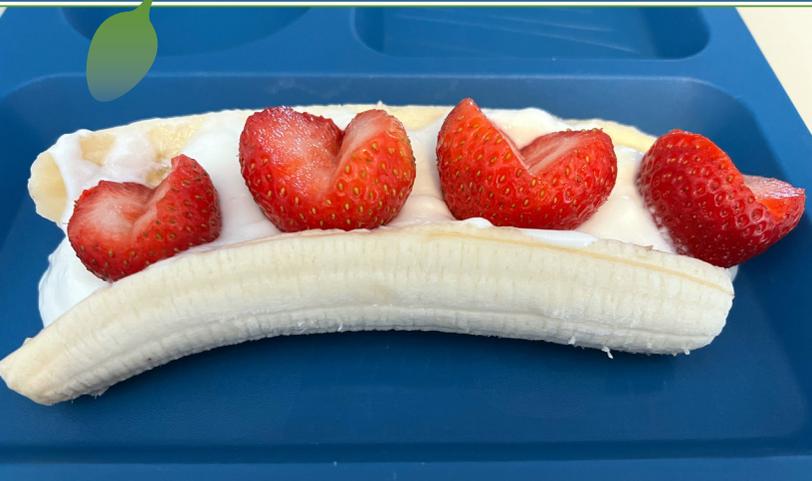


VALENTINE BANANA SPLIT



Ingredients

1 Whole Banana
Yogurt
Strawberries

Directions

1. Peel and cut a banana in half lengthwise and place it on the dish.
2. Add yogurt to the top of the banana.
3. Cut strawberries into heart shapes and place on yogurt.

Note: serve with milk to provide breakfast.

Crediting

Provides a Fruit and Meat/Meat Alternate at Breakfast.

Yogurt Portion

Toddler
¼ Cup

Preschool
¼ Cup

School Age
½ Cup

Strawberry Portion

Toddler
¼ Cup

Preschool
½ Cup

School Age
½ Cup

Milk Portion

Toddler
½ Cup

Preschool
¾ Cup

School Age
1 Cup