



JACK-O-LANTERN QUESADILLAS

Ingredients

- 6 Tortillas* – 8" each
- 1½ Cups Refried Beans
- 1½ Cups Shredded Cheese

Directions

1. Cover a sheetpan with tinfoil and preheat oven to 425°.
2. Place 3 of the tortillas on the sheet pan. Put ½ cup of refried beans on each tortillas.
3. Put ½ cup of shredded cheese on each tortilla.
4. Cut out a jack-o-lantern face with remaining three tortillas, using a paring knife or kitchen shears.
5. Place the three tortillas on top of those on the sheet pan and bake for 10-15 minutes, until cheese is melted and top tortilla is slightly browned.

Toddler = ¼ quesadilla; Preschool = ½ quesadilla; School-Age = ½ quesadilla. Credits for grain/bread and meat/meat alternate at lunch/supper.

*If you use a whole grain-rich tortilla, this recipe meets the whole grain rich requirement.