

TOAST TO FATHER'S DAY

This would be a great snack to try family-style meal service. Serving meals family-style means that enough food is served in large, shared bowls or platters with enough food for all children to have at least the minimum portion sizes. Children should be encouraged to select the items and quantities that they desire and serve themselves.



Ingredients

Enriched or Whole Grain Bread Slices
 Cream Cheese, Hummus, or Peanut Butter
 Chopped Veggies: Bell Peppers, Carrots,
 Cucumbers, Cauliflower, Black Olives

Directions

1. Toast your bread until lightly brown.
2. Coat with spread of choice.
3. Create your dad's face with the chopped veggies.

Crediting

Provides a Grain/Bread & Vegetable at Snack.

Toddler

½ Slice Bread and
 ½ Cup Vegetables

Preschool:

½ Slice Bread and
 ½ Cup Vegetables

School Age

1 Slice Bread and
 ¾ Cup Vegetables