

BIRD BERRY SNACK



Ingredients

4½ Cups Fresh
Pineapple Slices
6 Baby Carrots
12 Raisins
3 Ounces Pretzel Sticks
A Handful of Colorful
Round Cereal (optional)

Directions

1. Place pineapple slices in the center of the plate (see correct portion sizes below).
2. Arrange the pretzel sticks around the bottom of the plate to resemble a bird's nest.
3. Slice the baby carrots into thin rounds. Carefully slice two tiny triangles from the bottoms of those rounds. Place these on the bird for the feet.
4. Next, slice another round off your carrot and cut it into a triangle. Place this triangle on your bird for the nose. Finally, slice three thin strips off the remaining baby carrot for the top feathers.
5. Take your two raisins and place them on the birdie for the eyes.
6. Lastly, decorate with colorful cereal for eggs.

Crediting

Provides a Fruit and Grain/Bread at Snack.

Toddler

16 Pretzel Sticks +
½ Cup Fruit

Preschool

16 Pretzel Sticks +
¾ Cup Fruit

School Age

31 Pretzel Sticks +
¾ Cup Fruit