

# FRUIT AND CHEESE KABOBS

March 28

National Something on a Stick Day



## INGREDIENTS

- 12 Straws
- 3 Cups Fresh Strawberries (halved)
- 3 Cups Green Grapes
- 6 Ounces Cubed Cheese (cheddar, mozzarella or swiss)

## DIRECTIONS

1. On 12 straws, alternately thread strawberries, grapes and cheese cubes.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

## MEAL TYPE

-  Snack

## YIELD

12 Kabobs

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Kabob	1 Kabob	2 Kabobs	2 Kabobs