



LADYBUG APPLE SNACKS

March 11

National Johnny Appleseed Day



INGREDIENTS

- 3 Cups Apple Slices
- 3 Tablespoons Peanut Butter
(or soy nut or sunflower seed)
- ¼ Cup Raisins
- 12 Pretzel Sticks

DIRECTIONS

1. Use 2 tablespoons of peanut butter to combine the apple slices into a half-circle (2 teaspoons each lady bug)
2. Use the remaining tablespoon of peanut butter to attach the raisins to the outside of the apple slices as lady bug dots and the pretzel sticks (2 per “bug”) as antennae.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

6 Lady Bugs

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Lady Bug	1 Lady Bug	2 Lady Bugs	2 Lady Bugs