



TUNA MELT WRAP

May 2

World Tuna Day



INGREDIENTS

- 4 Cans (5 oz each) Tuna in Water (drained)
- 4 Tablespoons Greek Yogurt
- 2 Tablespoons Dijon Mustard
- 2 Tablespoons Lemon Juice
- 1 Cup Celery (finely chopped)
- 4 Tablespoons Red Onion (finely chopped)
- ½ Teaspoon Black Pepper
- 1 Teaspoon Garlic Powder
- 8 Tortilla, soft, flour (about 8” and at least 56 grams each), enriched or whole grain-rich
- 2 Cups Shredded Cheddar Cheese
- 2 Cups Baby Spinach
- 1 Cup Sliced Cucumber
- 1 Cup Sliced Tomatoes
- Olive Oil Spray

DIRECTIONS

1. Start by draining the cans of tuna and placing the tuna in a medium-sized mixing bowl. Use a fork to break up the chunks of tuna into smaller, flakier pieces.
2. To the tuna, add the Greek yogurt and Dijon mustard. Stir to combine, ensuring that the tuna is evenly coated in the creamy mixture.
3. Stir the celery and red onion into the tuna salad. Add the lemon juice, garlic powder, and black pepper, and mix until all ingredients are well combined. Taste the mixture and adjust seasoning as necessary. Set aside.
4. If you'd like your wrap to have a bit of crunch, lightly warm the wraps in a skillet over medium heat for 1-2 minutes on each side. This step is optional but can enhance the texture of the wrap.
5. Lay the warm wraps flat on a clean surface, and evenly spread the tuna salad filling down the center of each wrap. Top the tuna salad with spinach, cucumber, and tomatoes. Evenly distribute the shredded cheddar cheese on top of the veggies.
6. Heat a non-stick skillet over medium heat and lightly spray with olive oil.
7. Place the assembled wrap in the skillet, folding the edges in slightly to help hold the filling. Cook for 2-3 minutes on one side, until golden brown, then flip it over and cook for another 2-3 minutes on the other side. The cheese should be melted, and the wrap should be crispy on the outside.
8. Toast the remaining wraps one by one, spraying the skillet with more olive oil as needed.
9. Serve the wraps immediately.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

8 Wraps

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Wrap	½ Wrap	1 Wrap	1 Wrap



ORANGE BERRY FRUIT SALAD

May 4

National Orange Juice Day

INGREDIENTS

- 16 Ounces Strawberries (tops removed, cut into bite sized pieces)
- 16 Ounces Blueberries
- 8 Ounces Blackberries
- 8 Ounces Raspberries
- 5 Mandarin Oranges (peeled, segmented)

Dressing

- ½ Cup Honey
- ¼ Cup Fresh Mandarin Orange Juice (or regular fresh orange juice)
- 2 Teaspoons Poppy Seeds
- Pinch Sea Salt

DIRECTIONS

1. Mix dressing ingredients until fully incorporated.
2. Gently toss fruit in half of the poppy seed dressing. Reserve the remaining dressing for serving.

MEAL PATTERN CONTRIBUTION

 Fruit

MEAL TYPE

 Breakfast

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	½ Cup	½ Cup	½ Cup



HOAGIE DIP

May 5

National Hoagie Day




INGREDIENTS

- 2/3 Cup Mayonnaise
- 2 Tablespoons Red Wine Vinegar
- 1/2 Teaspoon Italian Seasoning
- 12 Ounces Ham, Mild Cured, Ready-to-cook, chilled or frozen (chopped)
- 4 Ounces Provolone (chopped)
- 2 Cups Grape Tomatoes (quartered)
- 1/2 Cup Pepperoncino (chopped)
- 1/2 Cup Red Onion (finely minced)
- 6 Cups Romaine Lettuce (chopped)
- 4 Ounces Tortilla Chips (enriched or whole grain-rich)

DIRECTIONS

1. Whisk the mayonnaise, red wine vinegar, and Italian seasoning together in a large bowl.
2. Add the ham, provolone, tomatoes, peppers, and onion, and toss to combine.
3. Place the lettuce on top, cover, and chill until just before serving.
4. Stir in the lettuce and serve.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

MEAL TYPE

-  Snack

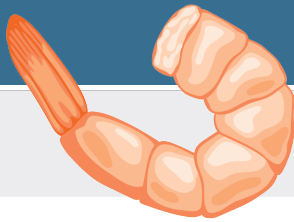
YIELD

12 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Ounce Tortilla Chips + 1 Cup Dip	1/2 Ounce Tortilla Chips + 1 Cup	1 Ounce Tortilla Chips + 1 1/2 Cups	1 Ounce Tortilla Chips + 1 1/2 Cups

GARLIC SHRIMP & BROCCOLI



May 10

National Shrimp Day


INGREDIENTS

- 1 Pound Large Shrimp (peeled and deveined)
- 5 Tablespoons Olive Oil (divided)
- 10 Cloves Garlic (minced; divided)
- 1 Teaspoon Paprika
- Salt and Pepper (to taste)
- 1 Tablespoon Lemon Juice
- 2 Cups Broccoli Florets
- 2 Tablespoons Unsalted Butter
- 1 Teaspoon Lemon Zest
- 1 Teaspoon Dried Oregano

DIRECTIONS

1. Season the shrimp with salt, pepper, paprika, and a tablespoon of lemon juice. Toss the shrimp to evenly coat them with the spices and set aside.
2. In a large skillet, heat 2 tablespoons of olive oil over medium-high heat.
3. Once the oil is hot, add the seasoned shrimp to the skillet. Cook for 2-3 minutes on each side, until the shrimp are pink and opaque. Remove the shrimp from the skillet and set aside on a plate.
4. While the shrimp are cooking, wash and chop the broccoli into bite-sized florets.
5. In the same skillet, add 1 tablespoon of olive oil. Once the oil is hot, add 2 cloves of minced garlic and sauté for 30 seconds until fragrant.
6. Add the broccoli florets and sauté for about 5-7 minutes, stirring occasionally. The broccoli should be tender but still slightly crisp. Season with salt and pepper to taste. Once the broccoli is cooked, remove it from the skillet and set it aside with the shrimp.
7. In the same skillet, reduce the heat to medium. Add 2 tablespoons of butter and 2 tablespoons of olive oil to the pan. Let the butter melt completely.
8. Add 4 cloves of minced garlic to the skillet and sauté for 1-2 minutes, making sure not to burn it.
9. Stir in the lemon zest and dried oregano, allowing the flavors to combine. Taste the sauce and adjust with salt and pepper.
10. Return the cooked shrimp and broccoli to the skillet with the garlic sauce. Toss everything together gently, ensuring the shrimp and broccoli are coated with the sauce.
11. Let everything simmer together for 2-3 minutes to allow the flavors to meld. Serve immediately.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

4 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	1 Cup



FETA EGGS

May 11

National Brunch for Lunch Day

INGREDIENTS

- 3 Tablespoons Butter
- ¾ Cup Chopped Onion
- 12 Eggs (beaten)
- ¾ Cup Chopped Tomatoes
- 6 Tablespoons Crumbled Feta Cheese
- Salt and Pepper (to taste)

DIRECTIONS

1. Melt butter in a skillet over medium heat.
2. Saute onions until translucent.
3. Pour in eggs. Cook, stirring occasionally to scramble.
4. When eggs appear almost done, stir in chopped tomatoes and feta cheese, and season with salt and pepper.
5. Cook until cheese is melted.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

3 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅛ Cup	¼ Cup	¼ Cup	¼ Cup



GREEK YOGURT FRUIT COCKTAIL MUFFINS

May 13

National Fruit Cocktail Day

INGREDIENTS

- 1 Cup All-Purpose, Enriched Flour
- 1 Tablespoon Cornstarch
- ½ Tablespoon Baking Powder
- ¾ Cup Fruit Cocktail (well drained)
- 1 Large Egg
- ½ Cup Vanilla Flavored Greek Yogurt (23 grams or less sugar per 6 ounces)
- 1 Teaspoon Vanilla Extract
- 2 Tablespoons Vegetable Oil
- ½ Cup Sugar

DIRECTIONS

1. Preheat the oven to 350° F. Spray and lightly flour (do not use muffin liners as these stick) 8 of the muffin cups and set aside.
2. In a bowl, mix together flour, cornstarch and baking powder.
3. Stir in the fruit cocktail.
4. In a separate bowl, beat the egg, then stir in yogurt, vanilla and oil.
5. Add the dry ingredients to the wet and mix until just combined.
6. Fill up the prepared muffin tin a little over ¾ of the way full.
7. Bake for 25-30 minutes or until a fork when inserted in the center comes out clean.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

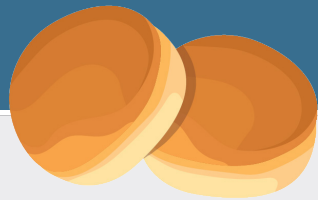
 Snack

YIELD

8 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Muffin	1 Muffin	2 Muffins	2 Muffins



MAKE AHEAD BREAKFAST BISCUIT SANDWICHES

May 14

National Buttermilk Biscuit Day

INGREDIENTS

- 12 Slices Bacon
- 12 Large Eggs (lightly beaten)
- Kosher Salt & Black Pepper (to taste)
- 1½ Tablespoons Unsalted Butter
- 12 Slices Sharp Cheddar Cheese
- 12 Refrigerated Biscuits (at least 28 grams each; enriched or whole grain-rich)

DIRECTIONS

1. Preheat oven to 450°. Line a baking sheet with parchment paper or a silicone baking mat.
2. Place biscuits onto the prepared baking sheet.
3. Place into oven and bake for 14-16 minutes, or until golden brown; set aside.
4. Reduce oven temperature to 400°. Line a baking sheet with foil.
5. Place bacon in a single layer onto the prepared baking sheet. Place into oven and bake until almost crisp, about 6-8 minutes. Transfer to a paper towel-lined plate; cut in half crosswise and set aside.
6. Melt butter in a large skillet over medium low heat. Add eggs and cook, stirring gently using a silicone or heat-proof spatula, until they just begin to set; season with salt and pepper, to taste. Continue cooking until thickened and no visible liquid egg remains, about 4-6 minutes.
7. Split biscuits; top with cheese, eggs and bacon, and then cover with another biscuit top to create a sandwich. Repeat with remaining biscuits to make 12 sandwiches. Wrap tightly in plastic wrap and place in the refrigerator.
8. To reheat, remove plastic wrap from the sandwich and wrap in a paper towel. Place into microwave for 1 minute, or until heated through completely. Serve immediately.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate (Extra)

MEAL TYPE

-  Breakfast

YIELD

12 Biscuit Sandwiches

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Biscuit Sandwich	½ Biscuit Sandwich	1 Biscuit Sandwich	2 Biscuit Sandwiches



GRILLED CHICKEN TACOS WITH GUACAMOLE

May 16

National Barbeque Day

INGREDIENTS

- 2 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
 - ¼ Cup Canola or Vegetable Oil
 - 2 Tablespoons Fresh Lime Juice
 - 1 Teaspoon Chili Powder
 - 1 Teaspoon Cumin Powder
 - ½ Teaspoon Garlic Powder
 - 1 Teaspoon Salt
 - 1 Teaspoon Pepper
 - 12 Tortilla, Soft, Flour (about 6"; enriched or whole grain-rich)
 - 1 Cup Cherry Tomatoes
- Guacamole:
- 3 (1½ Cups) Avocados
 - ½ Cup White Onion (finely diced)
 - ¼ Cup Cilantro Leaves (chopped)
 - ½ Jalapeno (finely diced)
 - 2 Tablespoons Fresh Lime Juice
 - 1 Teaspoon Salt
 - ¼ Teaspoon Garlic Powder (optional)

DIRECTIONS

1. In a bowl, stir together oil, lime juice, chili powder, cumin, garlic powder, salt, and pepper. Pierce chicken breasts with a fork. Place in a large Ziploc bag. Pour marinade over chicken. Let marinate for at least 30 minutes up to 5 hours.
2. Preheat grill to medium heat. Brush grill with oil to prevent sticking. Place chicken on the grill. Cook for approximately 5 - 6 minutes per side, depending on the thickness of chicken. Let rest for 5 minutes. Cut into bite-size pieces.
3. In a medium bowl, lightly mash avocados with a fork, leaving chunks, if so desired. Add diced onions, cilantro, jalapeno. Drizzle with fresh lime juice. Sprinkle salt and garlic powder. Stir. Taste and add more salt as needed.
4. Heat skillet over medium heat and add a little oil to the skillet. Add tortillas and cook for about 1 minute per side or until pliable.
5. Fill each tortilla with chicken and top with guacamole and tomatoes. Add cotija cheese and Mexican cheese, if desired.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

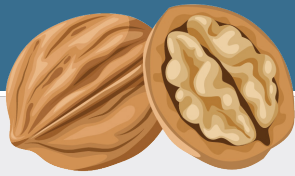
 Lunch/Supper

YIELD

12 Tacos

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Taco	1 Taco	2 Tacos	2 Tacos



BANANA WALNUT STREUSEL MUFFINS

May 17

National Walnut Day

INGREDIENTS

Topping:

- ¼ Cup Flour
- ½ Cup Brown Sugar
- 1 Teaspoon Cinnamon
- ½ Cup Walnuts (finely chopped)
- 2 Tablespoons Unsalted Butter (melted)

Muffins:

- 2½ Cups Flour
- 3 Teaspoons Baking Powder
- ¼ Teaspoon Baking Soda

- ½ Teaspoon Fine Salt
- 1 Teaspoon Cinnamon
- 3 (1½ Cups) Medium Very Ripe Bananas
- ½ Cup Extra Virgin Olive Oil
- ¼ Cups Sugar
- 2 Large Eggs
- ½ Cup Buttermilk
- 1 Tablespoon Vanilla
- ½ Cup Chopped Walnuts

DIRECTIONS

1. Preheat the oven to 400°. Grease or spray a 12-cup muffin tin. Alternatively, use paper liners. If you want them to peel off easily, spray the liners.
2. In a bowl, combine the flour, brown sugar, walnuts, and cinnamon.
3. Add the melted butter and mix until crumbly. Set aside.
4. Whisk the flour, baking powder, baking soda, cinnamon and salt in a bowl. Set aside.
5. In a large bowl mash the bananas with a fork. It should measure 1 ½ cups.
6. Using a fork or a whisk, stir in the oil, sugar, eggs, buttermilk, and vanilla and mix until it's all combined. Add the dry ingredients and walnuts to the wet and stir. Once it's mostly incorporated, mix for 50 strokes.
7. Scoop batter into muffin pan filling to the very top.
8. Place on a baking sheet to catch any crumbs and for easy removal. Sprinkle the tops with the streusel. Bake for 25-30 minutes
9. Let cool for 5 - 10 minutes, then remove from pan and continue to cool on cooling rack.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

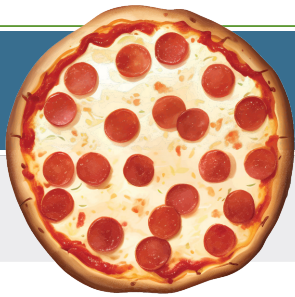
 Breakfast

YIELD

12 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Muffin	¼ Muffin	¾ Muffin	1¼ Muffins



CHEESY PEPPERONI PIZZA CHIPS

May 19

National Pizza Party Day

INGREDIENTS

- 1 Cup Shredded Mozzarella Cheese
- 1 Ounce (15 Slices) Pepperoni with CN Label or Product Formulation Statement

DIRECTIONS

1. Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Place small heaps (about 1 tablespoon each) of shredded mozzarella onto the baking sheet, leaving space between them.
3. Top each cheese pile with a slice of pepperoni.
4. Bake for 7-10 minutes, or until the cheese is golden and crispy.
5. Let them cool for a few minutes on the baking sheet before transferring to a plate.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

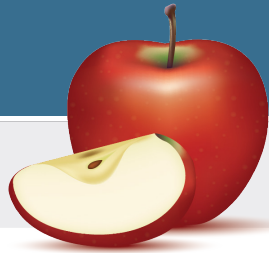
 Snack

YIELD

15 Chips

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Chip	1 Chip	2 Chips	2 Chips



BRIE, APPLE & CRANBERRY GRILLED CHEESE

May 20

National SugarBee Apple Day




INGREDIENTS

- 12 Slices Sourdough Bread (enriched or whole grain-rich; at least 28 grams each)
- 6 Tablespoons Butter
- 24 Ounces Chilled Brie (rind removed, cut into thin slices)
- 3 Cups Honeycrisp Apple (cut into thin slices)
- 1½ Cup Whole Berry Cranberry Sauce

DIRECTIONS

1. Butter the slices of bread on one side.
2. Heat a large skillet over medium-high heat. Place two slices of bread butter-side-down on the skillet. Top each slice with brie, sliced apple and cranberry sauce. Place the other slices of bread on top- butter-side-up. Place a lid on top of the skillet.
3. Reduce the heat to medium and let the sandwiches toast on the bottom. When the cheese looks like it's beginning to melt, take the lid off the skillet and use a spatula to check under the sandwiches. When they're golden brown, flip them gently. Toast the other side of the sandwich until golden brown. Serve and eat immediately.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit
-  Grain

MEAL TYPE

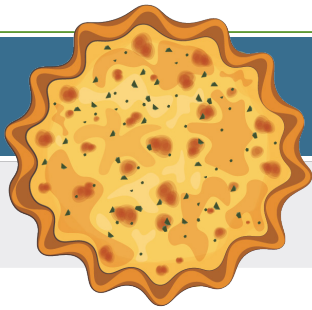
-  Lunch/Supper

YIELD

6 Sandwiches

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Sandwich	½ Sandwich	½ Sandwich	1 Sandwich



QUICHE LORRAINE BITES

May 20

National Quiche Lorraine Day

INGREDIENTS

- 2 Packages (15 Count Each) Phyllo Shells, Enriched
- 3 Large Eggs
- ¼ Cup Cream
- ¼ Cup Shredded Cheese
- ½ Tablespoon Flour
- Salt and Pepper (to taste)
- 3 Pieces Bacon (cooked and finely crumbled)

DIRECTIONS

1. Remove phyllo shells from package and place on a large rimmed baking pan.
2. In a glass measuring cup with a spout, combine eggs, cream, cheese, flour, salt & pepper and whisk until smooth.
3. Stir in sauteed onion and crumbled bacon.
4. Pour mixture into phyllo cups, filling almost to the top.
5. Bake at 350° approximately 12 minutes or until eggs are set.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

30 Bites

PORTION SIZES

Toddler	Preschool	School Age	Adult
4 Bites	4 Bites	8 Bites	16 Bites

STRAWBERRY SALSA & TORTILLA CHIPS



May 20

National Pick Strawberries Day



INGREDIENTS

- 5 Cups Strawberries (hulled and finely diced)
- 1 Jalapeno (stem/seeds removed, finely diced)
- 1 Cup Red Onion (finely diced)
- 1½ Cups Fresh Cilantro (finely-chopped)
- 2 (4 Tablespoons) Limes (juiced)
- Pinch of Salt and Black Pepper
- 4 Ounces Tortilla Chips (enriched or whole grain-rich)

DIRECTIONS

1. Toss all ingredients together until combined.
2. Season with extra salt and pepper, if needed.
3. Serve with tortilla chips.

MEAL PATTERN CONTRIBUTION

-  Fruit
-  Grain

MEAL TYPE

-  Snack

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce Chips + ¾ Cup Salsa	½ Ounce Chips + ¾ Cup Salsa	1 Ounce Chips + 1 Cup Salsa	1 Ounce Chips + ¾ Cup Salsa



STRAWBERRY CUCUMBER SALAD

May 21

National Eat More Fruits & Vegetables Day

INGREDIENTS

- 3 Cups Fresh Strawberries (sliced)
- 2 Cups Cucumber (sliced)
- 1 Cup Blueberries
- 3 Tablespoons White Wine Vinegar
- 3 Tablespoons Honey
- ½ Teaspoon Sea Salt
- ½ Teaspoon Freshly Ground Pepper
- Mint for Garnish (optional)

DIRECTIONS

1. Place strawberries, cucumbers and blueberries in a medium bowl. Set aside.
2. Whisk vinegar, honey, sea salt and pepper together until well combined.
3. Drizzle over fresh produce. Gently toss to coat.
4. Garnish with fresh mint, if desired.
5. Serve immediately or within 10 minutes for best results.

MEAL PATTERN CONTRIBUTION

 Fruit

MEAL TYPE

 Snack

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cup	1 Cup	1¼ Cups	1 Cup



HAM WRAPPED ASPARAGUS

May 24

National Asparagus Day



INGREDIENTS

- 20 Thick Asparagus Spears
- 1 Tablespoon Olive Oil
- 1/8 Teaspoon Salt
- 1/8 Teaspoon Freshly Ground Black Pepper
- 10 Slices (1/2 ounce each) Ham, Mild Cured, Ready-to-cook, chilled or frozen
- 1 Ounce Parmigiano Reggiano Cheese

DIRECTIONS

1. Preheat oven to 425°.
2. Trim the tough and fibrous grayish purple ends off the asparagus.
3. Place the asparagus spears on a sheet pan, and drizzle with olive oil, salt and pepper. Toss well to coat.
4. Lay the ham slices out onto a cutting board. Slice each in half down the length of the slice, then grate a thin layer of parmigiano reggiano on top of all the ham.
5. Roll each asparagus spear with the parmigiano ham, then arrange in a single layer on the sheet pan.
6. Bake for about 10 minutes (but check after 6-7 because thicknesses will vary), until the asparagus is still somewhat firm, but tender. It should limp slightly when picked up...or you can just taste it and see if it's done to your liking.
7. Grate more parmesan on top if you'd like, and enjoy.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

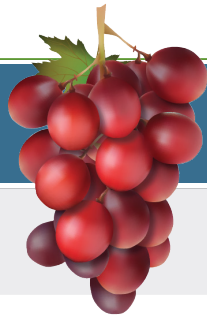
-  Snack

YIELD

20 Spears

PORTION SIZES

Toddler	Preschool	School Age	Adult
5 Spears	5 Spears	8 Spears	5 Spears



GRAPE AND YOGURT PARFAIT

May 27

National Grape Day

INGREDIENTS

- 2 Cups Green Grapes
- 2 Cups Red Grapes
- 6 Cups Vanilla Yogurt
(23 grams or less of sugar per 6 ounces)
- 1½ Cups Granola
(6 grams or less of sugar per dry ounce)

DIRECTIONS

1. Place 1 cup yogurt at the bottom of a cup or bowl.
2. Top with ⅔ cup of grapes and ¼ cup of granola.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Breakfast

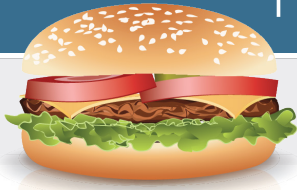
YIELD

6 Parfaits

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Parfait	1 Parfait	1 Parfait	2 Parfaits

HAMBURGER CASSEROLE



May 28

National Hamburger Day



INGREDIENTS

- ½ Pound Lean Ground Beef (90/10)
- 16 Ounce Can Refried Beans
- ⅓ Cup Salsa
- 2 Tablespoons Taco Seasoning
- 6 Ounce Package Cornbread Mix (enriched or whole grain rich)
- ⅓ Cup Tortilla Chips (crushed)
- 1 Cup Shredded Cheddar Cheese

DIRECTIONS

1. Preheat oven to 350°. In a 10-inch cast-iron or other ovenproof skillet, cook beef over medium heat until no longer pink, 6-8 minutes, crumbling beef; drain. Transfer to a small bowl. Stir in beans, salsa and taco seasoning; keep warm. Wipe pan clean.
2. Prepare cornbread mix according to package directions; stir in crushed tortilla chips.
3. Pour into skillet. Bake until set, 12-15 minutes.
4. Spread ground beef mixture over cornbread to within 1 inch of edges; sprinkle with cheese.
5. Bake until cheese is melted and crust is golden brown, 3-5 minutes.
6. Cut into 6 even wedges.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

6 Wedges

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Wedge	½ Wedge	1 Wedge	2 Wedges