



MELON BREAKFAST BOWLS

August 11

National Melon Day



INGREDIENTS

- (4) 4 Pound Honeydew Melons
- 4 Cups Greek Yogurt
(that meets sugar limits)
- ½ Cup Blueberries
- ½ Cup Raspberries
- ½ Cup Cherries
- ½ Cup Sliced Kiwi
- 1 Cup Sliced Banana
- 1 Cup Diced Mango

DIRECTIONS

1. Slice your melon in half and remove the seeds. If necessary, scoop out a little bit of the flesh to make space for your yogurt. Drain any excess liquid out of the melons.
2. If the halves don't sit securely on a plate, take a small slice off the bottoms to balance them. Fill each half with yogurt.
3. Top with fruit and berries. Serve right away.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

 Breakfast

YIELD

8 Bowls with
4 Cups Yogurt
+ 4 Cups Fruit

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Melon Bowl with ¼ Cup Yogurt + ¼ Cup Fruit	1 Melon Bowl with ¼ Cup Yogurt + ½ Cup Fruit	1 Melon Bowl with ½ Cup Yogurt + ½ Cup Fruit	1 Melon Bowl with 1 Cup Yogurt + ½ Cup Fruit