

# ANTS ON A LOG WITH COTTAGE CHEESE & TOMATOES

*September 12*

National Ants On A Log Day


## INGREDIENTS

- 36 Celery Sticks (½" by 4")
- 1½ Cups Cottage Cheese
- 2 Cups Grape Tomatoes (halved)

## DIRECTIONS

1. Use a butter knife to spread ⅓ ounce cottage cheese onto each celery stick.
2. Top each celery stick with ⅛ cup of grape tomatoes.
3. Serve immediately and enjoy!

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

-  Snack

## YIELD

36 Each

## PORTION SIZES

Toddler	Preschool	School Age	Adult
4 Each	4 Each	6 Each	6 Each