





See below for 25 servings:

<b>Recipe Name:</b>	Citrus Yogurt Dip & Fruit Kid-Cuterie
<b>Category:</b>	Snack
<b>Portion Size(s):</b>	5 Portions / 3-5: 1/3 cup dip & 1/2 cup fruit; 6-18: 2/3 cup dip & 3/4 cup fruit
<b>Meal Components 3-5:</b>	1/2 oz eq M/MA, 1/2 cup fruit
<b>Meal Components 6-18:</b>	1 oz eq M/MA, 3/4 cup fruit
<b>Prep Time:</b>	20 minutes
<b>Cooking Time:</b>	No cook

Ingredients:	Ages 3-5		Ages 6-18	
	Weight	Measure	Weight	Measure
Pineapple, raw, diced	10 oz	1 cup	1 lb	1 1/2 cup
Cantaloupe, raw, diced	12 oz	1 cup	1 lb 1 oz	1 1/2 cup
Strawberries, raw, diced	3 oz	1/2 cup	4 1/2 oz	3/4 cup
Chobani Vanilla Greek Yogurt	11 oz	1 1/4 cup 2 Tbsp	1 lb 6 oz	2 3/4 cup
Cream cheese, low-fat	2 oz	1/4 cup	4 oz	1/2 cup
Lemon Zest		1/2 tsp		1 tsp
Orange Zest		1/2 tsp		1 tsp
Lime Zest		1/2 tsp		1 tsp

## Directions:

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1. In a large bowl, mix diced fruit together and chill in the refrigerator.
2. In a bowl, whisk or mix yogurt, cream cheese, lemon zest, orange zest, and lime zest. Let sit in the refrigerator for 4 hours to allow flavors to meld.
3. Serve:  
3-5: 1/3 cup (#12 scoop) dip & 1/2 cup (4 oz server) fruit;  
6-18: 2/3 cup (#6 scoop) dip & 3/4 cup (6 oz server) fruit

## Components Per One Serving 3-5:

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Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0.5 oz. eq.	0 oz. eq.	0 cups(s)	1/2 cup(s)	0 cup(s)

## Components Per One Serving 6-18:

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Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
1 oz. eq.	0 oz. eq.	0 cups(s)	3/4 cup(s)	0 cup(s)

## Nutrients Per One Serving 3-5:

Calories	130	kcal	Total Fat	3	g	Total Dietary Fiber	2	g	Vitamin C	62	mg
Saturated Fat	2	g	Trans Fat	0	g	Protein	7	g	Iron	<1	mg
Sodium	83	mg	Cholesterol	8	mg	Vitamin A	2,417	IU			
Sugars	17	g	Carbohydrate	19	g	Calcium	90	mg			

## Nutrients Per One Serving 6-18:

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Calories	232	kcal	Total Fat	6	g	Total Dietary Fiber	3	g	Vitamin C	94	mg
Saturated Fat	4	3g	Trans Fat	0	g	Protein	14	g	Iron	0	mg
Sodium	159	mg	Cholesterol	16	mg	Vitamin A	3,478	IU			
Sugars	27	g	Carbohydrate	32	g	Calcium	173	mg			

<b>Recipe Name:</b>	Alligator Tails
<b>Category:</b>	Snack
<b>Portion Size(s):</b>	25 portions/ 2 halves each
<b>Meal Components 3-5:</b>	½ cup vegetable
<b>Meal Components 6-18:</b>	¾ cup vegetable
<b>Prep Time:</b>	15 minutes
<b>Cooking Time:</b>	No cooking

Ingredients:	Ages 3-5		Ages 6-18	
	Weight	Measure	Weight	Measure
English cucumber, raw	4 lb 11 oz		7 lb 3 oz	
Cream cheese, low-fat	15 oz	1 ¾ cup 2 Tbsp	1 lb 6 ½ oz	2 ¾ cups 1 Tbsp
Olives, sliced, canned	5 oz	200 slices	5 oz	200 slices
Dillweed, dried	1 1/4 tsp			1 1/4 tsp

## Directions:

1. Wash and air-dry cucumbers.
2. Cut cucumbers into sections:  
For 3-5: at least 3 oz sections  
For 6-18: at least 4 ½ oz sections
3. Cut each section in half.
4. Hollow out seeds of cucumbers. Note: English cucumbers do not have very big seeds. Hollowing should be shallow and not deep.
5. Pipe cream cheese into hollowed out cucumber.
6. Place 4 sliced olives vertically in a row into piped cream cheese to create an alligator tail look.
7. Garnish with dill.
8. Serve 2 halves.

## Components Per One Serving 3-5:

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Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz. eq.	0 oz. eq.	1/2 cups(s)	0 cup(s)	0 cup(s)

## Components Per One Serving 6-18:

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Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz. eq.	0 oz. eq.	3/4 cups(s)	0 cup(s)	0 cup(s)

### Nutrients Per One Serving 3-5:

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Calories	64	kcal	Total Fat	5	g	Total Dietary Fiber	<1	g	Vitamin C	2	mg
Saturated Fat	2	g	Trans Fat	0	g	Protein	2	g	Iron	<1	mg
Sodium	119	mg	Cholesterol	12	mg	Vitamin A	214	IU			
Sugars	1	g	Carbohydrate	3	g	Calcium	27	mg			

### Nutrients Per One Serving 6-18:

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Calories	92	kcal	Total Fat	6	g	Total Dietary Fiber	1	g	Vitamin C	4	mg
Saturated Fat	4	g	Trans Fat	0	g	Protein	3	g	Iron	<1	mg
Sodium	156	mg	Cholesterol	18	mg	Vitamin A	322	IU			
Sugars	2	g	Carbohydrate	5	g	Calcium	40	mg			