





Chef Brenda

Standardizing Recipes for Child Nutrition Programs

Recipe Name:	Fruit & Veggie Patch Bento
Category:	Meal
Portion Size(s):	1 each
Meal Components (as planned):	2 oz eq M/MA, 2 oz eq grain, 1 cup vegetable (other), 1 cup fruit, 1 cup milk

Ingredients:	1 Portion	
	Weight	Measure
Hummus, prepared (2 oz eq M/MA)	4 oz	½ cup
Whole grain-rich corn tortilla chips (2 oz eq grain)	2 oz	
Cucumber, fresh, sliced, unpeeled		1 cup
Strawberries, whole, tops removed		1 cup
Chocolate milk, fat-free		1 cup

Directions:

1. Place all items in a bag, container, or box.

HCCP: Serve at 140°F.

USDA Regulation Helpful Hint:**Offer versus Serve:**

- Students must select 3 of the 5 planned components
 - One of the choices must be at least a ½ cup serving of the fruits or vegetables component
- If only three components are selected, and two of these are fruit and vegetable, the student may only select the ½ cup portion for the fruit OR vegetable.

Nutrients Per One Serving:

Calories	794	kcal	Total Fat	33	g	Total Dietary Fiber	14	g	Vitamin C	171	mg
Saturated Fat	2	g	Trans Fat	0	g	Protein	22	g	Iron	5	mg
Sodium	944	mg	Cholesterol	5	mg	Vitamin A	1189	IU			
Sugars	30	g	Carbohydrate	103	g	Calcium	416	mg			

Components Per One Serving:

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

Vegetable Subgroups (Note: Hummus counts as the M/MA):

Dark Green	Red/Orange	Legumes	Starchy	Other
0 cups(s)	0 cups(s)	0 cups(s)	0 cup(s)	1 cup(s)