





Chef Brenda

Standardizing Recipes for Child Nutrition Programs

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| Recipe Name: | Lil' Dipper Bento |
| Category: | Meal |
| Portion Size(s): | 1 each |
| Meal Components (as planned): | 2 oz eq M/MA, 2 oz eq grain, 1 cup vegetable (red/orange), 1 cup fruit, 1 cup milk |

| Ingredients: | 1 Portion | |
|--|-----------|------------------|
| | Weight | Measure |
| Whole grain-rich corn tortilla chips (2 oz eq grain) | 2 oz eq | |
| USDA Salsa, low sodium | | 2 Tbsp (1 fl oz) |
| Carrots, fresh, sticks | | 1 cup |
| Ranch | | 2 Tbsp (1 fl oz) |
| Cantaloupe, fresh, cubed | | 1 cup |
| Strawberry yogurt, low fat | 4 oz | ½ cup |
| Cheese stick, mozzarella (1 oz eq M/MA) | 1 oz | |
| Chocolate milk, fat free | | 1 cup |

Directions:

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

HCCP: Serve at 140°F.

Nutrients Per One Serving:

| | | | | | | | | | | | |
|---------------|-----|------|--------------|-----|----|---------------------|--------|----|-----------|----|----|
| Calories | 794 | kcal | Total Fat | 23 | g | Total Dietary Fiber | 10 | g | Vitamin C | 75 | mg |
| Saturated Fat | 7 | g | Trans Fat | 0 | g | Protein | 33 | g | Iron | 2 | mg |
| Sodium | 957 | mg | Cholesterol | 40 | mg | Vitamin A | 26,833 | IU | | | |
| Sugars | 55 | g | Carbohydrate | 116 | g | Calcium | 770 | 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:

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