





See below for 25 servings:

Recipe Name:	Pretzel Crumb Banana Splits
Category:	Snack
Portion Size(s):	5 portions
Meal Components 3-5:	½ oz eq M/MA, 5/8 cup (1/2 cup + 1/8 cup) fruit
Meal Components 6-18:	1 oz eq M/MA, ¾ cup fruit
Prep Time:	15 minutes
Cooking Time:	No cooking

Ingredients:	Ages 3-5		Ages 6-18	
	Weight	Measure	Weight	Measure
Banana, large, 7 to 7-7/8 inches	1 lb 7 oz peeled OR 2 lb 13 oz unpeeled	5 each	1 lb 7 oz peeled OR 2 lb 13 oz unpeeled	5 each
Blueberries, fresh	3 ½ oz	½ cup 2 Tbsp	7 oz	1 ¼ cups
Vanilla Greek Yogurt, non-fat (no more than 23 grams sugar per 6 oz)	5 oz	½ cup 2 Tbsp	10 oz	1 ¼ cups
Strawberry Greek Yogurt, non-fat (no more than 23 grams sugar per 6 oz)	5 oz	½ cup 2 Tbsp	10 oz	1 ¼ cups
Pretzel crumble or pretzels, smashed		¼ cup 1 Tbsp		½ cup 2 Tbsp

Directions:

1. Peel bananas and slice in half longways.
2. Place two banana halves in each serving dish, recommend boats or banana split containers.
3. Top each set of banana halves with:
 - For 3-5: 2 Tbsp (1 fl oz spoodle) blueberries, 2 Tbsp (#30 scoop) vanilla Greek yogurt, 2 Tbsp (#30 scoop) strawberry Greek yogurt, and 1 Tbsp smashed pretzels.
 - For 6-18: ¼ cup (2 oz spoodle) blueberries, ¼ cup (#16 scoop) vanilla Greek yogurt, ¼ cup (#16 scoop) strawberry Greek yogurt, and 2 Tbsp (1 fl oz spoodle) smashed pretzels.

Components Per One Serving 3-5:

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0.5 oz. eq.	0 oz. eq.	0 cups(s)	5/8 cup(s)	0 cup(s)

Components Per One Serving 6-18:

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

Nutrients Per One Serving 6-18:

Calories	210	kcal	Total Fat	2	g	Total Dietary Fiber	4	g	Vitamin C	14	mg
Saturated Fat	0	g	Trans Fat	0	g	Protein	7	g	Iron	1	mg
Sodium	111	mg	Cholesterol	0	mg	Vitamin A	98	IU			
Sugars	24	g	Carbohydrate	44	g	Calcium	69	mg			

Nutrients Per One Serving 3-5:

Calories	300	kcal	Total Fat	4	g	Total Dietary Fiber	5	g	Vitamin C	16	mg
Saturated Fat	0	g	Trans Fat	0	g	Protein	12	g	Iron	2	mg
Sodium	221	mg	Cholesterol	0	mg	Vitamin A	108	IU			
Sugars	31	g	Carbohydrate	57	g	Calcium	130	mg			

Recipe Name:	Pretzel Crumb Banana Splits
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Portion Size(s):	25 portions
Meal Components 3-5:	½ oz eq M/MA, 5/8 cup (1/2 cup + 1/8 cup) fruit
Meal Components 6-18:	1 oz eq M/MA, ¾ cup fruit
Prep Time:	30 minutes
Cooking Time:	No cooking

Ingredients:	Ages 3-5		Ages 6-18	
	Weight	Measure	Weight	Measure
Banana, large, 7 to 7-7/8 inches	7 lb 3 oz peeled OR 14 lb 1 oz unpeeled	25 each	7 lb 3 oz peeled OR 14 lb 1 oz unpeeled	25 each
Blueberries, fresh	1 lb 1 ½ oz	3 cups 2 Tbsp	2 lb 3 oz	
Vanilla Greek Yogurt, non-fat (no more than 23 grams sugar per 6 oz)	1 lb 9 oz	3 cups 2 Tbsp	3 lb 2 oz	1 qt 2 ¼ cups
Strawberry Greek Yogurt, non-fat (no more than 23 grams sugar per 6 oz)	1 lb 9 oz	3 cups 2 Tbsp	3 lb 2 oz	1 qt 2 ¼ cups
Pretzel crumble or pretzels, smashed		1 ½ cup 1 Tbsp		3 cup 2 Tbsp

Directions:

1. Peel bananas and slice in half longways.
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 For 3-5: 2 Tbsp (1 fl oz spoodle) blueberries, 2 Tbsp (#30 scoop) vanilla Greek yogurt, 2 Tbsp (#30 scoop) strawberry Greek yogurt, and 1 Tbsp smashed pretzels.
 For 6-18: ¼ cup (2 oz spoodle) blueberries, ¼ cup (#16 scoop) vanilla Greek yogurt, ¼ cup (#16 scoop) strawberry Greek yogurt, and 2 Tbsp (1 fl oz spoodle) smashed pretzels.

Components Per One Serving 3-5:

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0.5 oz. eq.	0 oz. eq.	0 cups(s)	5/8 cup(s)	0 cup(s)

Components Per One Serving 6-18:

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 6-18:

Calories	210	kcal	Total Fat	2	g	Total Dietary Fiber	4	g	Vitamin C	14	mg
Saturated Fat	0	g	Trans Fat	0	g	Protein	7	g	Iron	1	mg
Sodium	111	mg	Cholesterol	0	mg	Vitamin A	98	IU			
Sugars	24	g	Carbohydrate	44	g	Calcium	69	mg			

Nutrients Per One Serving 3-5:

Calories	300	kcal	Total Fat	4	g	Total Dietary Fiber	5	g	Vitamin C	16	mg
Saturated Fat	0	g	Trans Fat	0	g	Protein	12	g	Iron	2	mg
Sodium	221	mg	Cholesterol	0	mg	Vitamin A	108	IU			
Sugars	31	g	Carbohydrate	57	g	Calcium	130	mg			
