





# Chef Brenda

Standardizing Recipes for Child Nutrition Programs

<b>Recipe Name:</b>	The Mediterranean Bento
<b>Category:</b>	Meal
<b>Portion Size(s):</b>	1 each
<b>Meal Components (as planned):</b>	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
USDA mozzarella cheese, cubed	4 oz	½ cup
Whole grain-rich cheese crackers (2 oz eq)	2 oz	
Grapes, fresh		1 cup
Baby carrots, fresh		1 cup
White milk, 1%		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	704	kcal	Total Fat	27	g	Total Dietary Fiber	9	g	Vitamin C	12	mg
Saturated Fat	14	g	Trans Fat	0	g	Protein	30	g	Iron	3	mg
Sodium	992	mg	Cholesterol	62	mg	Vitamin A	20,596	IU			
Sugars	42	g	Carbohydrate	87	g	Calcium	417	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)