



Total Time
NOT AVAILABLE

Serving & Size
1 EACH (SEE METHOD FOR PORTION SPECIFICATIONS)


Difficulty
EASY

Banana and blueberry eyes pair perfectly with a cheese cube nose and a smile made with pretzel Goldfish Made With Whole Grain pretzel crackers.

Yields
24

Nutrition Facts		1 EACH (SEE METHOD FOR PORTION SPECIFICATIONS)	
Serving Size		FOR PORTION SPECIFICATIONS)	
Amount Per Serving			
Calories 143			
		% Daily Value	
Total Fat	3.8g		6%
Saturated Fat	1.3g		7%
Cholesterol	7mg		2%
Sodium	318mg		13%
Total Carbohydrate	23.5g		8%
Dietary Fiber	1.9g		8%
Protein	3.6g		7%
Vitamin A	%	Vitamin C	4%
Calcium	7%	Iron	6%

INGREDIENTS **WEIGHT** **MEASURE**

banana		4 ea.
American cheese, sliced into 1/2 oz slices	6 oz.	
blueberries		3 cups
 Pepperidge Farm® Goldfish® Made with Whole Grain Pretzel , 0.75 ounce(s)	18 oz.	24 pouches

INSTRUCTIONS

- To offer on your menu so students can assemble the menu item themselves:
1. Arrange 24 small plates on a large tray for assembly. Place a 4 oz bowl or cup on top of each plate.
 2. Cut bananas into 1/2 thick slices. Set aside.
 3. Cut the 1/2 oz cheese slices into 4 equal sized cubes. Set aside.
 4. Put 1/8 cup banana slices (4 slices), 1/8 cup blueberries (#30 scoop), and 1/4 oz cheese cubes (2 cubes) into each serving bowl.
 5. Put 1 pouch (0.75 oz) of **Whole Grain Goldfish Pretzels** on each plate on the side of the bowl.
 6. CCP: Serve immediately, or cover and refrigerate at 41 degrees F until ready to serve.
 7. Post a picture of Fruity Smiles or display a sample plate of Fruity Smiles on the serving line to inspire students to make their own.

TIP

For a complete reimbursable after school snack, offer this menu idea with 1/2 cup fruit juice or 8 oz of milk.

Meal Contributions: 1 oz equivalent grains, 1/4 oz meat/meat alternate, and 1/4 cup fruit.