

Recipe Name:

Resources used for Crediting
Food Buying Guide

Component Contribution

_____ Meat/Alt X _____ Vegetable/Fruit
 _____ Grain/Bread

<u>1/2 cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>18 cups = 36 serving</u> Recipe Yield	
		Weight	Measure
Pineapple tidbits	Undrained, packed in fruit juice		2-#300 cans
Mandarin Oranges	Drained		4-11oz. cans
White Grape Juice	2 Qt.	64 oz	8 cups

Directions:

Blend all ingredients in blender. Pour into molds or paper cups and freeze overnight. Add popsicle sticks when mixture is slightly set.