

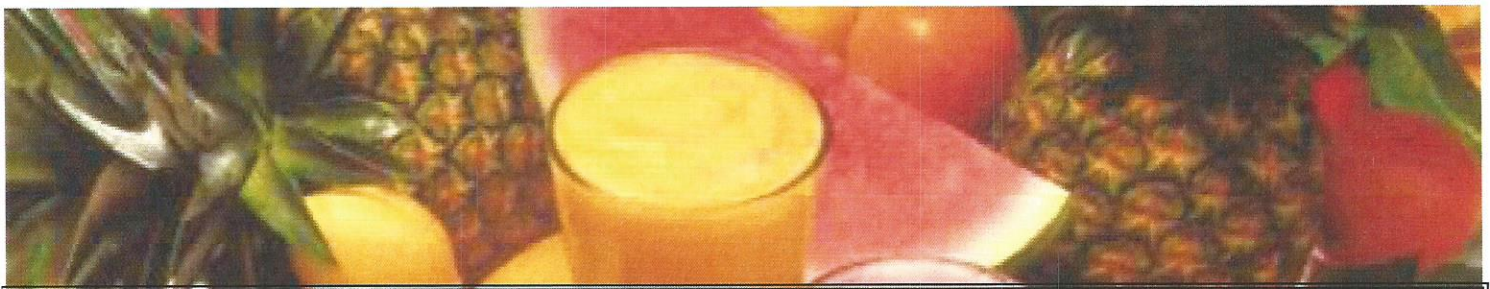


Cheesy Apple Melt

- 1 slice raisin bread
- 8 thin apple slices
- 3 thin cheddar cheese slices

Toast the bread. Put it on a microwaveable plate. Arrange apple slices on the toast and top with cheese slices. Microwave, uncovered on high for about 30 seconds until the cheese is melted.

CFG: 1 V&F, 1 G, 1 Milk



Peachy Porridge

- 1/2 cup quick cooking oats
- 1 cup milk
- 1/2 cup canned peaches, cut into small pieces
- pinch cinnamon

Combine oats and milk in a microwaveable bowl. Microwave on high for 1 minute then stir in peaches and cook for another minute. Stir, then sprinkle with cinnamon and serve.

CFG: 1 V&F, 1 G, 1 Milk



Banana Split

- 1/2 banana
- 1/2 cup vanilla yogurt
- 1/4 cup frozen mixed berries
- 1/4 cup granola

Peel the banana, cut in half then slice in half lengthwise. Place into bowls. Top with a couple spoonfuls of yogurt and berries, then finish with a sprinkle of granola cereal.

CFG: 1 V&F, 1/2 G, 1/2 Milk



Hawaiian Toasts

- 1 whole wheat English muffin
- 2 tbsp pizza sauce
- 1 slice lean deli ham, cut into small pieces
- 1/2 cup canned pineapple tidbits
- 1/2 cup shredded mozzarella cheese

Split English muffin into its halves and spread 1 tbsp of pizza sauce on each side. Top with a few pieces of ham and pineapple, then sprinkle cheese over everything. Cook in an oven or toaster oven at 400°F for 10-15 minutes, or place in the microwave to melt cheese and heat toppings, about 30 seconds to 1 minute.

CFG: 1 V&F, 1 G, 1 Milk, 1/2 Meat



Quesadilla

- 1 whole wheat tortilla
- ½ cup canned beans in tomato sauce
- ½ cup shredded marble cheddar cheese
- ¼ cup salsa

Spread beans in a single layer on half the tortilla. Sprinkle cheese on top of beans, then spoon salsa over the cheese. Fold the tortilla in half and press together. Place under the broiler in an oven or toaster oven until cheese is melted and fillings are heated through, about 5-8 minutes. Alternatively, put quesadilla on a microwaveable plate and heat on high for 30 seconds to 1 minute. Cut into triangle pieces to eat.

CFG: ½ V&F, 2 G, 1 Milk, 1 Meat