PERFECT PAIRINGS FOR KIDS & YOU





This institution is an equal opportunity provider. 03/23

Suggested Age: 1 YEAR



banana











Suggested Age: 2-5 YEARS



mango









whole grain bread

mozzarella

add basil and make a sandwich

add favorite herbs and make a dip

tomatoes

dip banana in yogurt, roll in cereal, freeze



egg

cheese







- D- blend as a smoothie



brown rice



low fat yogurt



onion

make an omelette



blueberries



chickpeas

tomatoes

whole milk yogurt



cheese







whole grain tortilla whole grain bread







cheese



-∑ make a puree



strawberries





whole milk





-M- make as a grilled cheese



pineapple



make a wrap, serve with homemade salsa



cheese

make a kabob, serve with milk

low fat milk



-\(\hat{\cap}\)- make a "PBJ" parfait



whole milk yogurt







oatmeal





 $-\dot{\Omega}$ mix together as a salad









cheese



bell peppers

make overnight oats, sprinkle with cinnamon

- serve on a piece of whole wheat toast



mix and top with favorite sauce

