



FRUIT BREAKFAST TACOS

September 26

National Pancake Day

INGREDIENTS

- 12 Pancakes (at least 34 grams each, enriched or whole grain rich)
- 8 Ounces Cream Cheese (softened)
- ¼ Cup Sugar
- 6 Cups Berries

DIRECTIONS

1. Stir softened cream cheese until smooth, then add sugar and mix well.
2. Spread the pancakes with the cream cheese and fold into a taco shape.
3. Fill each pancake with ½ cup of berries.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

 Breakfast

YIELD

12 Breakfast Tacos

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Taco	1 Taco	1 Taco	2 Tacos