



APPLE CRUNCH SALAD

December 1

National Eat a Red Apple Day



INGREDIENTS

- 0.65 Pounds Apples (fresh, 125-138 count, medium-sized)
- 0.20 Pounds Raisins
- 12 Ounces Yogurt (meets CACFP sugar limits)

DIRECTIONS

1. Wash and core apples and chop into small chunks.
2. Mix all ingredients together.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

3 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	1 Cup	1 Cup