



# FRUIT SLIDERS

March 1

National Sunkist Citrus Day



## INGREDIENTS

- 1¼ Pounds Fresh Oranges (approx. 3-inch diameter)
- ¾ Cup Cottage Cheese
- ¾ Cup Blueberries
- Basil (optional)

## DIRECTIONS

1. Peel and cut oranges into 6 equal wheels.
2. Top wheels with ⅛ cup cottage cheese and ⅛ cup blueberries.
3. Garnish with basil (optional).

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

## MEAL TYPE

 Breakfast

## YIELD

6 Sliders

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Slider	2 Sliders	1 Sliders	4 Sliders