



LET'S LEARN FRACTIONS AVOCADO TUNA PITA PIZZAS

April 13

National Make Lunch Count Day



INGREDIENTS

- ½ Cup Avocado (mashed)
- 1 Teaspoon Dijon Mustard
- 6 Ounces Tuna
- ½ Cup Chopped Celery
- ½ Cup Chopped Apple
- 3 Pita Pockets
(enriched or whole grain, at least 1 oz each)

DIRECTIONS

1. In a small bowl mix the avocado and mustard together, then stir in the tuna, celery and apple.
2. Spread the tuna mixture evenly on the pita bread.
3. Cut each pita bread into pieces. Help the children learn to count by cutting one pita circle into thirds, another into fourths and the final one into eighths.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

3 Pita Pizzas

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Pita Pizza	¾ Pita Pizza	1 Pita Pizza	2 Pita Pizzas