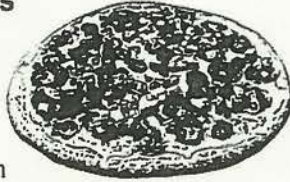


### Mini Pizzas

English muffin halves or bagels cut in half (one half per child)

Tomato or pizza sauce

Toppings, such as chopped green pepper, mushrooms, sliced olives, pepperoni, onions  
Mozzarella cheese, grated



Have children place English muffin or bagel halves on a cookie sheet. Let each child spread sauce on top of their muffin or bagel with a spoon. Children may choose their favorite toppings to sprinkle on top of the sauce. Bake at 450°F for about 10 minutes. Sprinkle with grated cheese. Return pizzas to oven until the cheese melts.

### Honey Milk Balls

½ cup honey or corn syrup  
½ cup dry milk solids  
1 cup uncooked rolled oats  
½ cup peanut butter  
½ cup raisins

Combine all ingredients in a bowl. Mix until well blended. Shape into small balls. Makes 2 dozen balls.

Caution: Do not use honey in beverages and uncooked foods for infants under the age of one year. Honey may contain botulism toxins.

### Bugs on a log

Make logs from any of these:

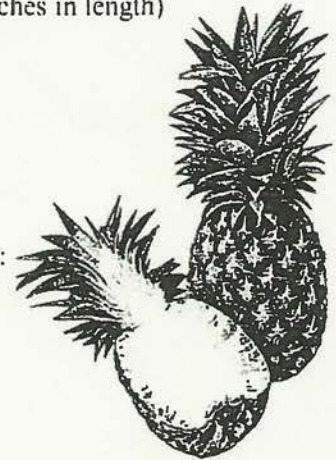
celery stalks (cut to about 3 inches in length)  
apples (cut in halves or quarters and remove the core)  
carrot sticks (cut to about 3 inches in length)

Top logs with a spread:

cream cheese and pineapple  
cheese and pimiento  
peanut butter  
egg salad

Sprinkle "bugs" on the spread:

raisins  
unsweetened cereal  
sunflower seeds  
chopped peanuts



Caution: Young children may choke easily on raw vegetables, such as carrot or celery sticks, nuts, and seeds. Carefully watch children while they are eating these foods.

### Make Your Own Sundaes



¼ cup plain or vanilla lowfat yogurt per child  
Toppings  
Unsweetened cereal  
Raisins  
Sliced or chopped fresh, frozen or canned fruit

Spoon yogurt into a small bowl for each child. Let the children add their favorite toppings for yogurt sundaes.

### Orange Fun Sicles

6 oz. orange juice concentrate  
1 cup plain lowfat yogurt  
¾ cup water  
1 tsp. vanilla  
paper cups (4 oz.)  
plastic spoons



Mix orange juice concentrate, water, yogurt, and vanilla. Pour mixture into small paper cups. Insert a plastic spoon into the center of each cup. Freeze until solid. When it's snack time, run hot water over the bottom of the cup for several seconds to loosen the fun sicle.

**Children need  
snacks between meals for  
extra energy**

**Choose foods  
from two food groups for  
a great snack**

Developed by Lyn Horning, Better Kid Care Program

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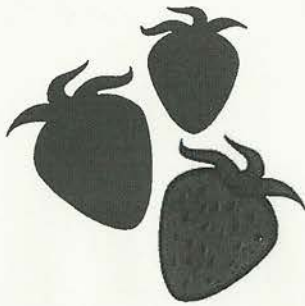


## FROZEN WAFFLE TREAT

1 12-ounce box frozen mini waffles  
(48 waffles)  
8 ounces fruit-flavored yogurt

Spread yogurt on one waffle. Use just enough to cover to top of 24 waffles (about 2 teaspoons). Then top each waffle with another waffle, making a sandwich. Place in individual sandwich bags, and freeze until firm.

*Makes 24 mini waffle sandwiches*

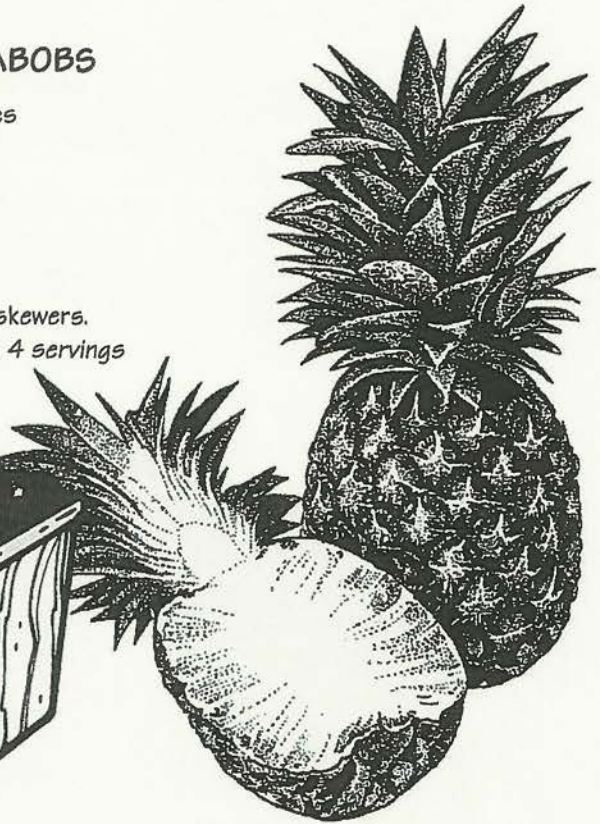
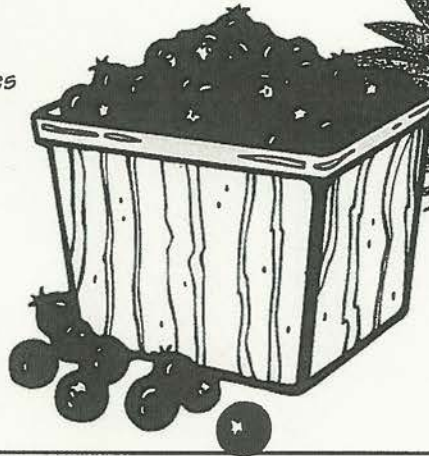


## FRESH FRUIT KABOBS

¼ pound seedless grapes  
1 cup pineapple chunks  
¾ cup strawberries  
½ cup blueberries  
2 bananas, sliced

Thread fruit on wooden skewers.

*Makes 4 servings*

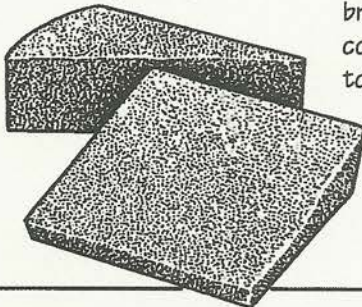


## WARM CHEESE PRETZELS

1½ cups flour  
½ cup shredded cheddar cheese  
¾ cup low-fat milk  
2 Tablespoons margarine  
2 teaspoons baking powder  
1 teaspoon sugar  
½ teaspoon salt  
Cooking spray  
1 egg, beaten  
Coarse salt (optional)

Preheat oven to 400 degrees. In a large bowl, combine all ingredients except egg and salt. Remove dough from bowl, and knead for 1 to 2 minutes on a lightly floured surface. Break dough into pieces and roll into thin ropes. Twist into pretzel shapes or other shapes. Spray cookie sheet with cooking spray. Place pretzels onto sheet and brush with egg. Sprinkle with coarse salt if desired. Bake 10 to 15 minutes or until browned.

*Makes 12 small pretzels*



## CINNAMON ROLL-UPS

4 slices soft sandwich bread  
¼ cup softened low-fat cream cheese  
2 Tablespoons raisins  
2 Tablespoons sugar  
1 teaspoon cinnamon  
2 Tablespoons margarine, softened

Preheat oven to 350 degrees. Remove crusts from bread slices. Spread each slice of bread with cream cheese. Top with raisins. Roll each slice of bread into a log with the cream cheese on the inside. Mix sugar, cinnamon, and margarine together in a small bowl. Spread on each roll. Place on a cookie sheet, seam side down. Bake roll-ups for 10 to 12 minutes or until golden brown. Serve warm.

*Makes 4 servings*

Developed by Katherine Cason, Associate Professor of Food Science, Penn State

Dr. James E. Van Horn, Better Kid Care Project Director

Supported by funds from the Pennsylvania Department of Public Welfare, Pennsylvania Child Care/Early Childhood Development Training System. Developed by the Better Kid Care Program, 253 Easterly Parkway, State College, PA. Phone: 1-800-452-9108. Website: betterkidcare.psu.edu

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