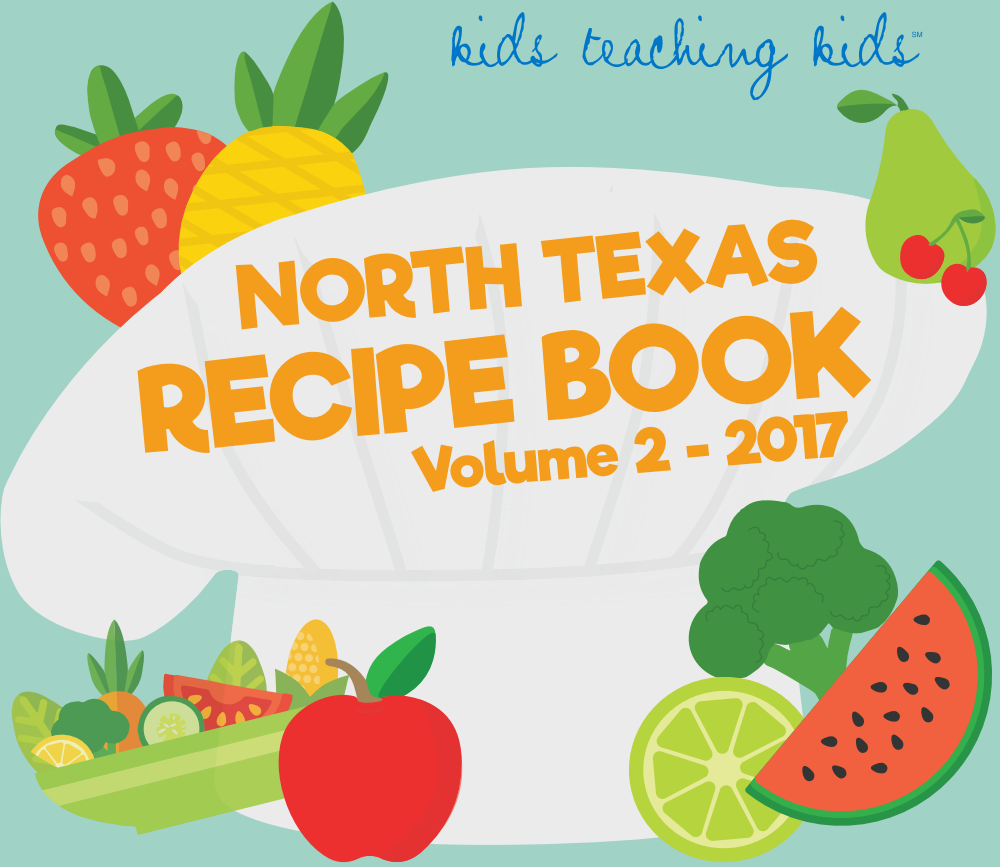




Medical City[®] Children's Hospital

kids teaching kidsSM



NORTH TEXAS RECIPE BOOK Volume 2 - 2017

**Greater Dallas
Restaurant Association**

A Texas Restaurant Association Chapter



**TEXAS
ProStart**

National Restaurant Association
Educational Foundation



Care as special as they are.



Some boo-boos require more than a kiss. When your child is in need of emergency urgent care, trust **Medical City Children's Hospital** or **Medical City Children's Urgent Care** to provide specialized care, just for kids.

Know when and where to go.

Medical City Children's Hospital

provides expert care from board certified emergency medicine physicians and specially trained nurses and staff in a family-friendly environment. Take your child to the ER if they are experiencing:

- Severe pain
- Trouble breathing, severe allergic reactions, asthma
- Deep wounds with heavy bleeding
- Broken bones
- Severe burns
- Head injuries, concussion
- Severe headache, change in vision
- Dizziness, weakness, confusion, seizures
- High fever, stiff neck, uncontrolled nausea or diarrhea, dehydration
- Coughing or throwing up blood, blood in stool
- Suspected poisoning



Medical City Children's Urgent Care

has six convenient locations, close to home, open after hours and on weekends and ready to treat your child's "oww-ees" and "uh-ohs." Take your child to **Medical City Children's Urgent Care** for:

- Minor injuries or illness
- Sprains, strains simple bone and joint injuries
- Bites, stings, poison ivy, rash or hives
- Cuts and scrapes that may lead to stitches
- X-rays
- Common illness, cold, flu, earaches, sore throat or fever
- Check-in online – visit MedicalCityUrgentCare.com



- Allen
- Dallas
- Flower Mound
- Frisco
- McKinney
- Plano

Call 911 immediately when illnesses or injuries appear to be life-threatening.

MedicalCityChildrens.com | MedicalCityUrgentCare.com



Medical City Children's Hospital

kids teaching kids™

Welcome to the 2nd edition of the kids teaching kidsSM North Texas Recipe Book! This year's edition is a collection of top snacks from 14 North Texas school districts. Texas ProStart[®] culinary students, high school hospitality, wellness and nutrition students and even some elementary school students competed to have their recipe submissions published in this edition.

Every snack has 1 serving of fruits or veggies, meets the dietary guidelines for Americans and is designed for elementary school aged students to prepare themselves.

We encourage you and your family to join us in January for the 21-Day Challenge. Get in the kitchen, play with your food and have fun being healthy together, 1 snack at a time.

Visit us at www.kids-teaching-kids.com
and www.medicalcityhealthcare.com

Join us on Facebook: [Medical City Children's Hospital](https://www.facebook.com/MedicalCityChildrensHospital)

Follow us on Twitter: [@MedCityKids](https://twitter.com/MedCityKids)

Parent, to ensure your children's safety, please supervise them while they are preparing these recipes and utilizing kitchen tools and equipment. Children, always ask an adult for permission before preparing these recipes.

Elementary school children on the free and reduced-price school meal program often face hunger when meals are not available on weekends. Working with educators to identify chronically hungry kids, the Food 4 Kids program provides backpacks full of nutritious, nonperishable, kid-friendly food to take home each Friday afternoon during the school year. The program spans 10 North Texas counties, operating in approximately 330 schools, serving 12,000 chronically hungry children each week.

Look for the Food 4 Kids logo on recipes in the Dallas ISD section.



FOOD 4 KIDS



FEEDING AMERICA

Table of Contents

Allen ISD

Creamy Green Dip & Veggie Sticks	5
Watermelon Pizza	6

Birdville ISD

"Desert" In A Bowl	7
Spiced Pears	8

Dallas ISD

Snack Break Bowl	9
Leo's Lion Dessert!!!	10
Jicama Fruit Salad	11
Triple B Double P	12
Summer Fun	13
Pizza Bites	14

Frisco ISD

Peaches n' Cream Bagel	15
Veggie Taco	16

Grand Prairie ISD

Nutri-Pizza	17
Roarin' Mango Salsa	18

Highland Park ISD

Apple Spinners	19
DJ Mix	20

Keller ISD

Bubble Butterflies	21
Veggie Club	22

Lewisville ISD

Pineapple Kiwi Smoothie	23
Snow Peas Pizza	24

Mesquite ISD

Kiwi Wraps	25
Squash Pizza	26
Yummy Fruity Yogurt Parfait	27
Cauli-Bites	28
Marvelous Melon Salad	29

Northwest ISD

Orange Banana K-Bob	30
King's Rollup	31

Prosper ISD

Bubble Fish	32
Honey Apple	33
Sweet Potato Toast	

Richardson ISD

Rabbit Wrap	34
Razzleberry Smoothie	35

Rockwall ISD

Grapefruit Parfait	36
Pumpkin Blueberry Bread Pudding	37

Wylie ISD

Blueberry Poppers	38
Strawberry Parfait	39

Recipe Index

40-41

FAQs

42-43

Thank You Page

44

Snacking Log

45-46



By
Ashley Wang, Dalton
Hamack, Morgan Scott
Ashlee Pearson,
Sydney Hill

INGREDIENTS

- 2 cups baby kale, pre-cleaned, chopped
salt and pepper
(to taste)
- 2 Tbsp parmesan
cheese, shredded
- 2 Tbsp sour cream,
fat-free
- veggies for dipping:
baby carrots
celery sticks
bell pepper strips

SUPPLIES

microwave,
microwavable bowl-
medium size, strainer,
fork, blender,
bowl for dip,
plate for veggies

CREAMY GREEN DIP & VEGGIE STICKS

Allen High School

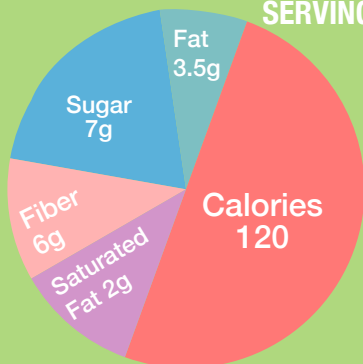


1 SERVING

INSTRUCTIONS

- 1 ASK AN ADULT FOR PERMISSION TO USE THE BLENDER.
- 2 Combine kale and 1/2 cup water in microwave-safe bowl.
- 3 Microwave for 2 minutes. Cool for 1 minute before removing from microwave.
- 4 Pour cooked kale into a strainer and strain water into sink.
- 5 Place the kale back into the bowl and add shredded parmesan cheese, salt and pepper and stir together with fork.
- 6 Place bowl back into microwave and cook for 10 seconds, allow to cool in microwave for 30 seconds.
- 7 Remove bowl from microwave, mix in sour cream and stir well.
- 8 Place mixture in blender and blend until fully combined.
- 9 Pour in a container and dip in vegetables of choice. Recommended: baby carrots, celery sticks, and bell peppers.

NUTRITION FUN FACTS PER SERVING



By
Ashley Wang
Dalton Hamack
Morgan Scott

WATERMELON PIZZA

Allen High School

INGREDIENTS

- 4 3/4 inch slices
watermelon,
wedge/triangle
- 2 Tbsp vanilla Greek
yogurt, non-fat
- 2 tsp almonds, sliced
or slivered
- 4 tsp dried cranberries
- 4 tsp granola
- 2 tsp chia seeds



4 SERVING

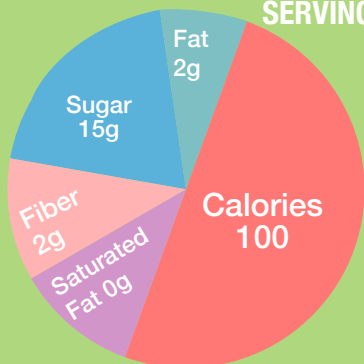
SUPPLIES

spoon
measuring spoons
plate

INSTRUCTIONS

- 1 Have a parent slice a 1 3/4 inch thick wedge/triangle slice from a watermelon, leaving the rind in tact, and place on a plate.
- 2 Spread yogurt on watermelon slice with a spoon.
- 3 Sprinkle the chia seeds on top of the yogurt.
- 4 Place the rest of the toppings all over the watermelon slice in desired order.
- 5 Enjoy!

NUTRITION FUN FACTS PER SERVING



By
Bradley Turner
Phil Johnson

"DESERT" in a BOWL

Birdville

Center of Technology & Advanced Learning

INGREDIENTS

1/2 cup ready rice,
butter and garlic
flavored
5 asparagus spears,
fresh



1 SERVING

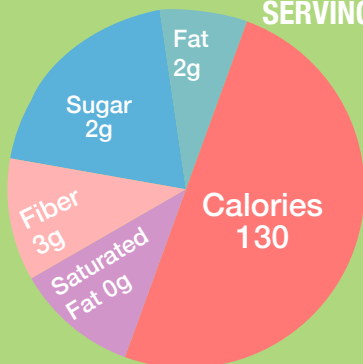
SUPPLIES

microwave-safe bowl
plastic knife
measuring cups
serving bowl
oven mitts

INSTRUCTIONS

- 1 Cook rice by instructions on bag.
- 2 Let rice cool in the microwave for 30 seconds before taking the bag out.
- 3 Wash asparagus under cool tap water.
- 4 Cut woody (white ends) off asparagus, then cut asparagus in half.
- 5 Put asparagus in microwave-safe bowl and pour in 1/2 cup of water, just enough for it to steam.
- 6 Microwave asparagus for 3-4 minutes. Let asparagus cool in microwave for 1 minute.
- 7 Remove from microwave using oven mitts. Cut asparagus into little pieces and scoop 1/2 cup rice into bowl.
- 8 Put the little pieces of asparagus all around the rice. Enjoy!

NUTRITION FUN FACTS PER SERVING



By
 Connor Calhoun
 Luis Maldonado
 Jasma Inthavong

SPICED PEARS

Birdville
 Center of Technology & Advanced Learning

INGREDIENTS

1/2 cup pear halves,
 canned in water
 1 tsp honey
 1/4 tsp ground cinnamon
 1/4 tsp ground nutmeg



1 SERVING

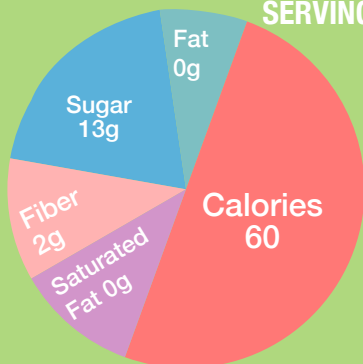
SUPPLIES

microwave
 pizza cutter
 small bowl
 plastic fork
 microwave-safe plate
 spoon

INSTRUCTIONS

- 1 Use pizza cutter to slice pears.
- 2 Sort the pear slices in a single layer on the plate.
- 3 Mix honey, cinnamon, and nutmeg in a small bowl.
- 4 Spread the mixture over the pears with a spoon.
- 5 Then put it in the microwave for 1 1/2 to 2 minutes or until soft.
- 6 Allow to cool in microwave for 30 seconds before removing.
- 7 Serve warm.

NUTRITION FUN FACTS PER SERVING



By
 Michaela Bullard
 Zakyra Saunders
 Alondra Martinez
 Ana Monsivais
 Mayra Rodriguez
 Mayra Lozano
 Robert Villarreal
 Irma Gutierrez
 Paola Noyola

SNACK BREAK BOWL

Dallas
 Emmett J. Conrad High School



INGREDIENTS

1 pineapple fruit cup
 1 trail mix package



1 SERVING

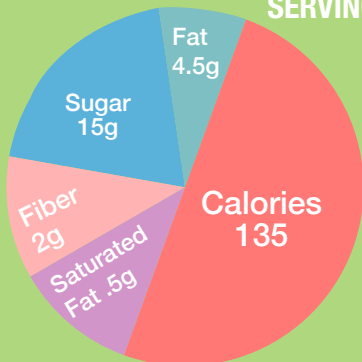
SUPPLIES

small bowl
 measuring cup
 measuring spoon

INSTRUCTIONS

- 1 Drain fruit cup and put into small bowl.
- 2 Press fruit down into bowl and partially up the sides to create a bowl shape.
- 3 Open trail mix and separate fruit from nuts.
- 4 Add all the dried fruit to the bowl (about 2 Tbsp).
- 5 Add 1 Tbsp of nuts to the bowl.

NUTRITION FUN FACTS PER SERVING



By
Julie Olvera
Nereida Arvizu
Jennifer Esparza
Alex Espinoza
Osiel Barrios

LEO'S LION DESSERT!!!

Dallas
Molina High School

INGREDIENTS

- 1 slice wheat bread
- 1 1/2 tsp chocolate hazelnut spread
- 2 plums
- 3 strawberries, medium



1 SERVING

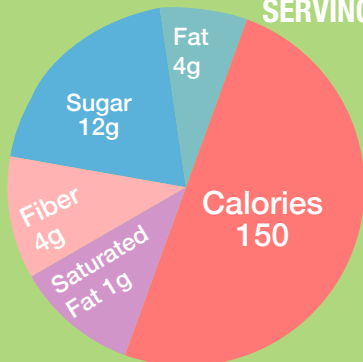
SUPPLIES

toaster
butter knife
plate

INSTRUCTIONS

- 1 Toast wheat bread and place on plate.
- 2 Spread the chocolate hazelnut spread onto the toast.
- 3 Wash, stem and slice strawberries. Measure 1/4 cup and place on chocolate hazelnut spread.
- 4 Slice 2 plums, remove pit and measure 1/4 cup of plum slices.
- 5 Place plum pieces onto the toast.

NUTRITION FUN FACTS PER SERVING



By
Carolina Vargas

JICAMA FRUIT SALAD

Dallas
Skyline High School

INGREDIENTS

1/4 cup jicama, pre-cut
1/8 cup mango
(fresh or frozen)
1/8 cup kiwi, fresh
1/8 cup watermelon,
(pre-cut)
2 strawberries
(medium)
1/2 tsp honey



1 SERVING

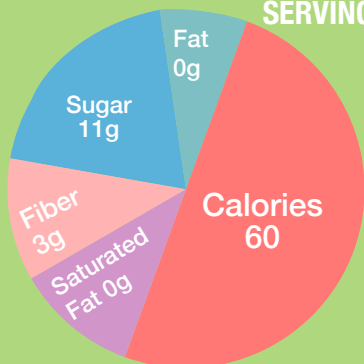
SUPPLIES

cutting board
table or plastic knife
bowl
measuring cups
measuring spoons

INSTRUCTIONS

- 1 Rinse all the fruit if needed.
- 2 Peel the mango, kiwi, and watermelon skins and take the leaves off the strawberries.
- 3 Chop up fruit into bite-sized pieces.
- 4 Measure and pour fruit in a bowl.
- 5 Add the honey and enjoy!

NUTRITION FUN FACTS PER SERVING



By
 Clarissa Vasquez
 Alexia Casiano
 Kimberly Balderas
 Bridgette Blanco
 Maria Garcia
 Maria Arzeta
 Jose Amezquita

TRIPLE B DOUBLE P

(Blasting Blackberry Banana Peach Popsicle)

Dallas
 Skyline High School

INGREDIENTS

1 peach, medium
 1 cup blackberries, fresh
 3 Tbsp 2% Greek yogurt
 1 banana, small
 1/8 cup water
 1/2 cup ice



6 SERVINGS

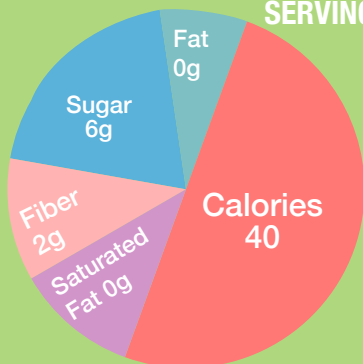
SUPPLIES

butter knife, blender,
 popsicle tray, spoon,
 bowl, strainer,
 cutting board,
 measuring cups,
 measuring spoons

INSTRUCTIONS

- 1 ASK AN ADULT FOR PERMISSION TO USE THE BLENDER.
- 2 Wash your hands and gather all utensils, equipment and ingredients.
- 3 Wash peach, cut in half, remove pit with a spoon. Dice both halves.
- 4 Peel banana.
- 5 Put all ingredients into blender. Place lid on top.
- 6 Blend for 30 seconds.
- 7 Place strainer on top of a bowl and pour the mixture into the strainer to catch all of the blackberry seeds.
- 8 Pour strained mixture into popsicle tray.
- 9 Place tops on popsicle molds and put tray into freezer overnight.

NUTRITION FUN FACTS PER SERVING



By
Sofia Soto
Miriam Masso
Kasandra Romero

SUMMER FUN

Dallas
Thomas Jefferson High School

INGREDIENTS

- 1 cup white 1% lowfat milk
- 1/2 cup bran flakes cereal
- 2 cups diced peaches no sugar added

SUPPLIES

- measuring cups
- gallon-size resealable bag
- sandwich-size resealable bag
- ice cream scoop
- 2 small bowls
- 2 spoons
- salt
- ice

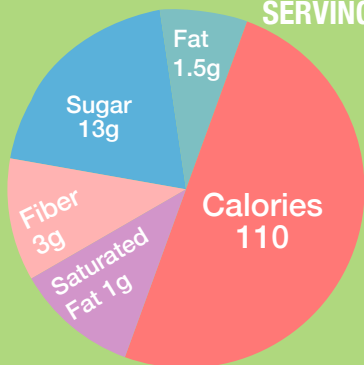


2 SERVINGS

INSTRUCTIONS

- 1 Pour milk and 1 individual serving cup of peaches into a sandwich size resealable bag. Seal the bag.
- 2 Put 1/4 cup of salt and 4 cups of ice into a gallon-size resealable bag.
- 3 Place sealed sandwich-size bag inside the gallon-size bag. Seal the gallon-size bag.
- 4 Shake the gallon-sized bag until the milk turns to ice cream.
- 5 Place a scoop of ice cream in each of the small bowls.
- 6 Drain the other individual serving cup of peaches and pour half onto each scoop of ice cream.
- 7 Sprinkle bran flakes - top of peaches.
- 8 Share the other scoop with a friend.

NUTRITION FUN FACTS PER SERVING



By
 Paloma Quiroga
 Sabrina Jasso
 Taj Jackson
 Arlin Armenta
 Karen Garcia
 Liseth Maldonado
 Amber Mcdade
 Carla Perez
 Shamadre Gray

INGREDIENTS

1 pita bread, 4 inch round
 1/4 cup red bell peppers
 1/4 cup tomato sauce
 1/8 tsp onion powder
 1/8 tsp garlic powder
 5 nacho flavored tortilla
 chips

SUPPLIES

plate
 butter knife
 microwave
 blender
 spoon
 measuring cups
 measuring spoons

PIZZA BITES

Dallas
 Wilmer Hutchins High School

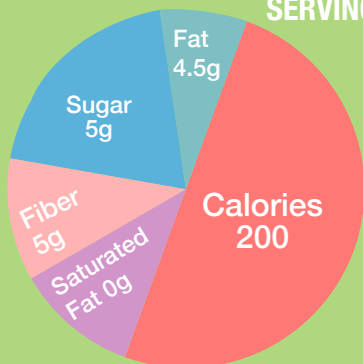


1 SERVING

INSTRUCTIONS

- 1 ASK AN ADULT FOR PERMISSION TO USE THE BLENDER
- 2 Gather all ingredients and utensils on counter.
- 3 Cut bell pepper in half with butter knife and scrape seeds out with a spoon.
- 4 Slice and measure 1/4 cup bell peppers.
- 5 Add peppers, tomato sauce and spices to blender.
- 6 Put lid on blender and blend until smooth.
- 7 Pour contents of blender into 1/2 cup measure.
- 8 Put Pita bread on plate and pour sauce on top of pita.
- 9 Crunch up 5 tortilla chips and layer on top of sauce.
- 10 Place in microwave for 30-45 seconds.
- 11 Let plate cool in microwave for 30 seconds.
- 12 Enjoy!

NUTRITION FUN FACTS PER SERVING



By
Cullen
Lizbeth
Eric
Chris

PEACHES 'N' CREAM BAGEL

Frisco
Career and Technical Education Center

INGREDIENTS

- 1 fresh peach, medium
- 1 whole wheat bagel,
(small)
- 6 Tbsp whipped cream,
(fat free)

Note: may also use 1 cup of sliced peaches, canned in juice.



2 SERVINGS

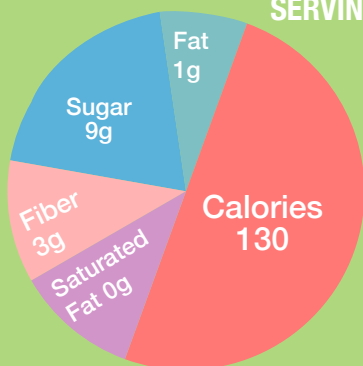
SUPPLIES

butter knife
measuring spoons
plate

INSTRUCTIONS

- 1 Place bagel on a plate.
- 2 Cut the bagel in half with the butter knife.
- 3 Measure 3 Tablespoons whipped cream for each half (total of 6).
- 4 Place and spread the whipped cream on each half of the bagel.
- 5 Cut the peach into 16 equal slices or drain canned peaches.
- 6 Place 8 slices on each half of the bagel.
- 7 Give a half to a friend and enjoy!

NUTRITION FUN FACTS PER SERVING



By
Solomon Wooten,
Caleb,
Jonathan Omani,
Mark A.

VEGGIE TACO

Frisco
Career and Technical Education Center

INGREDIENTS

1 flour tortilla, 10 inch
1 cup shredded carrots
1 baby tomato
1 Tbsp ranch dressing

SUPPLIES

plate-microwave safe
butter knife
measuring cup
measuring spoons
tooth pick
microwave

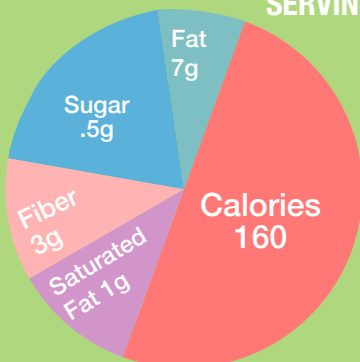


2 SERVINGS

INSTRUCTIONS

- 1 Place flour tortilla on plate.
- 2 Microwave high 30-40 seconds.
- 3 Let tortilla cool for 20 seconds.
- 4 Cut the tomato into four pieces.
- 5 Place shredded carrots and the cut tomato on tortilla.
- 6 Roll tortilla and place seam side down on plate.
- 7 Insert a toothpick through center of tortilla roll to keep closed.
- 8 Serve with 1 Tbsp ranch dressing.
- 9 Cut in half and share with a friend.

NUTRITION FUN FACTS PER SERVING



By
Alejandra Maldonado
Rebekah Joseph

INGREDIENTS

- 1 sandwich thins,
100% whole
wheat, 4 inch
diameter
- 1/2 cup frozen broccoli
cuts
- 1 Tbsp hummus
- 1 Tbsp carrots, grated
- 2 tsp mild cheddar
cheese, shredded
- 3 Tbsp pre-cooked,
grilled chicken

SUPPLIES

- microwave-safe plate
- microwave-safe bowl
- butter knife
- measuring cups
- measuring spoons
- microwave
- cutting board

NUTRI-PIZZA

Grand Prairie
Dubiski Career High School

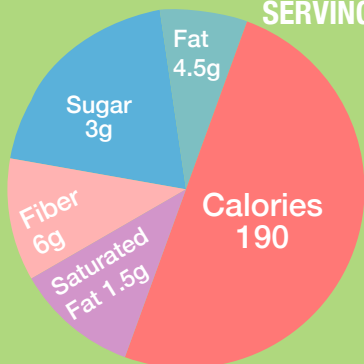


1 SERVING

INSTRUCTIONS

- 1 Steam broccoli in microwave for 2 minutes in covered bowl. Allow to cool before removing from microwave.
- 2 Spread hummus on both sandwich thins with a butter knife.
- 3 Measure carrots-chop in small pieces.
- 4 Cut chicken into small pieces.
- 5 Place broccoli, carrots and chicken evenly onto both sandwich thins.
- 6 Sprinkle with cheese.
- 7 Place on microwave-safe plate.
- 8 Microwave on high for 15-30 seconds.
- 9 Wait 30 seconds before removing from microwave.
- 10 Enjoy!

NUTRITION FUN FACTS PER SERVING



By
Blessing Umoeka
Isela Garcia

ROARIN' MANGO SALSA

Grand Prairie
Dubiski Career High School

INGREDIENTS

1/3 cup mango, fresh,
raw
4 strawberries,
medium
1 Tbsp cilantro leaves,
fresh
1 tsp lime juice, bottled
10 baked pita chips



1 SERVING

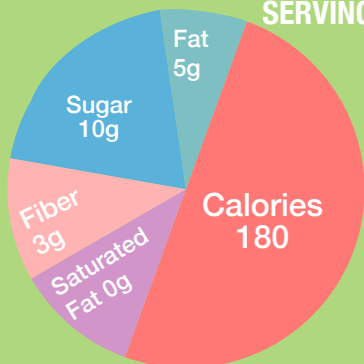
SUPPLIES

measuring spoons
measuring cups
cutting board
butter knife
1 small bowl
1 small plate
spoon

INSTRUCTIONS

- 1 Wash mango, strawberries, and cilantro.
- 2 Cut leaves off strawberries.
- 3 Chop cilantro leaves.
- 4 Cut mango in three pieces. Throw away piece that contains the seed.
- 5 Cut mango in cubes without cutting through skin. Peel cubes off skin.
- 6 Dice mango and strawberries into very small bits.
- 7 Add cilantro, fruit and lime juice to a small bowl and toss to coat fruit.
- 8 Place 10 pita chips onto plate.
- 9 Use chips to pick up salsa.
- 10 Enjoy your snack!

NUTRITION FUN FACTS PER SERVING



By
Kate Arvesen (HP
Alumnus 2011) and
Armstrong Elementary
4th graders

APPLE SPINNERS

Highland Park
Armstrong Elementary School

INGREDIENTS

1/2 apple, medium
1 Tbsp cream cheese
(cinnamon)
2 Tbsp carrots,
shredded

SUPPLIES

cutting board
measuring spoon
plate
round pastry cutter
plastic knife
plastic spoon
plastic fork

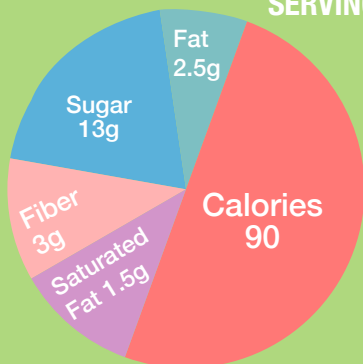


1 SERVING

INSTRUCTIONS

- 1 Cut 3 apple slices, 3/4 inch thick.
- 2 Make a hole in the center of each using a pastry cutter.
- 3 Spread cinnamon cream cheese on top of 2 apple slices.
- 4 Cut third apple slice into squares or triangles.
- 5 Add them on top of cream cheese in a circle.
- 6 Add shredded carrots in between apple slices.
- 7 Makes 2 Apple Spinners per serving.

NUTRITION FUN FACTS PER SERVING



By
Kate Arvesen (HP
Alumnus 2011) &
Bradfield Elementary
4th graders

DJ MIX

(nut-free trail mix)

Highland Park
Bradfield Elementary School

INGREDIENTS

2 tsp raw, unsalted
sunflower seeds
2 tsp raw pumpkin
kernels
4 dried apricots
1 tsp chocolate chips

SUPPLIES

measuring spoons
cutting board
plastic snack bag
plastic knife

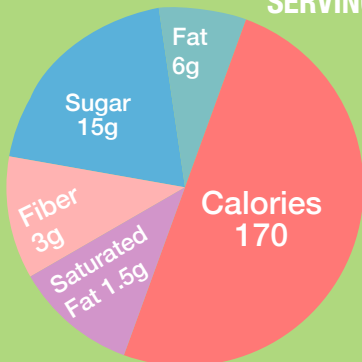


1 SERVING

INSTRUCTIONS

- 1 Measure out sunflower seeds, pumpkin kernels, and chocolate chips.
- 2 Cut 4 dried apricots into strips to make 1/4 cup.
- 3 Mix all ingredients in a plastic bag.

NUTRITION FUN FACTS PER SERVING



By
Lindsey Hoang
Kara Gipson
Zoe Skinner
Ashlyn Prather
Robyn Sullins

BUBBLE BUTTERFLIES

Keller
Central High School

INGREDIENTS

1 apple, medium
2 celery sticks, 5 inches
1 Tbsp raisins
2 Tbsp hummus
2 pretzel sticks



2 SERVINGS

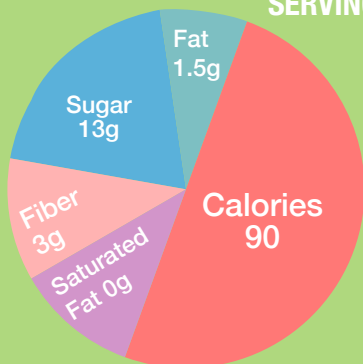
SUPPLIES

apple corer/slicer
plastic knife
measuring spoons

INSTRUCTIONS

- 1 Use the apple corer/slicer and cut your apple into 8 slices.
- 2 Use the celery sticks as the bodies of the butterfly.
- 3 Lay four apple slices next to each of the celery sticks, to create the butterflies' wings.
- 4 Using the plastic knife, coat the top of the apples with hummus.
- 5 Place raisins on the layer of hummus, making sure the raisins stick.
- 6 Break the pretzel sticks in half to create the butterflies' antenna.
- 7 Enjoy with a friend!

NUTRITION FUN FACTS PER SERVING



By
Bruce Lee Ellis
Cole DeGuzman

VEGGIE CLUB

Keller
Fossil Ridge High School

INGREDIENTS

1/2 cup cucumber
1 tsp black pepper
1 tsp non-fat greek yogurt
2 slices 100% whole wheat bread
1 cherry tomato
2 tsp cream cheese (reduced fat)

SUPPLIES

butterknife
teaspoon
toothpick(s)
spoon
plate
cutting board
toaster
leveling utensil (optional)

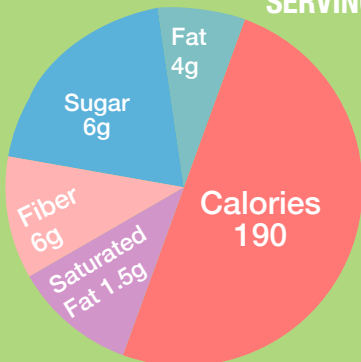


1 SERVING

INSTRUCTIONS

- 1 Toast the bread.
- 2 Cut the cucumber into 6-8 slices.
- 3 Take out two slices of wheat bread, lay them on the plate side-by-side.
- 4 Measure and spread yogurt and cream cheese onto one of the toast slices. Sprinkle with pepper.
- 5 Lay cucumber slices evenly on top of spread. Top with toast slice.
- 6 Cut sandwich into 4 triangles following the diagonals (corner to corner).
- 7 Stack two triangles on top of each other. Insert toothpick through stack.
- 8 Slide cherry tomato-top of toothpick.
- 9 Repeat with the other 2 triangles and arrange on plate.

NUTRITION FUN FACTS PER SERVING



By
Ann Marie McNamara

PINEAPPLE KIWI SMOOTHIE

Lewisville
The Colony High School

INGREDIENTS

1/2 cup frozen
pineapple chunks
3 Tbsp pear juice
1/2 kiwi, medium

SUPPLIES

blender
measuring cups
measuring spoons
butter knife
spoon for scooping
drinking cup
cutting board

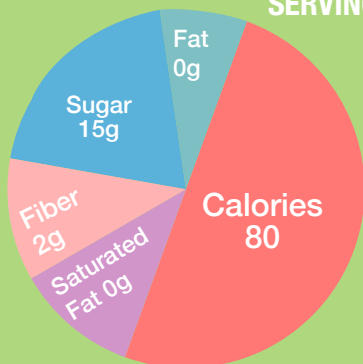


1 SERVING

INSTRUCTIONS

- 1 ASK AN ADULT FOR PERMISSION TO USE THE BLENDER.
- 2 Measure out pineapple chunks and pear juice and put in the blender.
- 3 Put kiwi on a cutting board.
- 4 Slice kiwi in half from end to end. (Put one of the halves in the refrigerator so you can enjoy it at another time).
- 5 Use a spoon to scoop the kiwi out of the skin. Place in blender.
- 6 Put the lid on the blender.
- 7 Blend on medium speed until the drink is smooth.
- 8 Pour the smoothie in your cup and enjoy!

NUTRITION FUN FACTS PER SERVING



By
Megan Spencer

SNOW PEAS PIZZA

Lewisville
The Colony High School

INGREDIENTS

1 pita bread, small
(4 inch)
1/4 cup snow peas
2 Tbsp mozzarella
cheese, shredded
1 slice ham, deli/lunch
meat, lean
1/4 cup broccoli, fresh
non-stick cooking spray



1 SERVING

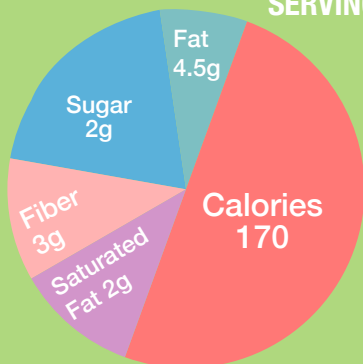
SUPPLIES

microwave-safe plate
microwave
table knife
your hands
measuring cups
measuring spoons

INSTRUCTIONS

- 1 Place the pita bread on plate.
- 2 Spread cheese all over pita.
- 3 Then use hands to shred ham into pieces. Place on top of the cheese.
- 4 Use table knife, cut each snow pea into 3 pieces. Place over the pita.
- 5 Rinse broccoli, cut florets from broccoli and chop into bite-size pieces to make 1/4 cup chopped broccoli.
- 6 Spread chopped broccoli over pita.
- 7 Finally, place in the microwave and cook for 3 minutes.
- 8 Let cool in microwave for 1 minute.
- 9 Slice pita pizza into 4 triangles, enjoy!

NUTRITION FUN FACTS PER SERVING



By
Jocelyne Espinoz
Elizabeth Hernandez

KIWI WRAPS

Mesquite
Dr. John Horn High School

INGREDIENTS

- 1 whole wheat tortilla,
8 inch
- 1 Tbsp cream cheese,
fat free
- 1 Tbsp strawberry
100% fruit spread
- 2 kiwi



2 SERVINGS

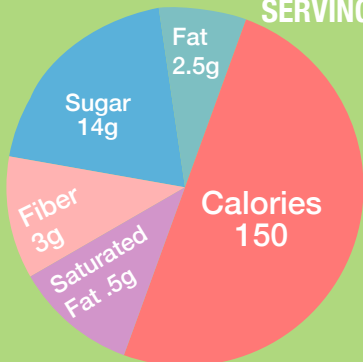
SUPPLIES

paper plate
butter knife
measuring spoon
spoon

INSTRUCTIONS

- 1 Place tortilla on plate.
- 2 Spread half tortilla with cream cheese.
- 3 Spread the other half of the tortilla with strawberry jam.
- 4 Using cutting board and butter knife, slice kiwis in half from end to end.
- 5 Use the spoon to scoop the kiwi fruit out of its skin.
- 6 Place flat side of kiwis down on cutting board, cut halves into slices.
- 7 Place kiwi slices on the side with the cream cheese.
- 8 Carefully roll the tortilla starting with the cream cheese side.
- 9 Place seam side down, cut the wrap in half and share with a friend.

NUTRITION FUN FACTS PER SERVING



By
 Korina Alonso
 Kyla Setler
 Ne'Tia Osborne
 Jacqueline Rodriguez
 Bryan Zapien

SQUASH PIZZA

Mesquite High School

INGREDIENTS

1 yellow squash, small
 6 fresh cherry tomatoes
 3 Tbsp mozzarella cheese, reduced fat
 7 pita chips
 2 fresh basil leaves
 salt and pepper to taste

SUPPLIES

cutting board
 butter knife
 measuring spoons
 microwave-safe plates (2)

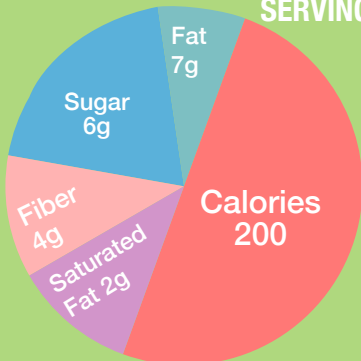


1 SERVING

INSTRUCTIONS

- 1 Rinse the squash and tomatoes.
- 2 On a cutting board, using a butter knife, slice squash into 1/4 inch thick rounds, place rounds in a single layer on a microwave-safe plate, and microwave for 20 seconds.
- 3 Slice tomatoes in half, place in microwave safe dish and microwave for 20 seconds.
- 4 Spread tomato on the squash.
- 5 Measure 3 Tablespoons of mozzarella cheese and sprinkle over squash and tomato and microwave for 20 secs.
- 6 Spread pita chips on a plate & place cooked squash on pita chips, (be careful, the squash might be hot!)
- 7 Tear basil leaves, garnish over pizza.
- 8 Sprinkle salt and pepper if desired.
- 9 Enjoy!

NUTRITION FUN FACTS PER SERVING



By
Emen Umoh, Kiara,
Linzy, Angelica Medina

YUMMY FRUITY YOGURT PARFAIT

North Mesquite High School

INGREDIENTS

1/2 cup canned
unpeeled apricot
halves in fruit
juice, drained
4 strawberries,
medium
1/3 cup banana (small)
1 cup plain fat-free
Greek yogurt

SUPPLIES

butter knife
cutting board
measuring cups
big spoon
mixing bowl
can opener
2 small bowls

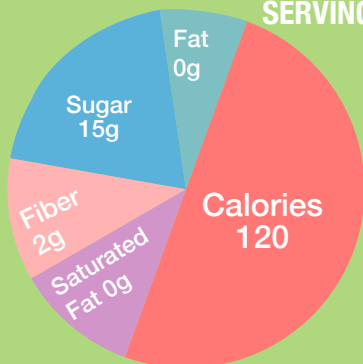


INSTRUCTIONS

2 SERVINGS

- 1 Open canned apricots with can opener and strain the juice out of the can into the sink.
- 2 Measure one half cup of apricot halves and set aside.
- 3 Rinse the strawberries in the sink, and remove stems.
- 4 On a cutting board, using the butter knife, slice apricot halves and strawberries into small cubes and place in mixing bowl.
- 5 Peel the banana and slice it. Place banana slices in bowl with other fruit.
- 6 Stir fruit with a spoon to mix together.
- 7 Spoon 1/4 fruit in one small bowl.
- 8 Measure 1/2 cup of yogurt and place it on top of the fruit.
- 9 Top yogurt with 1/4 of the mixed fruit.
- 10 Repeat steps 7-9 with the remaining fruit and yogurt in the second small bowl and share with a friend!

NUTRITION FUN FACTS PER SERVING



By
Jeremy Palomo
Jasmyn Manning

INGREDIENTS

1/2 cup frozen
cauliflower, (steam
in the bag)
2 Tbsp reduced fat
cheddar cheese,
shredded
3 Tbsp bread crumbs
1/4 tsp salt
1/8 tsp pepper
1/4 tsp garlic powder

SUPPLIES

microwave safe plates-2
medium size bowl
measuring cups
measuring spoons
spoon for mixing
non-stick spray
microwave

CAULI-BITES

Mesquite
Poteet High School

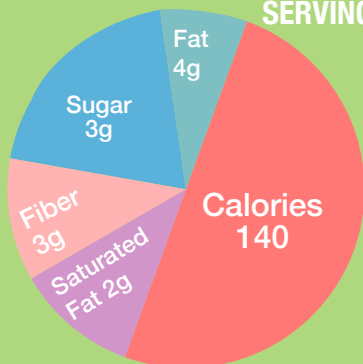


1 SERVING

INSTRUCTIONS

- 1 Place bag of cauliflower on microwave-safe plate. Microwave for 5-6 minutes.
- 2 While cauliflower is in microwave, thoroughly wash your hands (you will be using them for mixing later!)
- 3 Combine rest of ingredients in a medium sized bowl. Mix well.
- 4 Get another microwave-safe plate and spray with non-stick cooking spray.
- 5 Allow cauliflower to cool for 2 minutes before removing from microwave.
- 6 Carefully open the bag of cauliflower and add 1/2 cup to bowl of ingredients.
- 7 With hands, mix ingredients together well.
- 8 Form the mixture into 5 nugget shapes and put them on the microwave safe plate.
- 9 Put plate into microwave for 3 minutes on high or until bites are golden brown.
- 10 CAREFUL PLATE WILL BE HOT. ENJOY!

NUTRITION FUN FACTS PER SERVING



By
Denorris Rhodes
Larry Batts
Alexander Resendiz

MARVELOUS MELON SALAD

West Mesquite High School

INGREDIENTS

1 cup pre-cut
honeydew melon
15 green grapes
1/4 cup marshmallows
1 1/2 cups pre-cut
watermelon
2 Tbsp chia seeds

SUPPLIES

mixing bowl
big spoon
serving bowls

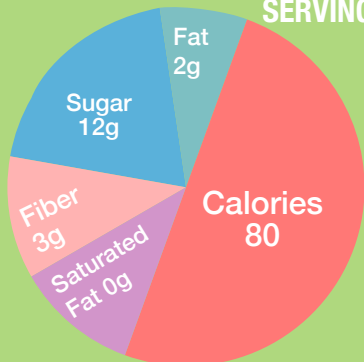


INSTRUCTIONS

4 SERVINGS

- 1 Buy pre-cut, fresh honeydew and watermelon chunks or have a parent cut the melons for you.
- 2 Measure 1 cup honeydew melon chunks and place in mixing bowl.
- 3 Count out 15 green grapes, rinse in sink, and add to mixing bowl.
- 4 Measure 1 1/2 cups of watermelon chunks and place in mixing bowl.
- 5 Measure 1/4 cup of miniature marshmallows, place in mixing bowl.
- 6 Measure 2 Tablespoons of chia seeds, sprinkle into mixing bowl.
- 7 With a big spoon, stir everything together.
- 8 This Marvelous Melon Salad serves 4 people, so invite your friends over for a healthy snack!

NUTRITION FUN FACTS PER SERVING



By
 Zachary Villasenor
 Nik Henry
 Anthony Andrews
 Jose A. Cotto
 Kamryn Kuhn

ORANGE BANANA K-BOB

Northwest
 Byron Nelson High School

INGREDIENTS

1/2 banana, medium
 1 single serve cup
 of mandarin
 oranges, drained
 1 1/2 tsp peanut butter,
 creamy
 1 1/2 tsp crispy rice
 cereal,
 chocolate flavored



1 SERVING

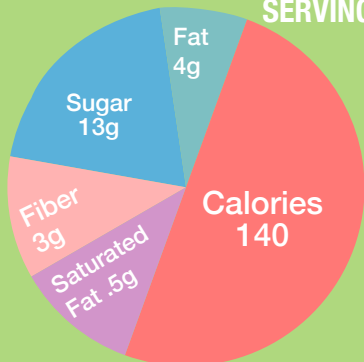
SUPPLIES

butter knife
 measuring cup
 measuring spoon
 toothpicks

INSTRUCTIONS

- 1 Peel banana and cut in half.
- 2 Cut the half banana into slices.
- 3 Divide the peanut butter and spread peanut butter evenly among the banana slices.
- 4 Sprinkle cereal evenly onto the banana slices.
- 5 Put a toothpick through the banana slice, then add orange slice.
- 6 Continue until all fruit is on k-bobs.
- 7 Enjoy!

NUTRITION FUN FACTS PER SERVING



By
Gigi Rasmussen
Aaron Dougals
Tate Cortez

KING'S ROLLUP

Northwest
Byron Nelson High School

INGREDIENTS

1 tortilla, flour, 6 inch
1/4 cup sweet potato
1/8 tsp cinnamon
1/3 cup banana
pinch salt



1 SERVING

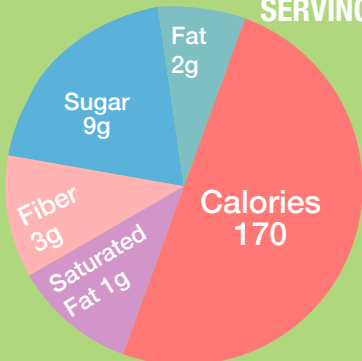
SUPPLIES

butter knife
cutting board
1 measuring cup
1 fork
2 napkins
teaspoon
2 small plates

INSTRUCTIONS

- 1 Wash sweet potato.
- 2 Place sweet potato in microwave for 6 minutes. Let cool for 3 minutes before removing from microwave.
- 3 While potato is in microwave, peel banana and slice on cutting board.
- 4 After sweet potato has cooled, cut in half, scoop out into a bowl and mash with a fork.
- 5 Add cinnamon and salt while mixing.
- 6 Spread sweet potato mash onto tortilla.
- 7 Put bananas on top of spread.
- 8 Roll up and enjoy!

NUTRITION FUN FACTS PER SERVING



By
 Britannie Wishon
 Katie Farmer
 Aaron Carey

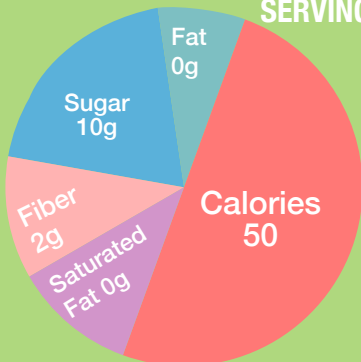
INGREDIENTS

1 clementine
 15 blueberries
 1 chocolate chip
 1 grape, red

SUPPLIES

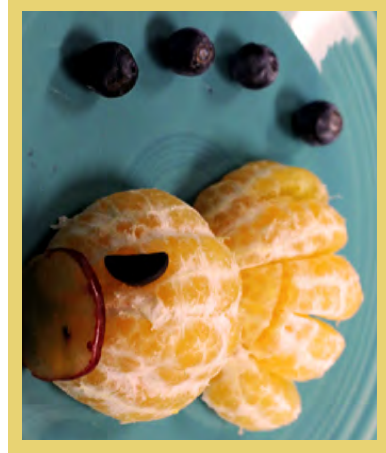
plate
 butter knife
 cutting board

NUTRITION FUN FACTS PER SERVING



BUBBLE FISH

Prosper High School



1 SERVING

INSTRUCTIONS

- 1 Peel Clementine, and split in half.
- 2 Lay one half on the plate horizontally as the body and head of the fish.
- 3 Fan out sections of other clementine half, place next to half on the plate as the tail of the fish.
- 4 On cutting board, slice one rounded end off grape, then another thin slice as mouth of fish. (Eat the leftover pieces of grape!)
- 5 Place chocolate chip on the head as the fish's eye.
- 6 Rinse the blueberries and place 4 berries above the fish's head as bubbles, and place the rest below the fish as water.
- 7 Enjoy your Bubble Fish snack!

By
Mallory Mack
Ben Kopenski
Monica Horton
Ryder Wilkerson
Matteo Tedesco

HONEY APPLE SWEET POTATO TOAST

Prosper High School

INGREDIENTS

1 sweet potato,
small-medium
1 1/2 tsp light butter
1/2 tsp cinnamon,
ground
1/4 cup apple, small
1 slice whole grain
bread
1 tsp honey

SUPPLIES

plate, fork, microwave-
safe plate, oven, mitts,
measuring cup,
measuring spoons,
potato masher, toaster

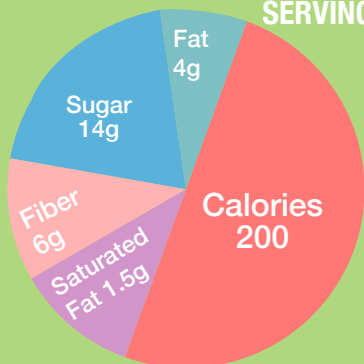


1 SERVING

INSTRUCTIONS

- 1 Wash sweet potato, scrubbing away any visible dirt and pat dry.
- 2 Using fork, poke potato 4-5 times all over, put on plate, microwave for 4 minutes.
- 3 Using the fork, flip the potato onto its other side and microwave for 2-3 more minutes or until it's soft.
- 4 Remove potato from microwave, let cool.
- 5 Rinse apple, cut in half using butter knife on cutting board, then cut apple into small chunks until you have 1/4 cup chopped apples. Be careful to avoid core and seeds of apple.
- 6 Once the potato is cool, slice in half, scoop out inside, measure 1/2 cup into a bowl & mash with potato masher or fork.
- 7 Add cinnamon and light butter to bowl and mix well with a fork until smooth.
- 8 Place one slice of whole grain bread in the toaster. Toast bread to your liking.
- 9 Spread sweet potato spread on toast, add chopped apples, drizzle with honey.
- 10 Enjoy!

NUTRITION FUN FACTS PER SERVING



By
Megan McDaniel

RABBIT WRAP

Richardson High School

INGREDIENTS

- 1 tortilla, small, whole wheat
- 1 cup baby spinach, fresh
- 1 spreadable cheese wedge, white cheddar, light
- 2 Tbsp shredded carrot



1 SERVING

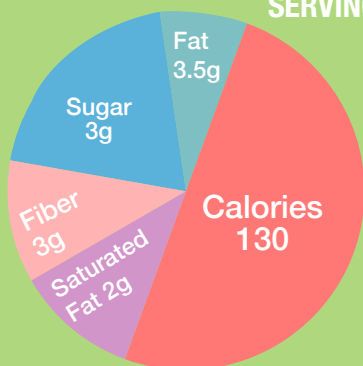
SUPPLIES

- butter knife
- plate
- toothpicks (2)
- cutting board
- measuring cups
- measuring spoons

INSTRUCTIONS

- 1 Get all ingredients and equipment.
- 2 Put tortilla on plate.
- 3 Open cheese wedge package and use the butter knife to spread the cheese onto the tortilla.
- 4 Put spinach on top of the cheese.
- 5 Put the shredded carrots in the middle of the tortilla on top of the spinach.
- 6 Roll the tortilla as tight as you can.
- 7 Put one toothpick in each half of the Rabbit Wrap.
- 8 Use butter knife to cut the wrap in half.
- 9 Then Enjoy!

NUTRITION FUN FACTS PER SERVING



By
Melissa Nash

RAZZLEBERRY SMOOTHIE

Richardson High School

INGREDIENTS

1/2 cup raspberries
5 strawberries,
medium
1 banana, small
1 orange, medium
1 tsp sugar
2 cups of ice



3 SERVINGS

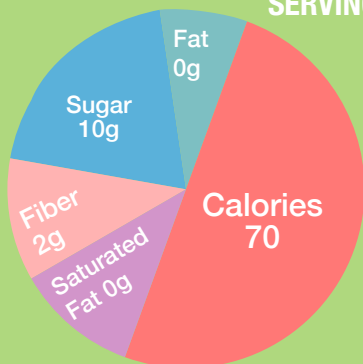
SUPPLIES

blender
measuring cups
hand juicer
butterknife
drinking cup

INSTRUCTIONS

- 1 ASK AN ADULT FOR PERMISSION TO USE THE BLENDER.
- 2 Wash strawberries and raspberries, and gently pat dry with a paper towel.
- 3 Cut stem off strawberries. Cut in half.
- 4 Put raspberries and strawberries in the blender.
- 5 Peel banana and put it in the blender.
- 6 Cut the orange in half and squeeze out juice with a manual juicer.
- 7 Put juice, sugar and ice in blender.
- 8 Put lid on blender and blend medium-high (if ingredients stick, turn off blender, shake it a bit, then blend again.)
- 9 Pour smoothies evenly into 3 cups.
- 10 Share with 2 friends and enjoy!!!

NUTRITION FUN FACTS PER SERVING



By
Miranda Myers

GRAPEFRUIT PARFAIT

Rockwall High School

INGREDIENTS

2 leaves fresh mint
1/2 cup Greek yogurt,
non-fat
1 tsp sugar-free
sweetener
1 Tbsp Chia seeds
1/2 cup grapefruit, fresh
or canned in
100% juice
2 tsp slivered almonds
1/2 tsp honey



1 SERVING

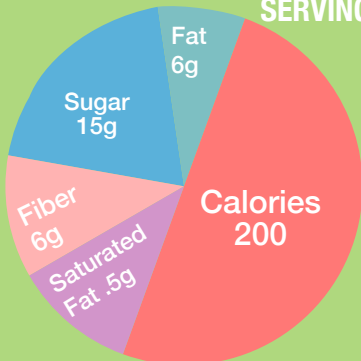
SUPPLIES

butter knife
cutting board
measuring cups
measuring spoons
cereal bowl
mixing spoon
can opener (if using
canned grapefruit)

INSTRUCTIONS

- 1 Using a butter knife and cutting board, cut the mint leaves into small strips. Set aside.
- 2 In a cereal bowl, mix non-fat greek yogurt with the stevia and chia seeds.
- 3 Peel grapefruit, separate half of the grapefruit into sections and slice each section into 3 pieces. (If using canned grapefruit, open with can opener, strain juice from can into sink, & measure out 1/2 cup of fruit.)
- 4 Lay the grapefruit slices/pieces on top of the yogurt.
- 5 Sprinkle mint and almonds on top of grapefruit and yogurt.
- 6 Drizzle the honey all over the top.
- 7 Grab a spoon and enjoy!

NUTRITION FUN FACTS PER SERVING



By
Ashton Williams

PUMPKIN BLUEBERRY BREAD PUDDING

Rockwall High School

INGREDIENTS

1/4 cup canned pumpkin
3 Tbsp egg whites
2 Tbsp unsweetened
cashew milk
1/2 tsp cinnamon
1/4 cup blueberries
1 1/2 slices 45-calorie
multi-grain bread
2 Tbsp sugar-free
pancake syrup

SUPPLIES

can opener
measuring cups
measuring spoons
fork
mixing bowl
bowl, microwave-safe
microwave
oven mitts

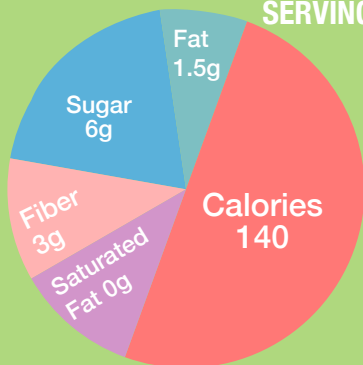


1 SERVING

INSTRUCTIONS

- 1 Open can of pumpkin with can opener.
- 2 Measure 1/4 cup pumpkin and place into mixing bowl.
- 3 Add egg whites, cashew milk, cinnamon, and 1 Tablespoon syrup into mixing bowl with pumpkin and using the fork, mix ingredients together until well blended.
- 4 Add blueberries and gently stir them into the pumpkin batter.
- 5 Tear bread into small pieces, and divide into 3 equal piles.
- 6 Place one layer of bread pieces in bottom of microwave-safe bowl, add about 1/4 cup of batter on top.
- 7 Repeat step 6 two more times to make 3 layers of bread and batter, with any remaining batter on the very top.
- 8 Place bread pudding in microwave for 1 minute and 30 seconds.
- 9 Using oven mitts, remove bowl from microwave.
- 10 Drizzle 1 Tablespoon of syrup on top and Enjoy!

NUTRITION FUN FACTS PER SERVING



By
Jennifer Arroyo
Emai Walker
Natalie Bell
Kameron Sanchez

BLUEBERRY POPPERS

Wylie High School

INGREDIENTS

1/2 cup blueberry Greek yogurt, non-fat
1/2 cup blueberries, fresh
2 Tbsp steel-cut oats



1 SERVING

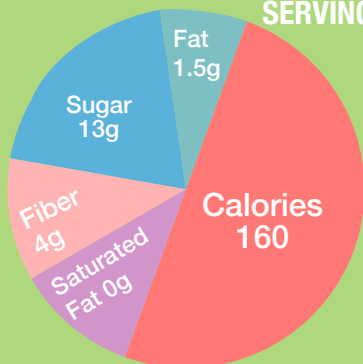
SUPPLIES

wax paper
tray or sheet pan
tooth picks
measuring cups
measuring spoons
freezer

INSTRUCTIONS

- 1 Rinse the blueberries and gently pat them dry with a paper towel.
- 2 Put the wax paper on a flat tray or sheet pan, (make sure it will fit in your freezer).
- 3 Get a toothpick and stick it in the center of the blueberry.
- 4 Dip the blueberry in the yogurt.
- 5 Gently remove yogurt covered berry from toothpick onto the wax paper.
- 6 Repeat steps 4 & 5 until all the blueberries are covered in yogurt.
- 7 Sprinkle 2 Tbsp of the steel-cut oats over the covered blueberries.
- 8 Put the finished berries in the freezer for 2 hours.
- 9 When frozen, remove from tray into a bowl or plastic bag and enjoy!

NUTRITION FUN FACTS PER SERVING



By
Kendall Deland
Jordyn Perry
Jake Fuller
Juevon Armstrong

STRAWBERRY PARFAIT

Wylie High School

INGREDIENTS

6 Tbsp vanilla Greek
yogurt
8 strawberries,
medium
1/2 granola bar, honey
crunch



1 SERVING

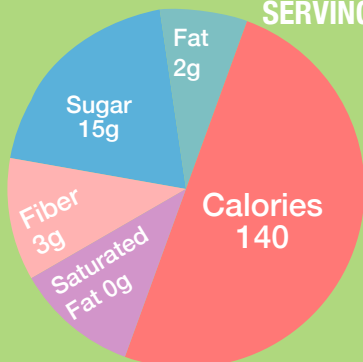
SUPPLIES

butter knife
measuring cup
spoon
portable container w/lid

INSTRUCTIONS

- 1 Wash strawberries, cut off green tops and slice berries into 3 equal piles on cutting board.
- 2 With your hands, crush granola bar inside its package into tiny pieces.
- 3 Measure 2 Tbsp yogurt, spread into bottom of small container.
- 4 Place 1/3 of berries on top of yogurt.
- 5 Sprinkle 1 1/2 tsp of crushed granola bar on top of berries.
- 6 Repeat steps 3-5 two more times to create 3 layers.
- 7 Enjoy now or store in an insulated bag with ice pack to enjoy on the go!

NUTRITION FUN FACTS PER SERVING



Recipe Index

Food	Snack Break Bowl	9	Strawberries	
4 Kids	Summer Fun	13	Jicama Fruit Salad	11
Fruit			Leo's Lion Dessert	10
Apple	Apple Spinners	19	Razzleberry Smoothie	35
	Bubble Butterflies	21	Roarin' Mango Salsa	18
	Honey Apple Sweet		Strawberry Parfait	39
	Potato Toast	33	Yummy Fruity	
Apricot	DJ Mix	20	Yogurt Parfait	27
	Yummy Fruity		Watermelon - Jicama Fruit Salad	11
	Yogurt Parfait	27	Marvelous Melon Salad	29
Banana	King's Rollup	31	Watermelon Pizza	6
	Orange Banana K-Bob	30	Grains	
	Razzleberry Smoothie	35	Bagel	Peaches n' Cream Bagel 15
	Triple B Double P	12	Bran Flakes - Summer Fun	13
	Yummy Fruity		Bread	Veggie Club 22
	Yogurt Parfait	27		Honey Apple Sweet
Blackberries - Triple B Double P		12		Potato Toast 33
Blueberries - Blueberry Poppers		38		Leo's Lion Dessert!!! 10
	Bubble Fish	32		Pumpkin Blueberry Bread
	Pumpkin Blueberry			Pudding 37
	Bread Pudding	37		Granola - Watermelon Pizza 6
Cranberries - Watermelon Pizza		6		Granola Bar - Strawberry Parfait 39
Grapefruit - Grapefruit Parfait		36		Oats
Grapes	Bubble Fish	32		Blueberry Poppers 38
	Marvelous Melon Salad	29		Pita Bread - Pizza Bites 14
Honeydew-Marvelous Melon Salad		29		Snow Peas Pizza 24
Kiwi	Jicama Fruit Salad	11		Pita Chips - Roarin' Mango Salsa 18
	Kiwi Wraps	25		Squash Pizza 26
	Pineapple Kiwi Smoothie	23		Pretzel Sticks - Bubble Butterflies 21
Mango	Jicama Fruit Salad	11		Rice
	Roarin' Mango Salsa	18		"Desert" in a Bowl 7
Oranges - Bubble Fish		32		Rice Cereal, crispy, chocolate
	Orange Banana K-Bob	30		Orange Banana K-Bob 30
	Razzleberry Smoothie	35		Sandwich Thin - Nutri-Pizza 17
Peach	Peaches n' Cream Bagel	15		Tortilla, Flour - King's Rollup 31
	Summer Fun	13		Kiwi Wraps 25
	Triple B Double P	12		Rabbit Wrap 34
Pear	Spiced Pears	8		Veggie Taco 16
Pineapple				Nuts/Seeds/Nut Butters
	Pineapple Kiwi Smoothie	23		Nut Butter, Hazlenut (Nutella)
	Snack Break Bowl	9		Leo's Lion Dessert!!! 10
Plum	Leo's Lion Dessert!!!	10		Nut Butter, Peanut butter
Raisins	Snack Break Bowl	9		Orange Banana K-Bob 30
Raspberries				Nuts, Almonds
	Razzleberry Smoothie	35		Grapefruit Parfait 36
				Watermelon Pizza 6
				Nuts, Peanuts - Snack Break Bowl 9
				Seeds, chia - Grapefruit Parfait 36
				Marvelous Melon Salad 29
				Watermelon Pizza 6

Recipe Index

Seeds, pumpkin DJ Mix	20	Broccoli Nutri-Pizza	17
Seeds, sunflower DJ Mix	20	Snow Peas Pizza	24
Portable Snacks		Carrots Apple Spinners	19
DJ Mix	20	Creamy Green Dip & Veggie Sticks	5
Snack Break Bowl	9	Nutri-Pizza	17
Protein		Rabbit Wrap	34
Chicken, grilled - Nutri-Pizza	17	Veggie Taco	16
Eggs Pumpkin Blueberry		Cauliflower - Cauli-Bites	28
Bread Pudding	37	Celery Bubble Butterflies	21
Ham Snow Peas Pizza	24	Creamy Green Dip & Veggie Sticks	5
Refrigerated Items		Cucumber - Veggie Club	22
Cheese, cheddar - Cauli-Bites	28	Jicama - Jicama Fruit Salad	11
Nutri-Pizza	17	Kale - Creamy Green Dip & Veggie Sticks	5
Cheese, cream cheese		Peas, Snap or Snow	
Apple Spinners	19	Snow Peas Pizza	24
Veggie Club	22	Potatoes, sweet potato	
Kiwi Wraps	25	Honey Apple	
Cheese, mozzarella		Sweet Potato Toast	33
Snow Peas Pizza	24	King's Rollup	31
Squash Pizza	26	Pumpkin - Pumpkin	
Cheese, parmesan		Blueberry Bread Pudding	37
Creamy Green Dip	5	Spinach - Rabbit Wrap	34
Cheese, spreadable wedge		Tomatoes - Veggie Club	22
Rabbit Wrap	34	Squash Pizza	26
Hummus - Bubble Butterflies	21	Veggie Taco	16
Nutri-Pizza	17	Yellow Squash - Squash Pizza	26
Milk, low-fat - Summer Fun	13	Super Bowl Snacks	
Milk, cashew - Pumpkin		Blueberry Poppers	38
Blueberry Bread Pudding	37	Cauli-Bites	28
Sour Cream - Creamy Green Dip & Veggie Sticks	5	Creamy Kale Dip & Veggie Sticks	5
Whipped Topping - Peaches		DJ Mix	20
n' Cream Bagel	15	Jicama Fruit Salad	11
Yogurt, blueberry		Kiwi Wraps	25
Blueberry Poppers	38	Marvelous Melon Salad	29
Yogurt, plain - Grapefruit Parfait	36	Nutri-Pizza	17
Veggie Club	22	Pizza Bites	14
Triple B Double P	12	Rabbit Wrap	34
Yummy Fruity		Roarin' Mango Salsa	18
Yogurt Parfait	27	Snack Break Bowl	9
Yogurt, vanilla - Strawberry Parfait	39	Snow Peas Pizza	24
Watermelon Pizza	6	Squash Pizza	26
Vegetables		Veggie Taco	16
Asparagus - "Desert" in a Bowl	7	Watermelon Pizza	6
Bell Pepper - Creamy Green			
Dip & Veggie Sticks	5		
Pizza Bites	14		

21 DAY CHALLENGE FAQs

1. WHAT IS THE 21-DAY CHALLENGE?

The 21-Day Challenge encourages you to make healthier snack choices for the next 21 days. Every day, prepare and eat a healthy snack that contains a fruit or veggie. Choose a recipe from this book, use our Healthy Snack Finder tool to search our database of over 400 recipes or make your own creation that contains 1/2 cup of fruit or vegetable. We encourage you and your family to participate together and share in the fun!

2. WHAT IS KIDS TEACHING KIDSSM?

The kids teaching kidsSM educates and engages students in better nutrition. Registered Dietitians work with high school culinary students to create a recipe book for elementary school students full of healthy, flavorful snacks featuring fruits and vegetables.

3. HOW DO I REGISTER TO TAKE THE CHALLENGE?

Parents may register their child(ren) by visiting the website kids-teaching-kids.com. Click on “Sign-Up.” Choose the box “Sign-Up a Student”. Simply follow the directions to register. You will receive a unique 8-digit registration code when you sign-up. Please write Your Secret Code on the Snacking Log found on page 45 in the recipe book.

4. WHY DOES A PARENT/GUARDIAN HAVE TO SIGN-UP THEIR CHILD?

You must be 18 years or older to fill out the form and leave an email address. Medical City Children’s Hospital only communicates with adults through the email address you provide. The information you give at registration is only used to communicate to your school that your child has registered and again to compare your child’s responses to the final survey questions.

5. IF THE INGREDIENTS IN THE BOOK DON’T MATCH UP TO THE INGREDIENTS I HAVE IN MY HOUSE, DO I HAVE TO MAKE A SPECIAL FOOD PURCHASE?

No. We developed a tool on our website called “Healthy Snack Finder”. You can use the Healthy Snack Finder to search for snacks, from our database of over 400 recipes, that match the ingredients you have on hand in your pantry or refrigerator. You may also create your own healthy snack (see guidelines listed for a healthy snack, on page 43).

6. WHAT IF I MISS A DAY IN THE 21-DAY CHALLENGE?

It is ok to miss a day. Though, during the 21-Day Challenge we would like for you to think ahead and plan your snack each day, even on weekends. Remember you can make and enjoy your snack anytime of the day.

7. HOW DO I TAKE THE SURVEY?

Two weeks after you finish the challenge, we will send you an email link to the survey along with Your Secret Code. You will receive separate emails for each child that you registered. You will enter the unique code on the survey form. This is also how we ensure your child receives his/ her prize after completing the final survey.

8. DURING THE 21-DAY CHALLENGE, DO I HAVE TO MAKE EVERY SNACK FROM THE BOOK I HAVE?

No. We understand there may be issues with food allergies, availability of ingredients, etc.

9. WHAT ARE THE GUIDELINES FOR A HEALTHY SNACK?

Below are the guidelines for your healthy snack. Don't forget to check your portion size!

- 200 calories or less
- 7 g of fat or less
- 2 g of sat fat or less
- 2 g of fiber or more!
- 15 g of sugar or less
- Must contain a minimum of ½ cup fruit or vegetable per serving

10. CAN PARENTS AND TEACHERS SIGN-UP TO TAKE THE CHALLENGE TOO?

Yes. Visit the sign-up page at www.kids-teaching-kids.com. Be sure to select the box that says "Sign-Up an Adult" then follow the directions to register. You may download the recipe book for free and utilize the Healthy Snack Finder as well. Be sure to take the final survey when it is time. However, we only give awards to elementary students enrolled in public schools.

11. WHAT IF I HAVE QUESTIONS ABOUT THE 21-DAY CHALLENGE?

Contact your PE Teacher.

A SPECIAL THANKS TO:

Medical City Children's Hospital and HCA North Texas Division

Ryan Eason	Kids Teaching Kids Program Director, Medical City Healthcare
Jill Elliott	Registered Dietitian Nutritionist and Operations-Medical City Children's Hospital
Amy Haynes	Registered Dietitian Nutritionist, Medical City Children's Hospital
Gary Garrett	Graphic Designer, Medical City Healthcare Design and Print Services
Lyris Rogers	Document Advisor, Medical City Healthcare Design and Print Services
Bailey Browder	Digital Communication Specialist, Medical City Healthcare

Culinary Arts Instructors

Rob Richards	Allen HS
Joshua Gentry	Birdville Center of Technology and Advanced Learning
Cheryll Harris	Conrad HS-Dallas ISD
Matt Denman	Molina HS-Dallas ISD
Don Felton	Skyline HS-Dallas ISD
Alecia Huval	Skyline HS-Dallas ISD
Dottie Orth	Thomas Jefferson HS-Dallas ISD
Stephen Drake	Townview HS-Dallas ISD
Adam Bazaldua	Wilmer Hutchins HS-Dallas ISD
Sara Hosford	Career and Technical Education Center-Frisco ISD
Valerie Beckwith	Dubiski HS-Grand Prairie ISD
Farrah Dickens	Central HS-Keller ISD
Jackie Godek	Fossil Ridge HS-Keller ISD
Bill Cox	Keller HS
Sharetha Wheeler	Timber Creek HS-Keller ISD
Amanda Bensley	The Colony HS-Lewisville ISD
Amy Petrawski	John Horn HS-Mesquite ISD
Sandra Sepulveda	Mesquite HS
Lauren China	North Mesquite HS
Kate Henry	Poteet HS-Mesquite ISD
Susan Harris	West Mesquite HS
Victoria Hooker	Byron Nelson HS-Northwest ISD
Cristina Goodman	Prosper HS
Karen Hill	Richardson HS
Cody Hayes	Rockwall HS
Toni Sloane	Wylie HS
Tim Pound	Wylie HS

Graphic Design Instructor

Anthony Patrick
Keller Center for Advanced Learning

Student Photographers

Austin Smith	Allen HS	Brooke Kucel	Prosper HS
Nelson Lainez	Conrad HS	Evan Simmons	Prosper HS
Andrew Mullins	KCAL	Zoe Dalton	Richardson HS
Lorena Garcia	KCAL	Jacob Sears	Rockwall HS
Caylee Jones	West Mesquite HS	Amayrani Luna	Skyline HS
Edwin Ambriz	West Mesquite HS	Kristy Colli	Skyline HS
Rayla McPherson	West Mesquite HS	Chance Anderson	Wylie HS
Star Morse	Northwest HS		

21-DAY Challenge

Snacking Log

The challenge evaluates snacking habits before, during and after the 21-Day Challenge. We are looking at frequency of snacks that include chips, cookies, candy, cake, soda, energy drinks, fruits & veggies. Parents, please help your child keep a log of their snacks both during and after the challenge. You will refer to the log to answer questions on the post-survey.

- 1 EACH DAY** for 21 straight days, create and eat a snack with a fruit or veggie. Use your recipe book or the “Healthy Snack Finder” tool at www.kids-teaching-kids.com to choose from hundreds of fun to make, fun to eat snacks.
- 2 TRACK SNACKS** during and after the challenge, using the log tables below. Be sure to record your Secret Registration Code. **Note: You will use the information in the logs when taking the post-survey.**
- 3 COMPLETE SURVEY** Two weeks after completing the challenge we will send an email to the same address used to register. It will have a link for a parent/guardian to go online with their child, enter the Secret Registration Code and answer a few questions. **Note: Please refer to the Snacking Logs when taking the survey.**

NAME:

YOUR SECRET CODE:

Description of Snack (example: a recipe, or chip or cookies)		Description of Snack (example: a recipe, or chip or cookies)	
Day 1		Day 12	
Day 2		Day 13	
Day 3		Day 14	
Day 4		Day 15	
Day 5		Day 16	
Day 6		Day 17	
Day 7		Day 18	
Day 8		Day 19	
Day 9		Day 20	
Day 10		Day 21	
Day 11			

Post-Challenge

Snacking Log

Description of Snack (example: a recipe, or chip or cookies)		Description of Snack (example: a recipe, or chip or cookies)	
Day 1		Day 12	
Day 2		Day 13	
Day 3		Day 14	
Day 4		Day 15	
Day 5		Day 16	
Day 6		Day 17	
Day 7		Day 18	
Day 8		Day 19	
Day 9		Day 20	
Day 10		Day 21	
Day 11			



Healthcare excellence now goes by one name.



Medical City Healthcare

MedicalCityHealthcare.com



Medical City Children's Hospital

kids teaching kidsSM



RECIPE BOOK DESIGNED
BY
LAURA GONZALEZ

