

Is Banana Bread Creditable???



As long as the first ingredient is whole or enriched flour the banana breads may be credited as a bread at any meal or snack. Fruit and vegetable breads, such as banana bread or carrot bread, do not contain enough fruit/vegetable to be credited toward the fruit/vegetable.

One banana, two banana,
Three banana, four.
Five banana, six banana,
Seven banana, more.

Eight banana, nine banana,
Ten banana, Lunch!
Ten bananas make a big fat bunch.

**WHY DO BANANAS NEVER GET LONELY?
THEY GO AROUND IN BUNCHES!
WHAT DID THE PEEL SAY TO THE BANANA?
"DON'T MOVE, I'VE GOT YOU COVERED"!**

Banana Pops

Give each child half of a banana and a popsicle stick. Let the child peel the banana, insert the stick, then roll the banana in their choice of toppings. Place the "banana pop" on wax paper, and place in the freezer for a few hours.



Topping ideas:

- Crispy rice cereal
- Crushed graham crackers
- Finely chopped nuts
- Dried fruit
- Crushed granola

If you prefer you can dip bananas in yogurt first or lightly spread with peanut butter.

Banana Dog from Family Fun

You won't find this fruity impostor at a ball game or backyard barbecue, but it sure makes a doggone wholesome "fast food" breakfast.

Ingredients

Whole-grain hot dog bun

Peanut butter

Wheat germ or sunflower seeds

Banana

Jam

Instructions: Simply spread a whole-grain hot dog bun with peanut butter, sprinkle with wheat germ or sunflower seeds, and top with a whole, peeled banana and a squiggle of jam. Variation: For a Banana Burrito, substitute a tortilla for the bun.



B is for Banana song from Dole

Song lyrics and audio download are available online at the Dole website:
[http://www.dole.com/SuperKids/Music/MusicDetail/tabid/848/Default.aspx?](http://www.dole.com/SuperKids/Music/MusicDetail/tabid/848/Default.aspx)



Have You Ever Had An Apple? Original Author Unknown Sung to: "Have You Ever Seen A Lassie"

Have you ever had an apple, an apple, an apple?
Have you ever had an apple and heard it go 'crunch'?

Have you ever had an orange, an orange, an orange?
Have you ever had an orange and heard it go 'slurp'?

Have you ever had a banana, a banana, a banana?
Have you ever had a banana and heard it go 'mush'?

Make a Banana Name for Yourself

Personalize your banana and amaze your friends! Use a toothpick to scratch your name or a design in a Chiquita Banana peel. Pack it in your lunch bag. At lunchtime, peel your banana and see that your name has magically appeared on your banana.

From www.chiquitabananas.com

Five Bananas

From Finger Folk by Lohnes

Five bananas in the grocery store.
A boy bought one, and then there were four.
Four bananas, yellow as can be.
A girl bought one, and then there were three.
Three bananas, sweet and juicy, too.
A boy bought one, and then there were two.
Two bananas, ripened by the sun.
A girl bought one, and then there was one.
One banana, last one in the bunch.
A boy bought it, and ate it for his lunch.
No bananas in the grocery store.
“Hey, Mr. Grocer, please order some more.”

This can be used with finger puppets or a flannel board.



Is Banana Pudding Creditable???

Puddings with added fruit that contain at least 2 tablespoons of fruit per serving may be counted as part of the fruit / vegetable requirement at meals and snacks. Pudding may never be credited as a milk or any other component.

Banana Facts

Bananas are available year round.

Bananas grow on a giant plant that looks like a tree but it is not a tree. The plant flowers and as each leaf of the bud opens it reveals a double row of flowers. These flowers become individual bananas. Each row has 15 or more fingers (bananas) and that makes up a “hand.” Each stem develops 7-10 hands of bananas. They are picked when they are green and shipped all over the world. For more information please visit:

<http://www.kids-cooking-activities.com/>

Banana Chips

Although banana chips may be high in fat, and the serving size is based on volume and may be impractical, they are creditable as a fruit / vegetable at lunch or dinner.

