

Movement Ideas

Flutter like a Butterfly ~ Slide like a snail
 Hop like a cricket ~ Creep like a spider
 Buzz like a bee ~ Crawl like a caterpillar
 Curl up like a sow bug (potato bug)
 Scurry like an earwig ~ March like an ant
 Jump like a grasshopper

Ants on a Log

Spread cut celery pieces with peanut butter. Top with raisins or other “bugs”!

While cream cheese may make a fun alternate filling for ‘Ants on a Log’, it is never creditable on the food program. Only those items labeled as “cheese food” may be claimed as “cheese spread”. Please refer to pages 44 & 45 of your *Creditable Foods Guide* for more information.



Breakfast Ideas

Toasted bagel, Orange sections, Milk
 Biscuit, Kiwi, Milk
 Doughnut holes, Applesauce, Milk
 French toast sticks, Peaches, Milk
 Cold cereal, Banana, Milk
 Banana bread, Grapes, Milk
 Cinnamon toast, Tropical fruit, Milk
 English muffin, Mixed fruit, Milk
 Oatmeal, Apples, Milk
 Muffin, Pineapple, Milk
 Coffeecake, Peaches, Milk

Make edible bugs—

Let children spread peanut butter on Hi Ho or Ritz crackers. Then they can add pieces of trail mix &/or pretzels to make edible bugs!



Snack Ideas

Soft breadstick, 100% Juice
 Crunchy pretzels, Apples
 Oyster crackers, Milk
 Graham crackers, Peanut butter
 Cheese Nips, String cheese
 Muffin, Milk
 Graham crackers, Yogurt
 Cereal mix, 100% Juice
 French toast sticks, Apples
 Tortilla, Cheddar
 Wheat thins, Refried beans

Lunch / Dinner Ideas

Roast beef on sandwich roll, Broccoli soup, Pears, Milk
 Chicken, Rice, Snap peas, Pineapple, Milk
 Beef Sloppy Joe, Wheat Bun, Steamed corn, Apricots, Milk
 Chicken and cheese quesadilla, Baby carrots, Kiwi, Milk
 Ham and cheese sandwich, Vegetable soup, Pears, Milk
 Mini meatloaf, Biscuits, Mixed vegetables, Orange slices, Milk
 Ham, Wheat bread, Cheesy potatoes, Mixed fruit, Milk
 Creamy tuna casserole, Peas and carrots, Peaches, Milk
 Beef Stroganoff, Noodles, Broccoli, Mixed fruit, Milk
 Scrambled eggs, Wheat toast, Hash browns, Mixed fruit, Milk
 Ham, Cornbread, Baked beans, Grapes, Milk

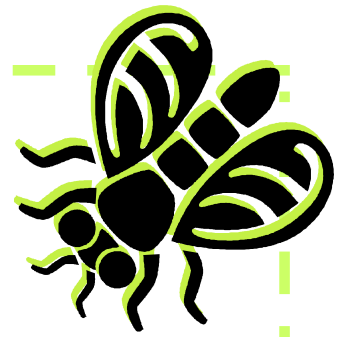




Butterfly Salad

2 Pineapple rings Green olives sliced in 1/2
Lettuce leaf Food coloring
Cottage cheese Celery stick

1. Place lettuce leaf onto a paper plate
2. Slice pineapple rings in 1/2 to use as an outline of the butterfly's wings
3. Use celery stick as the body
4. Place cottage cheese inside of pineapple ring
5. Decorate the cottage cheese with food coloring, pineapple slices and olives



Caterpillar Cocoon

1- 8 oz. tube refrigerated crescent rolls
8 breakfast sausages
1 squeeze bottle yellow mustard

Preheat oven according to directions on the crescent-roll package. Prepare the sausages according to the directions on the package. Remove from frying pan and allow to cool ten to fifteen minutes. Separate the crescent-roll dough into its pre-cut triangle pieces, and lay them flat on an un-greased cookie sheet. Place one sausage on each, squeeze a thin line of mustard on each. Roll and close all ends. Bake according to package instructions.

Grasshopper Guts

3 cups chow mein noodles
1 cup peanuts
1 6oz package of butterscotch chips

In a saucepan, melt butterscotch chips over low heat, stirring constantly. Remove chips from the heat and stir in peanuts and chow mien noodles. Drop by teaspoons onto waxed paper and cool.
Makes 30-40.

Buggy Sandwiches

Fill a dinner roll or bun with tuna salad and use very thin carrot sticks as the legs. You can use olives for the eyes and lettuce leaves as wings.

Butterfly Snack

1/4 section of a graham cracker
peanut butter
6 mini pretzel twists

Break graham cracker section into three roughly equal pieces. Spread a small amount of peanut butter onto each piece. Place two pretzel twists on each graham cracker section, two curves outward to form butterfly wings.

Recipes were found on the following web sites:
http://www.homeschoolshare.com/very_hungry_caterpillar.php
<http://www.childcarelounge.com/Snacktimerecipes>

