CHEF Lunchables – Baby Bites Stage 4 Food

1 Portion • 1 Portion = 1 Box

INGREDIENTS

- Protein: ½ hard-boiled egg, ½ cup Greek yogurt, or ½ cup diced chicken or beef
- Vegetable: ¼ cup carrot, broccoli, cooked greens, or 3 mini sweet peppers
- Fruit: ¼ cup grapes halved, cucumbers, cherry tomatoes halved, oranges, or watermelon
- Grains: 4 whole wheat crackers, ½ cup fortified cereal, or 1 slice toast
- Dairy: ¼ cup yogurt ranch dip, ½ cheese stick or slice of cheese, ½ cup milk
- Optional healthy fats: ¼ cup avocado, chocolate chips, or olives

DIRECTIONS

1. Choose one ingredient out of each food group and cut into bite-sized pieces.
2. Add each item to a plate or, if your child doesn't like food touching, add each item into a paper or reusable cupcake liner.
3. Allow your child to explore the food textures and options.
4. Serve immediately or store in the refrigerator for up to two days. Make sure to label each container with the name of the recipe and the date it was made.

Nutrition Facts

1 portion servings per container

Serving size **1 box (174g)**

Amount per serving

Calories **160**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 95mg	**32%**
Sodium 200mg	**9%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 1g	**4%**
Total Sugars 11g	
Includes 0g Added Sugars	**0%**
Protein 12g	
Vitamin D 1mcg	6%
Calcium 92mg	8%
Iron 1mg	6%
Potassium 277mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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