

# Healthier Kansas Menus – CACFP



## Recipes for CACFP Sponsors (6 and 25 servings per recipe)

Child Nutrition & Wellness,  
Kansas State Department of Education

Publication Date: Revised March 2018

### Apple Salad

Fruit Healthier Kansas Recipe 121  
HACCP: #1 No Cook Ohio Dept. of Education

Ingredients	25 Servings		6 Servings		Directions
	Weight	Measure	Weight	Measure	
Apples, fresh, #125-138, AP	1 lb 5 oz		5 oz		1. With gloved hands, wash and core apples, do not peel. Chop into bite size pieces. Add raisins and yogurt. Mix well. <b>Hold at 41° F or below.</b> 2. Serve cold.
Raisins, seedless, unsweetened	4 oz	¾ cup	1 oz	⅓ cup	
Yogurt, vanilla, low-fat	5 oz	⅝ cup	1 ¼ oz	⅓ cup	

<b>Serving Size</b> ¼ cup	<b>Crediting Information</b> ¼ cup Fruit	<b>Notes:</b>
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#### Nutrients Per Serving

Calories	31	Vitamin A	15.3 IU	Iron	0.12 mg
Protein	0.48 gm	Vitamin C	1.2 mg	Calcium	13.39 mg
Carbohydrate	7.66 gm	Fiber	0.74 gm	Cholesterol	0 mg
Fat	0.13 gm	% Fat	3.87%	Sodium	4 mg
Saturated Fat	0.05 gm	% Saturated Fat	1.60%		