

## Deli Bento Box

Think inside the box. This trendy theme allows you to satisfy appetites and be creative.

**Ages:** 3–5 years

**Prep time:** 15 minutes

**Makes:** 6 servings

**Cook time:** 0 minutes

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### INGREDIENTS

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- ¼ cup** mayonnaise, reduced-fat
- 1 Tbsp + 1 tsp** yellow mustard
- 1 Tbsp + 1 tsp** honey
- ¼ tsp** garlic powder
- 3** slices deli turkey, low-sodium
- 3** slices cheddar cheese, reduced-fat (1 oz slices)
- 12** tomatoes, fresh, grape (gently wash tomatoes under running water)
- ¾ cup** cucumbers, fresh, peeled strips, ¼" slices (gently wash cucumbers under running water before cutting/peeling)
- 18** crackers, woven, (about 1 ½" by 1 ½" each), whole-wheat, savory, 3 oz or 66 g of crackers total (see notes)

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### DIRECTIONS

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- 1.** Wash hands with soap and water for at least 20 seconds.
- 2.** In a small bowl, whisk together mayonnaise, yellow mustard, honey, and garlic powder. Set aside.
- 3.** Cut turkey slices in half.
- 4.** Cut each slice of cheese into 4 squares. Divide turkey and cheese into 6 even portions.
- 5.** Fill each space in the box with 1 Tbsp dressing, turkey and cheese (½ slice of turkey and 2 squares of cheese), tomatoes (2), cucumbers (2), and crackers (3). Serve immediately, or keep cold at 40 °F or lower.

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NUTRITION INFORMATION

1 Deli Bento Box


Nutrients	Amount
<b>Calories</b>	<b>174</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	3 g
Cholesterol	20 mg
<b>Sodium</b>	<b>176 mg</b>
<b>Total Carbohydrate</b>	<b>18 g</b>
Dietary Fiber	2 g
Total Sugars	6 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	109 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available


Source: Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

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CACFP CREDITING INFORMATION

¼ cup vegetable  
½ oz eq meat/meat alternate  
½ oz eq grains 

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CHEF TIPS

- **Contains milk (cheddar cheese), wheat (crackers), and eggs (mayonnaise).**
- **Choking Prevention:** Whole grape tomatoes can be a choking risk for children under the age of 4. To reduce risk of choking, cut cherry tomatoes in half lengthwise. If needed, cut into smaller pieces no larger than ½ inch.
- If serving other types of crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 66 g or 3 oz of crackers for this recipe.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Serve a variety of foods during the week to balance out an occasional snack item that may be higher in sodium or saturated fat.