

# FLAMINGO FRITTERS



EXTENSION  
College of Agriculture,  
Biotechnology & Natural Resources

## What you need:

### Flamingo Fritters:

- 3 cooked fish sticks
- 1/4 c. sliced sweet potatoes

### Sides:

- 3 slices of cheese
- 1/4 c. of blueberries
- 3 whole grain crackers

## Preparation:

1. Bake fish sticks according to package
2. Bake sliced sweet potatoes at 400° for 30 minutes
3. Complete your meal with sliced or cube cheese, blueberries, and whole grain crackers

\*\*This meal is CACFP approved if it is served with milk.

