

PETER PARROT PASTA



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

What you need:

- 1/4 c. tuna, canned
- 1/4 c. cooked whole grain pasta
- 2 tbsp. zucchini, diced
- 2 tbsp. tomato, diced
- 2 tbsp. olives, sliced

3 Tbsp. cubed cheese

1/2 c. lemon juice

Sides:

1/4 c. grapes, halved

Preparation:

1. Place tuna, pasta, zucchini, tomato, olives, and cheese in storage container.
2. Squeeze lemon juice on ingredients then mix well.
3. Enjoy with grapes!

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

