

PUG'S POWER PACK



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

What you need:

Pug's Power Pack:

2 pieces of deli ham, sliced

4 whole grain crackers

1 oz. cheese, 4 slices

Sides:

2 tbsp. celery, spears

2 tbsp. baby carrots

1/4 c. orange, sliced

Preparation:

1. Place 1 cracker at the bottom of a cupcake foil or storage container.
2. Slice cheese and place on top of crackers in the cupcake foil
3. Slice ham into 4 pieces and place on top of the cheese and you have a Pug's Power Pack!
4. Combine with celery, baby carrots, and oranges for a complete meal.



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

This material created for the Healthy Kids Resource Center www.extension.unr.edu/healthykids