




Cottage Cheese and Fruit Bowls

USDA Recipe for CACFP

Add more meat alternates to your menu with this trendy cottage cheese recipe. It provides the perfect blend of sweet and tart.

CACFP CREDITING INFORMATION

- ½ cup fruit
- ½ oz meat alternate
- ½ equivalent grains (optional) 

SOURCE

Team Nutrition CACFP Easy Recipe Project.

<https://teamnutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Strawberries, fresh, ¼" sliced* (gently wash under running water before cutting)	1 lb 11½ oz	1 qt + ¼ cup	1 lb 11½ oz	2 qt + ½ cup	1 Wash hands with soap and water for at least 20 minutes. 2 Combine kiwi, blueberries, and strawberries in a large bowl. Toss to mix. 3 Place ½ cup fruit in each bowl. Top with ⅛ cup (2Tbsp) cottage cheese and 1 Tbsp granola (optional). 4 Serve 1 bowl. Serve immediately or keep cold at 40 °F or lower.
Cottage cheese, low-fat, small curd	1 lb 9 oz	3 cups + 2 Tbsp	3 lb 2 oz	1 qt 1 qt + 2¼ cups	
Blueberries, fresh, whole* (gently wash under running water)	1 lb 5½ oz	1 qt + ¼ cup	2 lb 11 oz	2 qt + ½ cup	
Kiwi, fresh, peeled, ¼" sliced* (gently wash kiwi under running water before cutting/peeling)	2 lb 2¾ (about 13)	1 qt + ¼ cup	4 lb 4¾ oz (about 26)	2 qt + ½ cup	
Granola (optional)		1½ cups + 1 Tbsp		3 cups + 2 Tbsp	

NUTRITION INFORMATION

For 1 Cottage Cheese and Fruit Bowl
(without granola)

NUTRIENTS	AMOUNT
Calories	68
Total Fat	1 g
Cholesterol	1mg
Sodium	5 mg
Total Carbohydrate	12 g
Dietary Fiber	2g
Total Sugars	8g
Protein	4g
Vitamin D	N/A
Calcium	56 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.


SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Kiwi, fresh	2 lb 9 oz	5 lb 1 oz
Blueberries, fresh	1 lb 6½ oz	2 lb 13 oz
Strawberries, fresh	1 lb 15½ oz	3 lb 15 oz

Notes

- **Contains milk (cottage cheese) and wheat (granola, optional).**
- **Choking Risk:** Granola and whole blueberries can be a choking risk for children under the age of 4.
- Adding optional ingredients will change the nutrition information and may change the CACFP crediting information.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- The  symbol indicates the recipe is whole grain rich.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 6 lb 12 oz	Weight: 13 lb 9 oz
Yield: 1 gal + 3 qt + ⅛ cup	Yield: 3 gal + 2 qt + ¼ cup