



Chicken and Cheese Snack Cup With Grapes

Rotisserie chicken, Colby cheese, and grapes are packaged together to make a great snack.

Ages: 3–5 years

Makes: 6 servings

Prep time: 10 minutes

Cook time: 0 minutes

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INGREDIENTS

¾ cup (3 oz) chicken breast, cooked, skinless, rotisserie, ¼" diced

¼ cup + 2 Tbsp Colby cheese, ¼" diced

3 cups red grapes, seedless, fresh, halved (gently wash grapes under running water before cutting)

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DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Layer chicken and cheese in a 6 fl oz clear plastic cup (1 Tbsp chicken and 1 Tbsp cheese).
3. Top each cup with ½ cup sliced grapes.
4. Serve 1 6 fl oz cup. Serve immediately, or cover and keep cold at 40 °F or lower (see notes).



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NUTRITION INFORMATION

1 Chicken and Cheese Snack Cup With Grapes

Nutrients	Amount
Calories	107
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Total Fat	3 g
Saturated Fat	2 g
Cholesterol	12 mg
Sodium	150 mg
Total Carbohydrate	19 g
Dietary Fiber	1 g
Total Sugars	16 g
Includes Added Sugars	N/A
Protein	4 g
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Vitamin D	N/A
Calcium	60 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

½ cup fruit
½ oz eq meat/meat alternate

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CHEF TIPS

- **Contains milk (Colby cheese).**
- **Choking Prevention:** Large chunks of cheese cubes can be a choking risk for children under the age of 4. To reduce risk of choking, use shredded cheese.
- **Choking Prevention:** Whole grapes can be a choking risk for children under the age of 4. To reduce risk of choking, cut grapes in half lengthwise. If needed, cut into smaller pieces no larger than ½ inch.
- If preparing in advance, store diced chicken, diced cheese, and sliced grapes in separate airtight containers at 40 °F or lower until ready to assemble snack cups.

