Deli Bento Box

Think inside the box. This trendy theme allows you to satisfy appetites and be creative.

**Ages:** 6–18 years  
**Prep time:** 15 minutes  
**Makes:** 6 servings  
**Cook time:** 0 minutes

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**INGREDIENTS**

- ½ cup mayonnaise, reduced-fat
- 2 Tbsp + 2 tsp yellow mustard
- 2 Tbsp + 2 tsp honey
- ½ tsp garlic powder
- 6 slices deli turkey, low-sodium
- 6 slices cheddar cheese, reduced-fat (1 oz slices)
- 36 tomatoes, fresh, grape (gently wash tomatoes under running water)
- 2 cups cucumbers, fresh, peeled strips, ¼" slices (gently wash cucumbers under running water before cutting/peeling)
- 36 crackers, woven, (about 1½" by 1½" each), whole-wheat, savory, 132 g or 6 oz of crackers total (see notes)

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**DIRECTIONS**

1. Wash hands with soap and water for at least 20 seconds.
2. In a small bowl, whisk together mayonnaise, yellow mustard, honey, and garlic powder. Set aside.
3. Cut turkey slices in half.
4. Cut each slice of cheese into 4 squares. Divide turkey and cheese into 6 even portions.
5. Fill each space in the box with 2 Tbsp dressing, turkey and cheese (2 half slices of turkey and 4 squares of cheese), tomatoes (6), cucumbers (6), and crackers (6). Serve immediately, or keep cold at 40 °F or lower.
### NUTRITION INFORMATION

**1 Deli Bento Box**

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>331</td>
</tr>
<tr>
<td>Total Fat</td>
<td>16 g</td>
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<tr>
<td>Saturated Fat</td>
<td>6 g</td>
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<tr>
<td>Cholesterol</td>
<td>41 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>320 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>28 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
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<tr>
<td>Total Sugars</td>
<td>13 g</td>
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<tr>
<td>Includes Added Sugars</td>
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<tr>
<td>Protein</td>
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<tr>
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<tr>
<td>Calcium</td>
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<tr>
<td>Potassium</td>
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</tbody>
</table>

N/A = Data not available

*Source: Team Nutrition CACFP Easy Recipe Project*

*TeamNutrition.USDA.gov*

### CACFP CREDITING INFORMATION

- **¾ cup vegetable**
- **1 oz eq meat/meat alternate**
- **1 oz eq grains 🍁**

### CHEF TIPS

- **Contains milk (cheese), wheat (crackers), and eggs (mayonnaise).**
- If serving other types of crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 132 g or 6 oz of crackers for this recipe.
- The 🍁 symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Serve a variety of foods during the week to balance out an occasional snack item that may be higher in sodium or saturated fat.