



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 1 ½" by 1 ½" 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.

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NUTRITION INFORMATION

1 Deli Bento Box

Nutrients	Amount
Calories	331

Total Fat	16 g
Saturated Fat	6 g
Cholesterol	41 mg
Sodium	320 mg
Total Carbohydrate	28 g
Dietary Fiber	4 g
Total Sugars	13 g
Includes Added Sugars	N/A
Protein	15 g

Vitamin D	N/A
Calcium	219 mg
Iron	2 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

$\frac{3}{4}$ cup vegetable
 1 oz eq meat/meat alternate
 1 oz eq grains 

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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.