

# **Hummus Power Pack**

Type of Dish: lunch meal

SERVING SIZE: 1 pack

YIELD: 10 packs

MEAL PATTERN CONTRIBUTION: 2 oz eq grain, 2 oz eq m/ma, 1c. veg

## **Ingredients and Instructions**

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<b>Hummus (see sunbutter hummus recipe)</b>	<b>5 Cups</b>
<b>Pita Bread</b>	<b>1 pound 4 ounces</b>
or	
<b>Corn Chips</b>	<b>16 ounces</b>
<b>Cucumber Spears</b>	<b>10 Cups</b>
<b>Fruit</b>	<b>10 Cups</b>

1. If using Pita Bread, you will want to cut the bread in triangles, drizzle with oil and toss with salt and pepper. Spread them onto a sheet pan and bake at 350°F for approx. 7 minutes, until crispy.
2. Each power pack will contain ½ cup of hummus, 2 oz eq of pretzels/pita chips/tortilla chips (or some other grain), 1 cup of cucumber spears, and 1 cup of fruit of your choosing.
3. Offer each pack with a milk and a fruit for a complete meal.