

21-DAY CHALLENGE @ WORK

snacking for success

21 *for* 21 SNACKS DAYS

Fast and Simple Recipes • From Hunger Busters to Sweet Treats



VOLUME 2

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INTRODUCTION

We are excited to bring you the
Snacking for Success – 21-Day Challenge @ Work
and Volume 2 of the 21 Snacks for 21 Days Recipe Book!

The USDA reports that snacking makes up 25 percent of daily calories. It suggests that eating nutrient-rich fruits and vegetables as part of an overall healthy diet may reduce the risk of chronic diseases, such as type 2 diabetes, obesity and heart disease. Thus, each snack choice is an opportunity to improve and safeguard one's health.

Each day of the challenge, you and your colleagues will use this recipe book or the easy online snack finder to discover a new healthy snack. They look like treats and taste amazing. All include a fruit or vegetable and meet strict nutrition standards. We encourage you to get the whole family involved in this challenge to explore a path to better, healthier lives together!

The recipes that you are about to enjoy for the **21-Day Challenge @ Work** were all created by high school culinary students participating in The *kids-teaching kids*sm Program. Send a message or photo to the creators of these delicious snacks and **"Tweet Your Treat"** using the **Twitter** handles listed at the bottom of each recipe page. Bon appétit!

For more recipes visit
SnackingForSuccess.com

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CHAPTER 1

THE BASICS

Nutritional Guides:

Below are the guidelines for your healthy snack.

- 200 calories or less
- 7 grams of fat or less
- 2 grams of saturated fat or less
- 2 grams of fiber or more!
- 15 grams of sugar or less
- Must contain a minimum of a ½ cup of fruit or vegetable per serving

Important Reminders:

- You can create your own healthy snack following the guidelines above
- Shop on your days off and prep ingredients for the week when you get home from the store
- Get your family involved in creating healthy snacks together
- If your recipe makes more than 1 portion size, share it with a co-worker

Snack Category Guide

Each snack is designated as one or more of the categories below. Use this information to help guide your snack choices for the week.

Make and Take – these snacks can be made at home and enjoyed immediately when its time for a snack.

Heat and Eat – these snacks are prepared at home and simply require a short time in the microwave before enjoying.

Prep and Pack– wash, slice, and portion all these snack ingredients at home in separate containers, and assemble your snack at work when it's time to eat.

Prepare to Share – these snack recipes provide either:

- 1) More than 1 portion

OR

- 2) Provide 1 portion but have left-over ingredients that can be shared with co-workers.

Store in a Drawer – all snack ingredients are shelf stable and can conveniently be stored in a desk drawer. Perfect for busy days when you can't get away from your desk!

CHAPTER 2

HEARTY HUNGER BUSTERS

Control pesky hunger pangs with these satisfying, filling snacks

Bacon, Spinach, Tomato & Squash Sandwich

Prep and Pack

Cucumber Sliders

Prep and Pack

Carrot Patch

Prep and Pack

Mango Pico Tacos

Prep and Pack

Matzo Pizza

Prepare to Share – Prep and Pack

Turkey Asparagus Roll-up

Prepare to Share – Prep and Pack

Zucchini Pizza

Prep and Pack – Heat and Eat

Bacon, Spinach, Tomato & Squash Sandwich

Chefs: Damian Ontiveros, Karla Moreno, Lesley Tovar, Edith Mendez, Keleah Brown
Skyline High School-Dallas



Serves 1

Ingredients

- 1 slice bacon
- 2 slices tomato
- ½ cup baby spinach leaves
- ¼ cup yellow squash, sliced
- 1 slice whole wheat bread
- 1 tsp. mayonnaise, fat-free

Directions

1. Slice squash and tomato
2. Place bacon slice on paper towel on microwave-safe plate and microwave for 2 minutes
3. Spread mayonnaise on bread, then cut in half
4. Layer ingredients on 1 bread half
5. Put other bread half on top

Nutrition Facts	
1 serving per container	
Serving size	1 serving (130g)
Amount per Serving	
Calories	130
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.0g	5%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 280mg	12%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	10%
Total Sugars 5g	
Protein 7g	
Vit D 0mcg 0%	• Calcium 53mg 4%
Iron 1mg 6%	• Potas 125mg 2%

 **Tweet Your Treat** to the creators of this snack! @Skyline_Raiders @MedCityChildren #SFS21Day

Cucumber Sliders

Chef: Amy Pyne

Richardson High School



Serves 1

Ingredients

- 1 medium cucumber
- 2 slices of American cheese, fat-free
- 4 slices of smoked deli turkey breast, sliced thin

Directions

1. Cut cucumber in half, then cut each half into 8 equal round slices
2. Cut each cheese slice in half and then in half again to make 8 small square slices.
3. Cut turkey slices in half, then fold each piece in half.
4. To create your sliders, layer 1 slice each of cucumber, turkey, cheese, and top with another slice of cucumber.

Nutrition Facts	
1 serving per container	
Serving size	1 serving (380g)
Amount per Serving	
Calories	140
% Daily Value*	
Total Fat 1.0g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 910mg	39%
Total Carbohydrate 15g	6%
Dietary Fiber 2g	8%
Total Sugars 7g	
Protein 18g	
Vit D 0mcg 0%	• Calcium 348mg 25%
Iron 1mg 6%	• Potas 440mg 10%

 **Tweet Your Treat** to the creators of this snack! @RichardsonHS1 @MedCityChildren #SFS21Day

Carrot Patch

Chefs: Taelor Rankin, Hailey Watters, Riley Cole
Allen High School



Ingredients

- 1 whole wheat pita, small, 4-inch diameter
- 2 Tbsp. hummus
- 1/2 cup shredded carrots

Serves 1

Directions

1. Spread hummus on top of pita bread
2. Put carrots on top of hummus
3. Cut into quarters for easy handling

Nutrition Facts	
1 serving per container	
Serving size	1 serving (119g)
Amount per Serving	
Calories	150
% Daily Value*	
Total Fat 3.0g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	19%
Total Sugars 4g	
Protein 6g	
Vit D 0mcg 0%	• Calcium 30mg 2%
Iron 0.93mg 6%	• Potas 250mg 6%

 **Tweet Your Treat** to the creators of this snack! @AllenHS_Eagles @MedCityChildren #SFS21Day

Mango Pico Tacos

Chef: August Yassine

The Colony High School-Lewisville ISD



Serves 1

Ingredients

- ½ cup pre-made pico de gallo
- ¼ cup pre-cut mango, slices or chunks
- 2 crunchy taco shells

Directions

1. Place pico de gallo in small mixing bowl
2. Cut mango into smaller diced pieces, add to pico and mix well
3. Spoon mixture into taco shells and enjoy!

Nutrition Facts	
1 serving per container	
Serving size	1 serving (236g)
Amount per Serving	
Calories	160
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 25g	10%
Dietary Fiber 3g	11%
Total Sugars 10g	
Protein 3g	
Vit D 0mcg 0%	• Calcium 48mg 4%
Iron .85mg 4%	• Potas 430mg 10%

 **Tweet Your Treat** to the creators of this snack! @TheColonyHS @MedCityChildren #SFS21Day

Matzo Pizza

Chefs: Nicole Watson, Preston Abadie
Richardson High School



Serves 1

Ingredients

- ½ matzo cracker
- 1 Tbsp. avocado
- ½ slice part-skim mozzarella cheese
- 1 Roma tomato
- 3 leaves fresh basil

Directions

1. Cut avocado in half and remove pit
2. Scoop out 1 Tbsp of avocado and mash it with a fork
3. Spread avocado onto cracker
4. Place cheese on avocado
5. Cut tomato into slices and then into cubes and place on top of cheese
6. Roll basil leaves together, slice into strips and sprinkle on top of tomato

Nutrition Facts	
1 serving per container	
Serving size	1 serving (131g)
Amount per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 4.0g	5%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 100mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Total Sugars 3g	
Protein 6g	
Vit D 0mcg 0%	• Calcium 119mg 10%
Iron .96mg 6%	• Potas 35mg 2%

 **Tweet Your Treat** to the creators of this snack! @RichardsonHS1 @MedCityChildren #SFS21Day

Turkey Asparagus Roll-Up

Chef: Melissa Ruiz

John Horn High School-Mesquite ISD



Serves 1

Ingredients

- 1 flour tortilla, 6"
- 1 Tbsp. avocado, mashed
- 2 slices turkey breast deli meat
- 2 asparagus spears, raw
- ½ cup shredded carrots

Directions

1. Place tortilla on plate
2. Cut avocado in half and scoop out 1 Tbsp. avocado
3. Mash and spread avocado onto tortilla
4. Place turkey slices on top of avocado
5. Place asparagus spears in the middle
6. Place shredded carrots on the sides of the asparagus
7. Roll tortilla with seam side down
8. Slice tortilla in half

Nutrition Facts	
1 serving per container	
Serving size	1 serving (156g)
Amount per Serving	
Calories	160
% Daily Value*	
Total Fat 4.0g	5%
Saturated Fat 1.0g	4%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 530mg	23%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	13%
Total Sugars 6g	
Protein 9g	
Vit D 0mcg 0%	• Calcium 61mg 4%
Iron 2mg 10%	• Potas 460mg 10%

 **Tweet Your Treat** to the creators of this snack! @HornJags @MedCityChildren #SFS21Day

Zucchini Pizza

Chefs: EmilyClaire Peden, Tucker Pell, Chris Miller, Dylan Puntureri, Jeremy Baugh
Byron Nelson High School-Northwest ISD



Serves 1

Ingredients

- 1 bagel thin, plain
- 1 ½ Tbsp. mozzarella cheese
- 1/2 cup zucchini
- 2 slices pepperoni

Directions

1. Split bagel thin into halves and place on a microwave-safe plate
2. Cut zucchini into thin slices and arrange slices on top of bagel
3. Sprinkle with cheese
4. Cut pepperoni into strips and place all over top of bagel
5. Microwave on high for 45 seconds
6. Cut bagel into pizza shaped triangles

Nutrition Facts	
1 serving per container	
Serving size	1 serving (117g)
Amount per Serving	
Calories	170
<small>% Daily Value*</small>	
Total Fat 5g	7%
Saturated Fat 2.0g	10%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	4%
Sodium 350mg	15%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	16%
Total Sugars 4g	
Protein 9g	
Vit D 0.04mcg 0%	• Calcium 126mg 10%
Iron 2mg 10%	• Potas 160mg 4%

 **Tweet Your Treat** to the creators of this snack! @ByronNelsonHigh @MedCityChildren #SFS21Day

CHAPTER 3

LIGHT BITES

These snacks are just enough to curb those between meal cravings

Sassy Spinach Salad

Prep and Pack

Pepper Poppas

Prep and Pack

Baller Salad

Make and Take

Kale Mashed Potatoes

Prepare to Share – Make and Take – Heat and Eat

Orange Banana K-Bobs

Prepare to Share – Prep and Pack – Store in a Drawer

Stoplight Rice Salad

Prepare to Share – Prep and Pack

Tomato & Feta Pizzas

Prepare to Share – Prep and Pack

Sassy Spinach Salad

Chefs: Gustavo Almonaci, Sean Richardson
Richardson High School



Serves 1

Ingredients

- 1 ½ cups baby spinach
- 4 medium strawberries, fresh
- 2 Tbsp. blueberries, fresh
- 2 Tbsp. low-fat mayonnaise
- 1 tsp. apple cider vinegar
- ½ tsp. sugar

Directions

1. Cut stems off strawberries and cut each strawberry into 3 slices and set aside
2. For the salad dressing, combine mayonnaise, apple cider vinegar, and sugar in a small bowl and mix with a spoon
3. Place baby spinach in a container that has a lid
4. Place strawberry slices and blueberries on top of spinach
5. Spoon dressing on top of salad
6. Put lid on container and gently shake the salad until coated with dressing

Nutrition Facts	
1 serving per container	
Serving size	1 serving (146g)
Amount per Serving	
Calories	110
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.0g	5%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 280mg	12%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	9%
Total Sugars 4g	
Protein 2g	
Vit D 0mcg 0%	• Calcium 56mg 6%
Iron 2mg 10%	• Potas 55mg 2%

 **Tweet Your Treat** to the creators of this snack! @RichardsonHS1 @MedCityChildren #SFS21Day

Pepper Poppas

Chefs: Jeremy Tezano, Kayla McDade, Tony Ayers, Mahogany Wallace, Lavier Williams, Trey Epps, Alexis Mitchell, Jessica Richardson, and Javonique Walker
Wilmer Hutchins High School-Dallas ISD



Serves 1

Ingredients

- 3 baby bell peppers
- ¼ cup ham, diced
- ¼ cup cream cheese, fat-free
- ½ cup baby spinach, tightly packed
- ¼ tsp black pepper
- a pinch of salt

Directions

1. Slice tops off baby bell peppers and microwave for 90 seconds
2. Let stand for 2 minutes
3. Chop spinach into small pieces and set aside
4. In a small bowl, combine cream cheese, black pepper, salt, and spinach
5. Slice peppers in half lengthwise, then scoop out the seeds
6. Spoon cream cheese mixture onto peppers and sprinkle diced ham on top

Nutrition Facts	
1 serving per container	
Serving size	1 serving (222g)
Amount per Serving	
Calories	120
% Daily Value*	
Total Fat 1.0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 750mg	33%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	15%
Total Sugars 5g	
Protein 17g	
Vit D 0mcg 0%	• Calcium 343mg 25%
Iron 2mg 10%	• Potas 260mg 6%

 **Tweet Your Treat** to the creators of this snack! @DallasSchools @MedCityChildren #SFS21Day

Baller Salad

Chefs: Ana Molina, Sydney Story, Alexia Casiano

Skyline High School-Dallas ISD



Serves 1

Ingredients

- 1/8 medium cucumber
- ½ cup honeydew melon, diced
- 1/2 cup green grapes, halved
- 1 ½ tsp. fresh mint leaves, chopped
- ¼ tsp. poppy seeds
- 1 ½ tsp. lime juice
- ¼ tsp. olive oil

Directions

1. Cut cucumber into slices and cut slices in half
2. Place cucumber, grapes, and diced honeydew into a medium bowl
3. In a separate small bowl, mix together chopped mint leaves, poppy seeds, lime juice, and olive oil
4. Pour mixture onto cucumber, honeydew and grapes and stir until coated

Nutrition Facts	
1 serving per container	
Serving size	1 serving (168g)
Amount per Serving	
Calories	80
% Daily Value*	
Total Fat 2.0g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	5%
Total Sugars 15g	
Protein 1g	
Vit D 0mcg 0%	• Calcium 329mg 2%
Iron 0.45mg 2%	• Potas 330mg 8%

 **Tweet Your Treat** to the creators of this snack! @Skyline_Raiders @MedCityChildren #SFS21Day

Kale Mashed Potatoes

Chefs: Blake Evans, Olivia Lopez, Aspen

Birdville Center of Technology & Advanced Learning



Serves 4

Ingredients

- 1 package "Butter and Herb" instant mashed potatoes (about 2 cups)
- 4 cups kale, pre-cleaned, chopped, loosely packed
- 3 cups water

Directions

1. Chop or tear the kale into small pieces
2. Combine kale and 1 cup water in a microwave-safe bowl
3. Microwave on high for 45 seconds and let cool for 60 seconds
4. Measure 2 cups of water into another microwave-safe bowl and microwave on high for 4 minutes
5. Immediately add bag of mashed potatoes to heated water and stir with a fork until moistened
6. Drain the kale and stir into mashed potatoes
7. Share with 3 co-workers!

Nutrition Facts	
4 serving per container	
Serving size	1 serving (210g)
Amount per Serving	
Calories	140
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.0g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Total Sugars 2g	
Protein 4g	
Vit D 0mcg 0%	• Calcium 161mg 10%
Iron 2mg 15%	• Potas 300mg 6%

 **Tweet Your Treat** to the creators of this snack! @BistroBctal @MedCityChildren #SFS21Day

Orange Banana K-Bobs

Chefs: Zachary Villasenor, Nik Henry, Anthony Andrews, Jose A. Cotto, Kamryn Kuhn
Byron Nelson High School-Northwest ISD



Serves 1

Ingredients

- ½ medium banana
- 1 individual mandarin orange up, juice packed
- 1 ½ tsp. peanut butter, creamy
- 1 ½ tsp. crispy rice cereal, chocolate flavored

Directions

1. Peel banana and cut in half
2. Cut the half banana into slices
3. Divide the peanut butter and spread peanut butter evenly among the banana slices
4. Sprinkle cereal evenly onto the banana slices
5. Put a toothpick through the banana slice, then orange slice
6. Continue until all fruit is on k-bobs
7. Enjoy!

Nutrition Facts	
1 serving per container	
Serving size	1 serving (181g)
Amount per Serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 4.0g	5%
Saturated Fat 0.5g	4%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 26g	10%
Dietary Fiber 2g	11%
Total Sugars 2g	
Protein 4g	
Vit D 0mcg 0%	• Calcium 23mg 2%
Iron 0.41mg 2%	• Potas 340mg 8%

 **Tweet Your Treat** to the creators of this snack! @ByronNelsonHigh @MedCityChildren #SFS21Day

Stoplight Rice Salad

Chef: Celeste Gutierrez

The Colony High School-Lewisville ISD



Serves 1

Ingredients

- 1/2 small yellow squash
- 1/2 small zucchini
- 1/4 cup cherry tomatoes
- 1 ½ tsp. olive oil
- ¼ cup distilled white vinegar
- ¼ tsp. dried basil
- ¼ tsp. dried thyme
- ¼ tsp. garlic powder
- ¼ cup 90 second rice

Directions

1. Cut thin slices of the squash and zucchini until you have ¼ cup of each
2. Cut round slices of squash and zucchini into quarters size and place in a small mixing bowl
3. Slice cherry tomatoes in half and add to bowl
4. Add olive oil, vinegar, basil, thyme and garlic powder to sliced vegetables and mix well
5. Microwave 90 second rice according to package directions
6. Measure ¼ cup of rice onto a plate and top with marinated vegetables

Nutrition Facts	
1 serving per container	
Serving size	1 serving (199g)
Amount per Serving	
Calories	130
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1.0g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Total Sugars 2g	
Protein 2g	
Vit D 0mcg 0%	• Calcium 30mg 2%
Iron 1mg 8%	• Potas 250mg 6%

 **Tweet Your Treat** to the creators of this snack! @TheColonyHS @MedCityChildren #SFS21Day

Tomato Cucumber Feta Pizzas

Chefs: Breona Owens, Mary Held

Keller Center for Advanced Learning-Keller ISD



Ingredients

- 8 cherry tomatoes
- ½ small cucumber
- 2 Tbsp. feta cheese
- 1 pinch salt and pepper
- 8 Triscuit crackers

Directions

1. Cut cucumber into slices and then cut the round slices in half
2. Slice cherry tomatoes in half
3. In a bowl, place sliced cucumbers, tomatoes, feta cheese, olive oil, salt and pepper and mix well
4. Spoon mixture equally onto 8 crackers

Serves 2

Nutrition Facts	
2 serving per container	
Serving size	1 serving (137g)
Amount per Serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.0g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 250mg	11%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 3g	
Protein 4g	
Vit D 0.04mcg 0%	• Calcium 65mg 8%
Iron 0.96mg 6%	• Potas 280mg 6%

 **Tweet Your Treat** to the creators of this snack! @KellerISD_CTE @MedCityChildren #SFS21Day

CHAPTER 4

SWEET TREATS

Tame that sweet tooth with these delightfully sweet and nutritious snacks

Biscuit Cracker Snack Stack

Prep and Pack

Honey Yogurt Cantaloupe Bites

Prep and Pack

Spiced Pears

Prep and pack – Store in a Drawer

Easy Peach Crumble

Prepare to Share – Prep and Pack – Store in a Drawer

Apple Donut

Prepare to Share – Prep and Pack

Banana Roll-Ups

Prepare to Share – Prep and Pack – Store in a Drawer

DJ Mix

Prepare to Share – Prep and Pack – Store in a Drawer

Biscuit Cracker Snack Stack

Chefs: Charles Shofner, Mackenzie Anderson, Lauren Moody, Evan Cagle, Jeffry Love
Allen High School



Serves 1

Ingredients

- 2 breakfast biscuit crackers
- ¼ cup grapes
- ½ small banana
- 2 tsp. strawberry cream cheese spread

Directions

1. Slice banana into round slices and slice grapes in half
2. Spread a thin layer of strawberry cream cheese onto each cracker
3. Stack banana slices on 1 cracker
4. Stack grape halves on the other cracker

Nutrition Facts	
1 serving per container	
Serving size	1 serving (96g)
Amount per Serving	
Calories	190
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	10%
Total Sugars 15g	
Protein 3g	
Vit D 0mcg 0%	• Calcium 18mg 2%
Iron 1mg 6%	• Potas 180mg 4%

 **Tweet Your Treat** to the creators of this snack! @AllenHS_Eagles @MedCityChildren #SFS21Day

Honey Yogurt Cantaloupe Bites

Chef: Antonio Cauch

The Colony High School-Lewisville ISD



Serves 1

Ingredients

- ¾ cup cantaloupe, pre-cut into bite-sized chunks
- 1 Tbsp. Greek yogurt, plain, non-fat
- 2 Tbsp. granola
- ½ tsp. honey

Directions

1. Put cantaloupe in bowl
2. Add the yogurt on top of cantaloupe
3. Next, add granola on top of yogurt
4. Finally, drizzle honey all over the top

Nutrition Facts	
1 serving per container	
Serving size	1 serving (147g)
Amount per Serving	
Calories	100
<small>% Daily Value*</small>	
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	5%
Total Sugars 15g	
Protein 3g	
Vit D 0mcg 0%	• Calcium 30mg 2%
Iron 0.82mg 4%	• Potas 360mg 8%

Spiced Pears

Chefs: Connor Calhoun, Luis Maldonado, Jasma Inthavong
Birdville Center of Technology & Advanced Learning



Ingredients

- 1 individual diced pear cup, packed in water or juice
- 1 tsp. honey
- ¼ tsp. ground cinnamon
- ¼ tsp. ground nutmeg

Serves 1

Directions

1. Drain pears and place in a single layer on a plate
2. Mix honey, cinnamon and nutmeg in a small bowl
3. Spread mixture over the pears with a spoon.
4. Then put in the microwave for 1 ½ to 2 minutes or until soft
5. Allow to cool in microwave for 30 seconds before removing
6. Serve warm

Nutrition Facts	
1 serving per container	
Serving size	1 serving (130g)
Amount per Serving	
Calories	60
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	6%
Dietary Fiber 2g	9%
Total Sugars 13g	
Protein 3g	
Vit D 0mcg 0%	• Calcium 12mg 0%
Iron 0.33mg 4%	• Potas 65mg 2%

 **Tweet Your Treat** to the creators of this snack! @BistroBctal @MedCityChildren #SFS21Day

Easy Peach Crumble

Chefs: Noah Anderson, Angel Vega Gallegos
North Mesquite High School



Serves 1

Ingredients

- 1 individual diced peaches cup, in water or juice
- 1/8 tsp. ground cinnamon
- 1 “Oats and Honey” crunchy granola bar

Directions

1. Drain juice from diced peaches and place peaches in microwave safe bowl
2. Sprinkle cinnamon over peaches and stir
3. Microwave for 30 seconds
4. Smash granola bar to make crumbs and measure out 1 Tbsp.
5. Sprinkle granola crumbles over peaches and microwave for an additional 15 seconds
6. Remove from microwave and enjoy!

Nutrition Facts	
1 serving per container	
Serving size	1 serving (129g)
Amount per Serving	
Calories	60
<small>% Daily Value*</small>	
Total Fat 1.5g	2%
Saturated Fat 0g	1%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 8g	
Protein 1g	
Vit D 0mcg 0%	• Calcium 9mg 0%
Iron 0.60mg 4%	• Potas 140mg 4%

 **Tweet Your Treat** to the creators of this snack! @NorthMesquiteHS @MedCityChildren #SFS21Day

Apple Donut

Chefs: Karina Alonso, Kyla Settler, Ne'Tia Osborne, Jacqueline Rodriguez, Bryan Zapien

Mesquite High School



Ingredients

- 1 large apple
- 2 tsp. peanut butter
- 8 raspberries
- 2 tsp. granola

Directions

1. Cut apple in half horizontally
2. Cut the core out of the middle of each half
3. Spread peanut butter on top of each apple round
4. Place raspberries on top of peanut butter
5. Sprinkle each "donut" with granola

Serves 1

Nutrition Facts	
1 serving per container	
Serving size	1 serving (145g)
Amount per Serving	
Calories	150
% Daily Value*	
Total Fat 6g	7%
Saturated Fat 1.0g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	17%
Total Sugars 14g	
Protein 4g	
Vit D 0mcg 0%	• Calcium 12mg 0%
Iron 0.63mg 4%	• Potas 150mg 4%

Banana Roll-Ups

Chefs: Sedra Jamal, Jude Jamal, Garret Ragsdale
Centennial High School-Frisco ISD



Serves 2

Ingredients

- 1 slice raisin cinnamon swirl bread
- 2 tsp. almond butter
- 1 medium banana

Directions

1. Peel banana and cut in half
2. Spread almond butter onto bread
3. Place banana on bread slice and roll
4. Secure with a toothpick near each end
5. Cut in half and share with a co-worker!

Nutrition Facts	
2 serving per container	
Serving size	1 serving (78g)
Amount per Serving	
Calories	120
% Daily Value*	
Total Fat 4.0g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	8%
Total Sugars 10g	
Protein 3g	
Vit D 0mcg 0%	• Calcium 21mg 2%
Iron 0.34mg 2%	• Potas 250mg 6%

 **Tweet Your Treat** to the creators of this snack! @Cen10Titans @MedCityChildren #SFS21Day

DJ Mix

Chefs: Kate Arvesen (HP Alumnus 2011) and Bradfield Elementary 4th graders
Highland Park ISD



Ingredients

- 2 tsp. sunflower seeds, raw, unsalted
- 2 tsp. pumpkin seeds, raw
- 4 dried apricots
- 1 tsp. chocolate chips

Directions

1. Measure out sunflower seeds, pumpkin seeds and chocolate chips
2. Cut apricots into strips
3. Mix all ingredients together and enjoy!

Serves 1

Nutrition Facts	
1 serving per container	
Serving size	1 serving (47g)
Amount per Serving	
Calories	170
<small>% Daily Value*</small>	
Total Fat 6g	8%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	9%
Total Sugars 15g	
Protein 3g	
Vit D 0mcg 0%	• Calcium 19mg 2%
Iron 0.97mg 6%	• Potas 40mg 0%

 **Tweet Your Treat** to the creators of this snack! @hpidsschools @MedCityChildren #SFS21Day

21-Day Challenge @ Work – FAQs

1. What is the 21-Day Challenge @ Work?

The 21-Day Challenge encourages you and your colleagues to make healthier snack choices for the next 21 days. You will receive a recipe book developed from the *kids teaching kids*SM Program, over 500 online snack recipes, weekly education “bites” from the dietitian and support from your wellness coordinator.

We encourage you to support your co-workers in this challenge. Plan snack breaks together and coordinate ingredients to share in the fun!

2. What is kids teaching kids?

The *kids teaching kids*SM Program challenges high school culinary students to create a recipe book for elementary school students full of healthy, flavorful snacks featuring fruits and vegetables.

3. If the ingredients in the book don't match up to the ingredients I have in my house, do I have to make a special food purchase?

No. We developed a tool on our website called Healthy Snack Finder. You can use the Healthy Snack Finder to search for snacks from our database of over 500 recipes that match the ingredients you have on hand in your pantry or refrigerator. You may also create your own healthy snack (see guidelines for a healthy snack, listed below).

4. What if I miss a day in the 21-Day Challenge?

It is OK to miss a day. Though, during the 21-Day Challenge, we would like for you to think ahead and plan your snack each day. Remember, you can make and enjoy your snack anytime during the day.

5. Once I finish the challenge, do I take the final assessment?

No. You will wait two weeks after you finish the challenge before taking the final assessment. We will send you an email link when it is time. In the meantime, keep up the good snacking.

6. May I enter a different email address on the final assessment than the one that I used during registration?

No. We are trying to compile accurate data. Please use the same email address for the registration and final assessment.

7. During the 21-Day Challenge, do I have to make EVERY snack from the book that I have?

No. We understand that there may be cases of food allergies, availability of ingredients, etc. Since this program began, Texas ProStart culinary students have created over 500 healthier snack recipes. You are more than welcome to download other recipe books on the website, use the Healthy Snack Finder tool or create your own healthy snacks (see guidelines for a healthy snack, listed below).

8. What are the guidelines for a healthy snack?

Below are the guidelines for your healthy snack. Don't forget to check your portion size!

- 200 calories or less
- 7 grams of fat or less
- 2 grams of saturated fat or less
- 2 grams of fiber or more!
- 15 grams of sugar or less
- Must contain a minimum of a 1/2 cup of fruit or vegetable per serving

9. What if I have questions about the 21-Day Challenge?

Contact your wellness coordinator.





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