

Recipe Name:	English Muffin or Bagel Pizzas			
Meal Pattern Contributions:	Meat/Meat Alternate: Low Fat Mozzarella Cheese	Grain: Yes Whole Grain: NO	Fruit: NO	Vegetable: Pizza Sauce

Age Range	1-2 Years	3-5 Years	6-12 Years
Serving Size:	¼ of muffin or 14 grams, ½ oz Shredded Low-Fat Mozzarella Cheese; 1/8 cup of pizza sauce	½ of muffin or 28 grams, ¾ oz Shredded Low-Fat Mozzarella Cheese; ¼ cup pizza sauce	½ of muffin or 28 grams; 1 oz. Shredded Low-Fat Mozzarella Cheese; ¼ cup of pizza sauce
Amount of Servings:	2	5	1

Ingredients:
<p>4 English Muffins (at least 56 grams in size) (Substitute w/Bagel at least 56 grams in size)</p> <p>6 oz. Low-Fat Mozzarella Cheese</p> <p>2 cups of canned/jarred pizza sauce</p>
Preparation Instructions:
<p>Pre-Heat Oven to 375 degrees F</p> <ul style="list-style-type: none"> • Slice each English Muffin in 1/2 • Spread ¼ cup of Pizza Sauce evenly over each English Muffin • Spread the Low-Fat Mozzarella Cheese evenly over the crust. • Place each muffin on a cookie sheet and into the oven for 8 – 10 minutes until cheese is bubbly. • Let cool for 2 – 5 minutes. • Serve appropriate serving size to each child based on their age.
Servings:
8 depending on age group you are serving (See above)