

build a quesadilla

Create an easy meal with whole wheat tortillas.

1. Place cheese and fillings on a tortilla.
2. Top with another tortilla.
3. Cook in a skillet on both sides until warm.
4. Cut into slices.



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Place a small bowl of fruit or vegetables on the table. Let your child spoon food onto his plate.

black beans, corn, tomatoes and cheese

refried beans, chicken and cheese

sweet potato, black beans and cheese



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