

Munchable Monster Toast

Paint a scary face!

6 servings

Ingredients:

1 cup milk
4 colors food coloring
6 slices white bread
Butter or margarine

Directions:

1. In 1 small custard cup, pour 1/4 cup milk and add several drops food coloring.
Repeat with other colors.
2. Toast bread slices.
3. Paint wild monster faces on toast with food coloring mixture.
4. Butter toast and munch your monsters!

Nutrition Facts: One slice of toast provides 120 calories, 5g total fat, 10mg cholesterol, 150mg sodium, 14g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Munchable Monster Toast
Orange slices
Low fat milk

Munchable Monster Toast

Paint a scary face!

6 servings

Ingredients:

1 cup milk
4 colors food coloring
6 slices white bread
Butter or margarine

Directions:

1. In 1 small custard cup, pour 1/4 cup milk and add several drops food coloring.
Repeat with other colors.
2. Toast bread slices.
3. Paint wild monster faces on toast with food coloring mixture.
4. Butter toast and munch your monsters!

Nutrition Facts: One slice of toast provides 120 calories, 5g total fat, 10mg cholesterol, 150mg sodium, 14g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Munchable Monster Toast
Orange slices
Low fat milk

Munchable Monster Toast

Paint a scary face!

6 servings

Ingredients:

1 cup milk
4 colors food coloring
6 slices white bread
Butter or margarine

Directions:

1. In 1 small custard cup, pour 1/4 cup milk and add several drops food coloring.
Repeat with other colors.
2. Toast bread slices.
3. Paint wild monster faces on toast with food coloring mixture.
4. Butter toast and munch your monsters!

Nutrition Facts: One slice of toast provides 120 calories, 5g total fat, 10mg cholesterol, 150mg sodium, 14g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Munchable Monster Toast
Orange slices
Low fat milk

Munchable Monster Toast

Paint a scary face!

6 servings

Ingredients:

1 cup milk
4 colors food coloring
6 slices white bread
Butter or margarine

Directions:

1. In 1 small custard cup, pour 1/4 cup milk and add several drops food coloring.
Repeat with other colors.
2. Toast bread slices.
3. Paint wild monster faces on toast with food coloring mixture.
4. Butter toast and munch your monsters!

Nutrition Facts: One slice of toast provides 120 calories, 5g total fat, 10mg cholesterol, 150mg sodium, 14g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Munchable Monster Toast
Orange slices
Low fat milk