

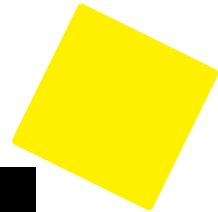
Inside Out Roller

Ingredients

1 slice of ham for each person



1 slice of American cheese for each person





1 breadstick for each person



Steps

1. Everyone wash their hands in warm water for at least 20 seconds.



2. Wrap your slice of ham  around the breadstick .

3. Wrap your slice of cheese  around the ham .

4. Eat your snack!

5. Clean up the table.



Ambrosia Fruit Salad

Ingredients

1/4 cup blueberries for each person



1/4 cup fruit cocktail for each person



1 tablespoon flaked coconut



2 tablespoons whipped topping



Steps

1. Everyone wash their hands in warm water for at least 20 seconds.



2. Wash and drain the blueberries



3. Drain the fruit cocktail



4. Mix blueberries and fruit cocktail together.



5. Stir in the coconut and whipped topping



6. Eat your snack!

7. Clean up the table.



Ants on a Log

Ingredients

2 stalks of celery for each person



2 tablespoons of peanut butter for each person

¼ cup raisins for each person



Steps



1. Everyone wash their hands in warm water for at least 20 seconds.



2. Rinse the celery stalks in water.



3. Cut the celery stalks.



4. Spread the peanut butter on the celery.



5. Place the raisins on the peanut butter.



6. Eat your snack!

7. Clean up the table.



Soft Pretzels

Ingredients

1 frozen white dinner roll thawed for each person

1 egg for all to share

Salt



Steps

1. Everyone wash their hands in warm water for at least 20 seconds.



2. Roll and twist your bread ball to create a pretzel.





3. Place the pretzels  on a baking sheet .

4. Beat the egg .

5. Brush  the pretzel  with egg  and sprinkle on salt .

6. Bake  at 425 degrees for 12-15 minutes.

7. Take the pretzels  out of the oven  and let them cool.

8. Eat your pretzel!



9. Clean up the table.

Fruit Smoothies

Ingredients

1/4 banana for each person



1/2 cup frozen mixed berries for each person



1/2 cup orange juice for each person



Blender



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Measure the mixed berries and orange juice and put them in the blender.



3. Add the banana to the blender.



4. Mix in the blender until the ingredients are smooth.



5. Pour into cups.



6. Drink your smoothie!



7. Clean up the table.

Mini Pizzas

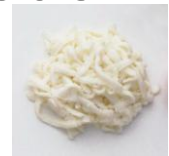
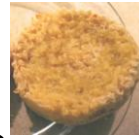
Ingredients

½ English muffin for each person

2 tablespoons of tomato sauce for each person

2 tablespoons of mozzarella cheese for each person

A topping that your teacher chooses!





Steps

1. Everyone wash their hands with Warm water for at least 20 seconds.



2. Spread the tomato sauce  on the English muffin .

3. Sprinkle cheese  on the top of the sauce .

4. Add the topping.

5. Eat your pizza!

6. Clean up the table.



Space Roll Ups

Ingredients

1 tablespoon of peanut butter for each person

1 tablespoon of jelly for each person

1 tortilla for each person



Steps

1. Everybody wash their hands with warm water for at least 20 seconds.



2. Measure and spread the peanut butter on the tortilla.



3. Measure and spread the jelly on the tortilla.



4. Roll up the tortilla.



5. Eat your roll up!

6. Clean up the table.



Yogurt Sundaes

Ingredients

1/3 cup of plain yogurt for each person



1/3 cup of Cherrios for each person



1/3 cup of fruit



Steps

1. Everybody wash their hands with warm water for at least 20 seconds.



2. Scoop the yogurt  into your cup.

3. Pour the cereal  on top of the yogurt .

4. Place the fruit  on top the yogurt .

5. Mix all of your ingredients if you would like or just begin eating your snack.

6. Clean up the table.



Yummy Yo-Yo

Ingredients

4 vanilla wafers for each person



2 tablespoons of lemon pudding for each person



Steps

1. Everyone wash their hands with warm water for at least 20 seconds



2. Spread the pudding on 2 vanilla wafers.



3. Place a vanilla wafer on top of the spread pudding.



4. Place the cookies in the freezer until the pudding is hard.



5. Eat your cookies!

6. Clean up the table.



Banana Peanut Butter Dogs

Ingredients

1 banana for each person



1 hot dog bun for each person



1 tablespoon of peanut butter for each person



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Spread the peanut butter on the bun.



3. Peel the banana and place it on the bun.



4. Cut the banana dog in half.



5. Eat your snack!

6. Clean up the table.



Sandwich on a Stick

Ingredients

1 loaf of bread



1 bag of cheese squares



1 bowl of ham squares



1 jar of pickles



1 can of olives



1 container of tomatoes



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Place all of the ingredients in a separate bowl.

3. Take turns putting the ingredients you like on your skewer  .

4. Eat your sandwich on a stick!

5. Clean up the table.



Quesadillas

Ingredients

1 soft tortilla for each person



$\frac{1}{4}$ cup shredded cheese for each person



$\frac{1}{4}$ cup shredded chicken for each person



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Put $\frac{1}{4}$ cup chicken  on the tortilla .

3. Sprinkle $\frac{1}{4}$ cup cheese  on the tortilla .

4. Roll up the tortilla .

5. Place your quesadilla in the oven  for 5-10 minutes at 350 degrees.

6. Eat your quesadilla!

7. Clean up the table.



Fabulous French Toast

Ingredients

1 slice of bread for each person

2 cups of milk

8 eggs

1 tablespoon of vanilla extract

2 teaspoons of cinnamon





Steps




1. Everyone wash their hands with warm water for at least 20 seconds.





2. Crack the eggs  in a bowl and beat well.

3. Add milk , vanilla extract , and cinnamon  to your eggs .

4. Dunk your bread  into the mixture.

5. Place your bread  on the electric skillet for about 5 minutes.

6. Use a spatula  to flip your bread  to cook the other side for about 5 minutes.

7. Add syrup  if you would like.

8. Eat your French toast!

9. Clean up the table.



Tasty Sugar Cookies

Ingredients

1 ¼ cups margarine



1 cup sugar



3 ¾ cups flour



½ teaspoon salt



1 teaspoon cream of tartar



1 teaspoon baking powder



3 eggs



1 teaspoon vanilla extract



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Mix the margarine , sugar , flour , salt , cream of tartar , baking powder , eggs , and vanilla extract  in a bowl.

3. Roll the dough in balls or roll on the table to create cookies using cookie cutters.

4. Bake in the oven  for 8 minutes at 425 degrees.

5. Eat your Sugar Cookies!



6. Clean up the table.

Deviled Eggs

Ingredients

10 eggs

5 tablespoons mayonnaise

3 tablespoons relish

Paprika




Steps

1. Everybody wash their hands with warm water for at least 20 seconds.



2. Place the eggs  in pan  with cool water. Put on the stove .

3. When the water begins to boil, cover the pan  for 3 minutes.

4. Take the pan  off of the stove , but leave the eggs  in until they cool.

5. Peel off the egg shells .

6. Cut the eggs in half , and place the yolk in a bowl.

7. Add mayonnaise  and relish  to the yolks and smash and mix with a fork .

8. Spoon  the mixture in the egg white half.








9. Eat your deviled eggs!

10. Clean up the table.



Simple Salad

Ingredients

- 1 head of lettuce 
- 1 bag of shredded cheese 
- 1 green pepper 
- 1 can of peas 
- 1 tomato 
- 1 bag of croutons 
- 1 container of ranch dressing 


Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Cut  the lettuce , green pepper , and tomato  and put it in large bowl.

3. Add the cheese , peas , and dressing .

4. Mix all of the ingredients in the bowl with a spoon .

5. Add croutons  on the top.

6. Eat your salad!

7. Clean up the table.



Munching Munching Madness

Ingredients

2 cups of raisins



2 cups of pretzels



3 cups of cereal



3 cups of popcorn







1 jar of peanut butter



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Each person can get a scoop of raisins , pretzels , cereal , and popcorn  in their bowl.

3. Add 1 tablespoon of peanut butter  and mix it with your ingredients.

4. Eat your mix!

5. Clean up the table.



Pancakes

Ingredients

1 egg



2 tablespoons melted butter



2 teaspoons baking powder



½ teaspoon salt



(serves 4-6 friends, multiply if needed)



½ cup milk



1 cup flour



2 tablespoons sugar



Non-stick spray



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Whisk the eggs, milk, and butter together in a mixing bowl.



3. Combine the flour, sugar, baking powder, and salt.



4. Put the ingredients from the two bowls together. Stir it just enough to get the flour mixture wet.

5. Spray the skillet and pour ½ cup of pancake batter on it.



6. Cook the pancake on one side until bubbles stop popping. Then flip the pancake with a spatula to cook the other side.



7. Eat your pancakes!



8. Clean up the table.

Very Berry Smoothies

Ingredients

$\frac{3}{4}$ cup blueberries



$\frac{3}{4}$ cup strawberries



1 $\frac{1}{4}$ cup vanilla yogurt



$\frac{1}{4}$ cup milk



$\frac{1}{2}$ teaspoon vanilla extract



Steps



1. Everyone wash their hands with warm water for at least 20 seconds.



2. Rinse off the blueberries and strawberries. Cut the tops off of the strawberries.



2. Combine all ingredients in a blender.



3. Blend until smooth and pour into cups.

4. Drink your smoothie!



5. Clean up the table.

Chef Salad

Ingredients

1 cucumber



1/3 pound sliced turkey



1 head of lettuce



1-2 cups of shredded cheese



Your favorite salad dressing!



1 red pepper



4 hardboiled eggs



1-2 cups of croutons



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Peel the cucumber  then cut it into slices

3. Cut  the red pepper  and turkey  into pieces.

4. Peel the hard boiled eggs  and then cut  them into small pieces.

5. Chop  the head of lettuce .

6. Place the lettuce  in a bowl and then add the cucumber , red pepper , turkey , eggs , cheese , and croutons  on top.

7. Add the dressing  and eat your salad!

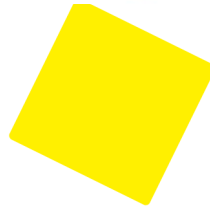
8 Clean up the table.



Grilled Cheese Sandwich

Ingredients

2 slices of bread per person
1 slice of cheese per person
butter



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.




2. Spread  butter  on one side of each piece of bread.

3. Place the butter side of the bread  on the skillet.

4. Place the cheese  on the slice of bread .

5. Place the other slice of bread  on top of the cheese  with the butter side up.

6. Toast the first side and then use a spatula  to flip the sandwich to toast the other side.

7. Eat your grilled cheese sandwich!

8. Clean up the table.



Breakfast Banana Split

Ingredients

1 banana for each person



½ cup crunchy cereal per person



½ cup fruit flavored yogurt per person



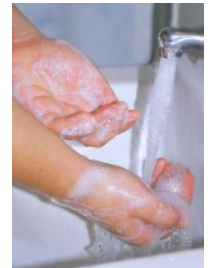
¼ cup berries per person



Steps






1. Everyone wash their hands with warm water for at least 20 seconds.



2. Peel the banana  and cut it lengthwise with a knife .

3. Place the split banana in a bowl .

4. Sprinkle half of the cereal  on the banana .

5. Spoon the yogurt  on top of the banana  and cereal .

6. Add the rest of the cereal  on top of the yogurt .

7. Add the fruit  on top.

8. Eat your Breakfast Banana Split!

9. Clean up the table.



Jam Surprise Muffins

Ingredients

4 cups flour



6 tablespoons sugar



2 tablespoons baking powder



1 teaspoon salt



1 ½ cups butter, softened



2 eggs



2 cups milk



Non stick spray







1 cup jam




Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Combine flour , sugar , baking powder , and salt  in a mixing bowl.

3. Blend in the butter  using a fork  until the mixture is crumbly. Form a well in the center.

4. Whisk  together the egg  and milk  and then pour it into the well in the dry ingredients.


5. Stir  until ingredients are moistened, about 25 strokes. Batter will be lumpy.

6. Spray the muffin pan  with non stick spray .

7. Fill the muffin spot 1/3 full with the batter.

8. Add 1 tablespoon of jam  on top.

9. Add more batter on top of the jam .

10. Bake in the oven  at 425 degrees for 20-25 minutes.

11. Eat your muffin!



12. Clean up the table.

Tropical Whip Fruit Dip

Ingredients

3 cups cream cheese, softened



3 cups pineapple yogurt



3 cups whipped topping



$\frac{3}{4}$ cup coconut



1 bag of pretzels



Fruit for dipping



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Beat the cream cheese  with an electric mixer  on low until fluffy.

3. Add yogurt  in a little at a time while blending on low.

4. Stir in the whipped topping  and coconut .

5. Chill for 15 minutes before eating.

6. Prepare the fruit .

7. Eat your fruit dip!



8. Clean up the table.

Fiesta Nachos

Ingredients

- 1 pound ground beef
- 1 packet of taco seasoning
- 1 cup chopped onions
- 1 bag of tortilla chips
- 4 cups shredded cheese
- 1 cup of chopped tomato



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Put the ground beef , seasoning , and onions  in a pan and stir together.

3. Cook the mixture until the meat is all brown. Drain if necessary.

4. Layer tortilla chips , seasoned beef  , tomatoes , and cheese  in a casserole dish.

5. Bake at 375 degrees  for 10 to 20 minutes until the cheese  melts.

6. Eat your nachos!

8. Clean up the table.



Baked French Fries

Ingredients

6 potatoes

Salt

2 tablespoons oil

Non stick spray

ketchup



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.

2. Clean the potatoes



3. Cut the potatoes



into sticks.

4. Toss the potato sticks with oil and salt in a mixing bowl until evenly coated.



5. Bake at 475 degrees



for 15 minutes.

6. Flip fries with a spatula and bake about 25 more minutes.



7. Eat your fries!

8. Clean up the table.



Turkey and Cheese Roll-up

Ingredients

1 pound of turkey



1-2 bags of shredded cheese



1 refrigerated crescent roll for each person



Mustard



Steps

1. Everyone wash their hands in warm water for at least 20 seconds.



2. Cut the turkey



into small pieces.

3. Unroll crescent rolls



and place them on a cookie sheet.

4. Spoon mustard



onto each triangle.

5. Sprinkle each crescent roll



with turkey



and cheese.



6. Roll the crescent rolls



up starting from the long side and bake at 350 degrees



for 11-13 minutes.

7. Eat your roll-up!

8. Clean up the table.



Melonberry Lemonade



Ingredients

12 cups of cubed and seeded watermelon

1 cup of raspberries

2 cups of water

1 cup sugar

1 cup lemon juice





Steps



1. Everyone wash their hands with warm water for at least 20 seconds.



2. Combine watermelon , raspberries , and water  in a blender  and blend until smooth.

3. Pour the mixture through a strainer  into a pitcher. Push the mixture with a rubber spatula  to get all the juice out.

4. Stir sugar  and lemon juice  into mixture until the sugar dissolves.

5. Chill about 30 minutes or serve over ice.

6. Drink your lemonade!



7. Clean up the table.

Vegetable Dip

Ingredients





- 16 ounces of softened cream cheese
- 1 envelope of ranch salad dressing mix
- ½ teaspoon of garlic powder
- Any veggies that you like to dip!



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Blend the cream cheese , salad dressing mix , and garlic powder  together in a bowl .

3. Dip your veggies  in and enjoy!

4. Clean up the table.



Awesome Applesauce

Ingredients

10 red apples



10 tablespoons of lemon juice



10 teaspoons of sugar



2 teaspoons of cinnamon



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Peel  the apples .

3. Cut  them into small pieces.

4. Put the apple pieces  and lemon juice  in the blender  until it is very smooth.

5. Pour some into your bowl . Stir in some sugar  and cinnamon .

7. Enjoy your applesauce!

8. Clean up the table.



Toasted Pumpkin Seeds

Ingredients

Pumpkin seeds



Cooking spray




Seasoned salt or other seasoning



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Take your seeds  out of the pumpkin  and rinse them off.

3. Preheat the oven  to 250 degrees.

4. Place baking foil on a baking sheet .

5. Toss seeds in cooking spray  and sprinkle with seasoning .

6. Bake for 1 hour tossing the seeds  every 15 minutes.

7. Enjoy your pumpkin seeds!

8. Clean up the table.



Vegetable Soup

Ingredients

6 cups of water



6 teaspoons beef bouillon



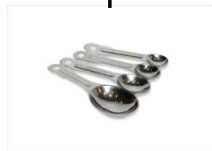
2 cans of mixed vegetables



1/4 cup alphabet noodles or elbow macaroni



Season with onion powder



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Boil the water  and bouillon  in a large pot .

3. Add the vegetables  and seasoning .

4. Cover and bring to a boil.

5. Add the noodles  and simmer 5 more minutes or until the noodles are tender.

6. Enjoy your soup!

7. Clean up the table.



Colorful Fruit Cup

Ingredients

2 strawberries for each child



5 green grapes for each child



4 blueberries for each child



1/8 cup pineapple for each child



1/3 banana for each child



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Cut  your strawberries  and banana  into pieces and add to your cup.

3. Add 5 grapes  and 4 blueberries  to your cup.

4. Add 1/8 cup pineapple  to your cup.

5. Mix your fruit with a fork  or spoon .

6. Enjoy your fruit cup!

7. Clean up the table.



Sunny Mango Sipper

Ingredients

- 4 cups fresh or frozen mango chunks
- 4 containers (6 oz) low fat vanilla yogurt
- 2 cups orange juice
- 4 tablespoons honey



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Measure and put the mango chunks, yogurt, orange juice, and honey in the blender.



3. Blend on high until the mixture is smooth. Pulse the blender if needed to break up the mango chunks.

4. Pour the mixture into a cup and add a straw.

5. Enjoy your sipper!

6. Clean up the table.



Scrambled Eggs

Ingredients

12 eggs

2/3 cup milk

1/2 teaspoon salt

1/2 teaspoon pepper

4 tablespoons butter





Steps

1. Everyone wash their hands with warm water for at least 20 seconds.





2. Break eggs  into a bowl.

3. Pour the milk  into the bowl with the eggs .

4. Add salt  and pepper .

5. Beat the egg  mixture with a fork  or whisk .

6. Place butter  in skillet. Put pan on burner over low heat.

7. When butter  is melted, add beaten egg  mixture.

8. Stir eggs with spatula . Cook until eggs are slightly firm.

9. Enjoy your scrambled eggs!

10. Clean up the table.



Bean Dip

Ingredients

2 cans refried beans



2 cans tomato and green chilies



Raw veggies



Tortilla chips



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Mix refried beans and tomato mixture.



3. Enjoy your bean dip and veggies !



4. Clean up the table.



Mashed Potatoes

Ingredients

10 large potatoes

2 cups of milk

4 tablespoons butter

Salt and pepper to taste



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Peel  the potatoes .

3. Cut  the potatoes  in cubes.

4. Cover the potatoes  with water and boil in a large pan.

5. Cook 18-20 minutes or until tender.

6. Heat milk  and butter  in the microwave.

7. Mash potatoes  with a handheld masher or electric mixer.

8. Add half of the milk  mixture and continue mashing.

9. Keep adding milk  until you reach the desired consistency.

10. Add salt  and pepper  for taste.

11. Enjoy your mashed potatoes!

12. Clean up the table.



Breakfast Burritos

Ingredients

4 eggs

¼ cup milk

1 teaspoon butter

1 cup refried beans

4 flour tortillas

½ cup shredded cheese

¼ cup salsa





Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Mix the eggs  and milk  with a fork .

3. Melt butter  in a pan using a burner then stir  in the egg mixture and cook until firm.

4. Heat refried beans  1 to 2 minutes in the microwave.

5. Put eggs , refried beans , cheese , and salsa  on the tortilla .

6. Enjoy your burrito!
7. Clean up the table.



Tropical Fruit Punch

Ingredients

- 1 carton of pineapple juice
- 1 frozen can of limeade concentrate, thawed
- 1 package of frozen fruit
- 1 orange
- 1 banana



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Cut  the banana  into slices.

3. Cut  the orange  into slices.

4. Measure  the ingredients as you mix them all in the bowl .

5. Stir  all the ingredients together in the bowl .

6. Enjoy your fruit punch!

7. Clean up the table.



Strawberry Banana Waffles

Ingredients

5 bananas



1 container of strawberries



2 jars of fruit spread



1 frozen toaster waffle per person



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Cut the bananas and strawberries in slices.



3. Put the bananas, strawberries, and fruit spread in a bowl and mix them together.



4. Cook the waffles in a toaster.



5. Put ½ cup of fruit mix on top of each waffle.

6. Enjoy your waffles!

7. Clean up the table.



Pizza Soup

Ingredients

- 1 cup of onion
- 1 cup of mushrooms
- 1 cup of green pepper
- 1 can of diced tomatoes
- 2 cans of chicken broth
- 15-20 pepperoni slices
- ½ cup mozzarella cheese
- 1 tablespoon vegetable oil
- ½ teaspoon dried basil



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Cut the onion , mushrooms , and green peppers .



3. Heat oil  in a pot  over medium heat on the stove .

4. Add the onions , mushrooms , and green peppers  and stir fry until they are soft.

5. Add the tomatoes , chicken broth , pepperoni , and basil .

6. Cook for 8-10 minutes.

7. Pour soup into bowls  and sprinkle cheese  on top.

8. Enjoy your soup!

9. Clean up the table.



Ice Cream in a Bag

Ingredients/Materials (per person)

1 gallon size Ziploc bag



1 pint size Ziploc bag



¼ teaspoon vanilla

6 tablespoons rock salt



1 tablespoon sugar

½ cup ice cold half and half

4 cups of ice



1 graham cracker





Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Pour the half and half , vanilla , and sugar  in the pint size bag and seal it tightly.

3. Add the ice  to the gallon size bag, the rock salt , and the tightly sealed pint sized bag. Seal the large bag.

4. Have the children shake their bag until the mixture turns into ice cream. This will take 5-10 minutes.

5. Take the small bag out and cut corner. Squeeze the ice cream out into a bowl.

6. Use the graham cracker  as a spoon.

7. Enjoy your ice cream!

8. Clean up the table.



Under the Sea Spread

Ingredients

- 3 cans of tuna, drained
- 6 tablespoons of low fat mayonnaise
- 6 tablespoons of plain yogurt
- 1 box of crackers



Steps

1. Everyone wash their hands with warm water for at least 20 seconds.



2. Mix the tuna, mayonnaise, and yogurt together.



3. Dip your crackers in to try it.



4. Enjoy your spread and crackers!

5. Clean up the table.



Easy Lasagna

Ingredients

- 1 box of lasagna noodles
- 1 pound of ricotta cheese
- 4 eggs
- $\frac{3}{4}$ pound of shredded mozzarella cheese
- Spaghetti sauce



Steps



1. Everyone wash their hands with warm water for at least 20 seconds.




2. Grease a 9 x 13 pan  and put a layer of sauce  on the bottom. Line the bottom with uncooked noodles .

3. Mix  the ricotta cheese  and 4 eggs  in a bowl.

4. Spread half of the mixture on the noodles .

5. Sprinkle half of the mozzarella cheese  and 1 $\frac{1}{2}$ cups of spaghetti sauce  on next.

6. Repeat steps 4 and 5.

7. Add a layer of noodles  on top and a small amount of spaghetti sauce .

8. Cover with foil and bake in the stove  for 1 $\frac{1}{2}$ half hours at 350 degrees.

9. Enjoy your lasagna!

10. Clean up the table.

