

# Lunch Menu Recipe's

	Ingredients	Preparation
<b>Hamburger Sliders #1</b>	2 pounds ground beef 2 teaspoons salt, pepper, garlic powder 1/2 white onion, diced 6 slices cheddar cheese  1 12 pack of Whole Wheat Hawaiian Sweet Rolls 2 tablespoons melted butter 1 tablespoon sesame seeds <i>(12, 3-5 year old servings)</i>	1 Preheat oven to 350 degrees 2 Combine beef, salt, pepper, and garlic powder thoroughly 3 Press above mixture into a 9x13 baking dish- flat 4 Bake 20 minutes; set aside and drain liquid 5 Slice rolls half lengthwise and place on baking sheet 6 Place cooked beef on top of rolls, then cheddar and onion 7 Place the other 1/2 of the rolls on the top 8 Brush top with butter and sprinkle sesame seeds on top 7 Bake 20 minutes; slice and serve!
	*** Variations: Chicken parmesan sliders: made with rotisserie chicken and marinara sauce Breakfast sliders: made with scrambled eggs, ham and cheese. Add spinach if desired. BBQ chickensliders: made with shredded chicken, onion, and cheese	

	Ingredients	Preparation
<b>Ham Salad #2</b>	3 cups ground fully cooked ham 2 hard cooked eggs, chopped 2 tablespoons finely chopped celery 4 teaspoons sweet pickle relish  2 teaspoons finely chopped onion 1 cup mayonaise 1 tablespoons prepared yellow mustard	1 Mix ham, eggs, celery, pickle relish, and onion in bowl. 2 combine mayonaise and mustard in a separate bowl 3 pour over ham mixture 4 Stir to coat ham 5 Refrigerate until serving time  <i>(12 or more, 3-5 year old servings)</i>

	Ingredients	Preparation
<b>Cheesy Chicken and Rice #3</b>	1 oil 4 boneless and skinless chicken breast 1 condensed chicken broth 1/2 water 2 Instant Brown Rice, uncooked 2 fresh broccoli florets 3 oz shredded cheese	1 Heat oil in skillet and add chicken. 2 Cook covered on medium heat for 4 minutes, each side. 3 Remove chicken from skillet 4 Add broth and water to skillet and bring to a boil 5 Stir in rice, broccoli and cheese. Top with chicken; cover  <i>(10, 3-5 year old servings)</i>

	Ingredients	Preparation
<b>Sweet Potato Fries #4</b>	6 sweet potatoes 2 teaspoons olive oil 1 teaspoon, salt, pepper, and spices  <i>(12, 3-5 year old servings)</i>	1 Preheat oven to 425 degrees 2 Prepare potatoes to look like fries. 1/4 inch thick 3 Toss uncooked fries into a baggie, mix with seasonings and oil 4 Bake in a single layer for 15 minutes, toss and repeat. 5 Enjoy!

	Ingredients	Preparation
<b>Brussels Sprouts # 5</b>	1 1/2 pounds of brussel sprouts 2 tablespoons olive oil kosher salt and ground black pepper 6 bacon slices cut into 1 inch pieces  <i>(12, 3-5 year old servings)</i>	1 Preheat oven to 400 degrees 2 trim brussels sprouts and core them. 3 Place the brussels Sprouts in a bowl, drizzle and coat Bake in oven on a baking sheet, not to exceed a single layer; sprinkle salt, 4 pepper and bacon 5 Roast for 20-30 minutes, burning through the baking time 6 Serve immediately.

Avacado Egg Salad #6	Ingredients	Preparation
	1 avacado, smashed 6 boiled eggs, smashed 1 teaspoon salt, pepper 2 tablespoons mayonaise	1 combine all ingredients in a bowl. 2 Serve immediately.  <i>(6, 3-5 year old servings)</i>

Generals Chicken # 7	Ingredients	Preparation
	3 chicken breast cut up into bite sized pieces 1/4 cup cornstarch 2 tablespoon vegetable oil 1 cup hoisin sauce 4 rice wine vinegar 4 tablespoon light brown sugar 2 teaspoon sesame oil <i>(8, 3-5 year old servings)</i>	1 Coat chicken in corn starch 2 Heat oil in large wok or skillet 3 Saute chicken until golden brown (about 2 minutes) 4 put chicken in crock pot 5 Combine the last 4 ingredients and whisk together in bowl. 6 Pour on chicken and stir 7 Cook on low for 2-3 hours or until chicken is done. 8 Enjoy !!!

Turkey and veggie Mini Meatloaf's #8	Ingredients	Preparation
	1/2 cup finely chopped onion 1/2 cup finely chopped carrot 1/2 c. shredded zucchini (liquid removed) 1 1/2 lbs. lean ground turkey 1 cup panko bread crumbs 1 egg beaten 1/2 cup ketchup, divided 1/4 c. chicken broth 1/2 teaspoon garlic powder 2 teaspoon dried parsley 1/2 teaspoon dried basil	1 Preheat oven to 425 degrees 2 Cover rimmed baking sheet in foil topped with baking rack 3 Saute veggies on medium for 5 minutes, season w s&p 4 Combined cooled veggies, turkey, egg, bread crumbs, broth, ketchup, garlic powder, parsley, basil, 1/2 tsp salt and 1/2 tsp. of pepper. 5 Divide into 1/2 cup loaves and form into patties. 1 1/2" 6 Top each patty with 2 teaspoons ketchup 7 Bake 25-30 minutes  <i>(16, 3-5 year old servings of m/ma)</i>

Greek Chicken Salad #9	Ingredients	Preparation
	3 cups cooked and chopped chicken breast 1 1/2 cups finely chopped celery 1 1/2 cups quartered grapes 1/2 cup mayonaise 1 lemon squeezed 1 tablespoon cavenders greek seasoning	1 Combine all ingredients into a large bowl. 2 Stir together 3 Refrigerate or serve immediately.  <i>(8, 3-5 year old servings meat and fruit)</i>

Homemade Mac n Cheese #10	Ingredients	Preparation
	1 box of macaroni noodles 1/4 cup butter/ margarine 3/4 cup all-purpose flour 1 tsp salt 1/4 tsp black pepper 5 cups milk 1% or low fat 1/2 tsp. worcestershire sauce 3 1/4 cups cheddar cheese shredded 1/4 cup grated parmasan cheese 1 cup cheddar cheese, shredded <i>(12, 3-5 year old servings m/ma and bread)</i>	1 cook macaroni until tender and drain 2 melt margarine or butter in sauce pan 3 combine flour, salt, pepper, in bowl, add to margarine cook for 2 minutes. 4 In sauce pan, heat milk to a simmer, slowly add flour. 5 Cook until thickened (slowly) 6 Add worcestershire sauce, cheddar and parmasan cheese 7 Combine macaroni and sauce into a 9x13 pan. 8 Bake 350 degrees for 25 minutes 9 cover with remaining 1 cup cheese and bake 5 minutes. 10 Serve immediately!

