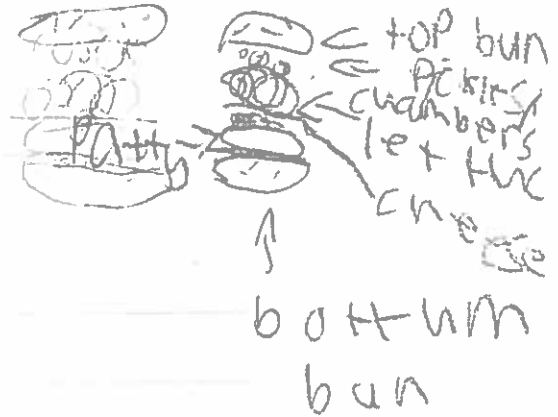




# What's For Lunch?



## Recipe card

Recipe Chicken burger

From the kitchen of: A, J

### Ingredients:

### Instructions:

<ul style="list-style-type: none"> <li>• Sesame seed buns</li> <li>• chicken patty</li> <li>• lettuce</li> <li>• ketchup</li> <li>• Cheese</li> <li>• cucumber or pickles</li> </ul>	<ol style="list-style-type: none"> <li>1. Put the chicken patty in a mini oven or air fryer for 20 or 10 mins</li> <li>2. Get the buns ketchup cheese and lettuce and cucumbers or pickles and buns</li> </ol>
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4. Put ketchup on the bottom bun then put cheese on the bottom bun then put the patty on the cheese

then some more ketchup then lettuce and

3. wait for the pattys to finish cooking

then lettuce and





# What's For Lunch?



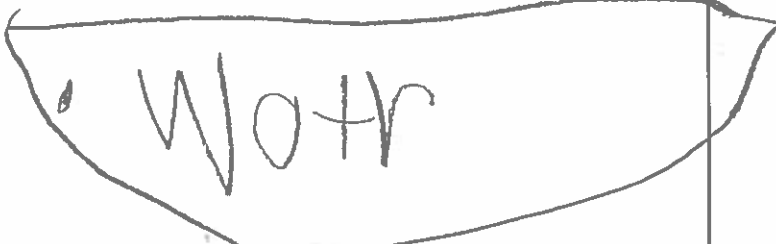
## Recipe card

Recipe Soup or Veggie and Noodle Soup or Noodle

From the kitchen of: SPRING

### Ingredients:

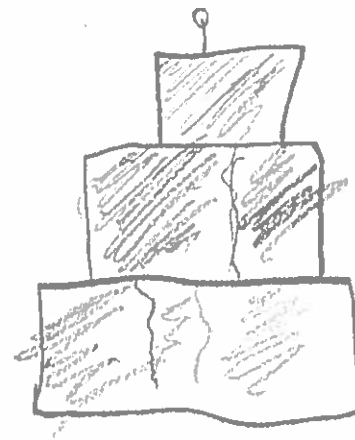
### Instructions:

<ul style="list-style-type: none"> <li>• <del>fat</del></li> <li>• <del>MASH</del> or <del>N</del> <del>SOP</del></li> <li>• <del>Soup</del> or <del>Bing</del> <del>mat</del></li> </ul>	<ol style="list-style-type: none"> <li>1. Can of soup open it</li> <li>2. Put in pot</li> <li>3. top up with veggie</li> <li>4. then pass in BS</li> <li>5. top up with veggie</li> <li>6. Shed 8 dashes</li> </ol>
<ul style="list-style-type: none"> <li>• <del>MASH</del></li> <li>• <del>MASH</del> or <del>N</del> <del>SOP</del></li> </ul>	





# What's For Lunch?



## Recipe card

Recipe

chocolate  
CAKE

From the kitchen of:

K, M, N

Ingredients:

Instructions:

- 3 or 4 Eggs
- flour
- vegetable oil
- Milk
- powder
- sugar
- icing
- chocolate powder

- get a mixing bowl and whisk

- Put all the dry ingredients in the bowl

- after put wet ingredients
- Mix them all up

get a cake pan

- pour the batter in the cake pan

- put it in the oven the you have a cake





# What's For Lunch?



## Recipe card

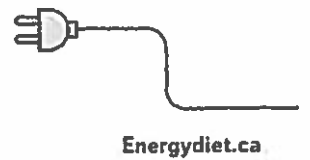
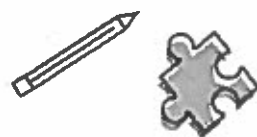
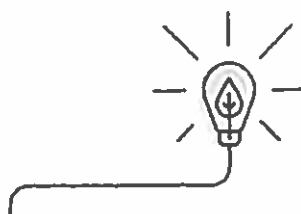
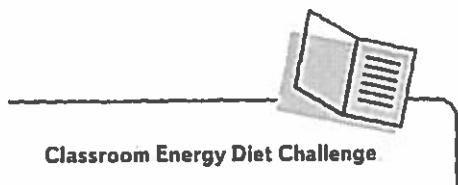
Recipe Samwich

From the kitchen of: G, E and J

### Ingredients:

### Instructions:

<ul style="list-style-type: none"> <li>• Bred</li> <li>• Ham</li> <li>• manas</li> <li>• Chees</li> <li>• pickis</li> <li>• lettuce</li> <li>• tomatowes</li> </ul>	<p>1. First get a plate</p> <hr/> <p>2. Second put a pees of bred on plate</p> <hr/> <p>3. put a pees o Letus on the bred then put the pickis on the Leties and the put all the igred an top of echuteh</p>
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# What's For Lunch?

## Recipe card

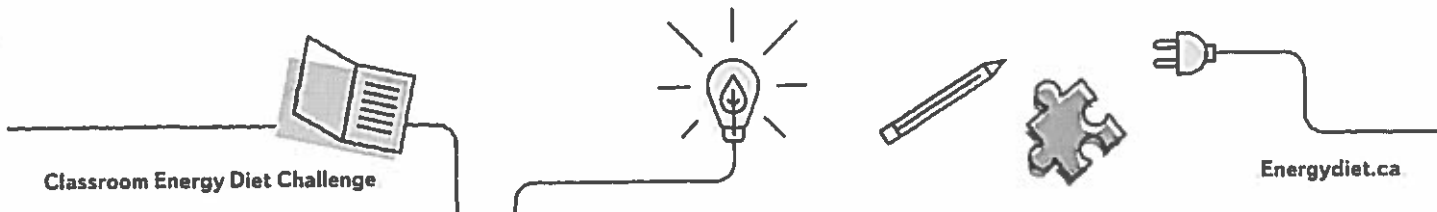
Recipe Pizza

From the kitchen of: R and S

### Ingredients:

### Instructions:

<ul style="list-style-type: none"> <li>- dough</li> <li>• toppings = cheese, mushrooms, olives, tomato sauce</li> <li>(oven)</li> <li>• (plate)</li> <li>• <del>Enjoy!</del></li> </ul>	<ol style="list-style-type: none"> <li>1. Get a plate</li> <li>2. Make the dough</li> <li>3. Put the tomato sauce</li> <li>4. Put the cheese</li> <li>5. Put the topping you want</li> <li>6. Put it in the oven for 20-30 minutes</li> <li>7. Enjoy! But before you enjoy, make sure to put it on a plate!</li> </ol> <p style="text-align: center; font-size: 2em;">ENJOY!</p>
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# What's For Lunch?

## Recipe card

Recipe Grilled Cheese

From the kitchen of: N, A, H

### Ingredients:

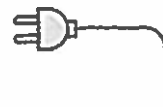
- Frying pan
- 2 slices of bread
- 1 slice of cheese
- Garlic Spice Optional
- butter

### Instructions:

1. Get the pan ready
2. Put butter on the bread
3. now put cheese
4. Sprinkle garlic Spice
5. Enjoy



Classroom Energy Diet Challenge



Energydiet.ca