

Week One: 8-10 year olds

Day 1: Basic Knife Skills

Breakfast: Three Cheese Omelets

Lunch: Build your own Pizzas

Side: Celery Sticks with Hummus and toppings

Dessert: No-Bake Energy Bites

Day 2: Baking Fundamentals

Breakfast: Homemade Granola Parfait

Lunch: Meatloaf Cupcakes with Mashed Potato Frosting

Side: Garlic Knots

Dessert: Decorate Your Own Monster Cupcakes

Day 3: Food Safety and Hygiene

Breakfast: Breakfast Quesadillas

Lunch: Chicken Caesar Salad Wraps

Side: Crispy Baked Potato Wedges

Dessert: Fresh Fruit Smoothies with fruit kabob garnishes

Day 4: Understanding Flavors and Seasonings

Breakfast: Build-Your-Own Breakfast Burritos

Lunch: Taco Bar with Assorted Toppings

Side: Mexican Street Corn (Elote)

Dessert: Churros with Chocolate Dipping Sauce

Day 5: Exploring Different Cooking Methods

Breakfast: Pancake Art Station

Lunch: Stir-Fry Station with Various Veggies and Proteins

Side: Steamed Vegetable Medley

Dessert: Individual Fruit Pies with Homemade Whipped Cream