

Week Four: 11-13 year olds
Intermediate Skill Building

Day 1: Basic Knife Skills

Breakfast:

Fruit Kabobs with Yogurt Dip

Lunch:

Turkey Clubs with Herb Aioli

Side:

Veggie Crudit  with Ranch Dip

Dessert:

Banana Pops with Chocolate Drizzle

Day 2: Baking Basics

Breakfast:

Homemade Pancakes with Maple Syrup

Lunch:

Mini Hawaiian Pizzas

Side:

Cheesy Garlic Bread Rolls

Dessert:

Decorate-Your-Own Cupcakes

Day 3: Food Safety and Hygiene

Breakfast:

Scrambled Eggs with Toast Soldiers

Lunch:

Build-Your-Own Taco Bar

Side:

Crunchy Coleslaw

Dessert:

Fruit Smoothies

Day 4: Exploring Flavors and Seasonings

Breakfast:

Yogurt Parfaits with Granola and Berries

Lunch:

Chicken Quesadillas with Salsa

Side:

Baked Sweet Potato Fries

Dessert:

Chocolate Dipped Pretzel Rods

Day 5: Cooking Methods Adventure

Breakfast:

French Toast Sticks with Berry Compote

Lunch:

Pasta Primavera with Homemade Marinara Sauce

Side:

Garlic Parmesan Roasted Vegetables

Dessert:

Apple Crisp with Whipped Cream