

## Week Three: 8-10 year olds

Day 1: Basic Knife Skills

Breakfast: French Toast

Lunch: Cheeseburger Bar with Homemade Rolls

Side: Crudité Platter

Dessert: Berry Parfait

Day 2: Baking Fundamentals

Breakfast: Banana Bread Muffins

Lunch: Mini Quiches

Side: Cheesy Garlic Bread

Dessert: DIY Cookie Decorating

Day 3: Food Safety and Hygiene

Breakfast: Veggie Omelet Cups

Lunch: Chicken & Cheese Pinwheels

Side: Roasted Potato Wedges

Dessert: Snickerdoodle Buttercream Sandwiches

Day 4: Understanding Flavors and Seasonings

Breakfast: Breakfast Quesadillas

Lunch: DIY Nachos

Side: Homemade Guacamole

Dessert: Fruit Salsa with Cinnamon Chips

Day 5: Exploring Different Cooking Methods

Breakfast: Pancake Art

Lunch: Grilled Teriyaki and Veggie Skewers Side:

Steamed Rice

Dessert: Individual Berry Crisps