

# KIDS COOKING

## LESSONS

### LUNCH SHOPPING LIST



#### CLASSIC GRILLED CHEESE

- 2 Tbsp butter, softened
- 2 Tbsp mayonnaise
- 8 slices sharp cheddar cheese
- 8 slices whole wheat bread
- Side: fresh fruit/chips

#### ENGLISH MUFFIN OR BAGEL PIZZAS

- 4 English muffins or bagels
- 2 Tbsp butter
- 1 cup pizza or marinara sauce
- 12 pepperonis
- 2 cups shredded mozzarella cheese

#### HOMEMADE MAC N CHEESE

- 12 oz. box elbow pasta noodles
- 3 Tbsp butter
- 3 Tbsp flour
- 2 cups milk
- 2 cups shredded cheddar cheese

#### CHICKEN QUESADILLAS

- 2 cups rotisserie chicken
- 1 Tbsp homemade taco seasoning
- 1/3 cup red salsa
- 2 cups quesadilla blend or mozzarella cheese
- 12 flour tortillas
- Sour cream, guacamole or salsa for dipping

#### CHEESY HAMBURGER PASTA SKILLET

- 1 lb. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 15 oz. can tomato sauce
- 1 Tbsp Italian seasoning
- 2 1/4 cups beef broth (or water)
- 12 oz. small shell pasta
- 2 cups shredded mild cheddar cheese

