

Unit 4 Labs – Nutrition and Health

A Healthier Burger and Baked French “Fries”

Minestrone Soup (Vegetarian/Vegan)

Steamed Vegetables and Cheese Sauce

Veggie Burgers – Two Recipe Choices

It’s a Meal – Speedy Enchiladas with Steamed Broccoli and Milk

Friends Tossed and Tuna Salad with Lemon-Mustard Vinaigrette