

## TRY THIS AT HOME:

### Magnificent Menu

## Can you plan a lunch or dinner menu using FoodMASTER recipes?

Try planning breakfast, lunch, and dinner for using the recipes you've learned from FoodMASTER. Make sure to include a variety from each food group in your meals. Try to make sure your menu has a variety of shapes, colors, textures, and tastes. Be sure to choose foods that will taste good together and that your guests will enjoy. Have an adult help you make your meals. Enjoy planning and preparing your menu!



### MEAT, BEANS & EGGS

Turkey Quesadillas (Chapter 6)  
Fluffy Vegetable Omelet (Chapter 7)  
Grilled Chicken  
Turkey Breast

### GRAINS

Whole Grain Trail Mix (Chapter 7)  
Whole Wheat Toast  
Whole Wheat Roll

### VEGETABLES

Pita Pocket Vegetable Bouquet (Chapter 3)  
Mixed Baby Greens with Mustard Vinaigrette (Chapter 9)  
Steamed Vegetables

### FRUITS

Fruit Salad (Chapter 4)  
Fruit Juice (Chapter 8)  
Fresh Fruit

### MILK & CHEESE

Fresh Yogurt (Chapter 5)  
Simple Cheese Sauce (Chapter 5)  
Milk