

Choosing Recipes for a Meal

Directions: Arrange the foods in the Food Box into three healthy meals.

Food Box		
creamed corn	chicken-rice casserole	grilled steak
French bread	broccoli-cauliflower salad	scalloped potatoes
deviled eggs	tomatoes & pesto sauce	Caesar salad
carrot pie	sweet potato balls	baked salmon

Meal #1	Meal #2	Meal #3