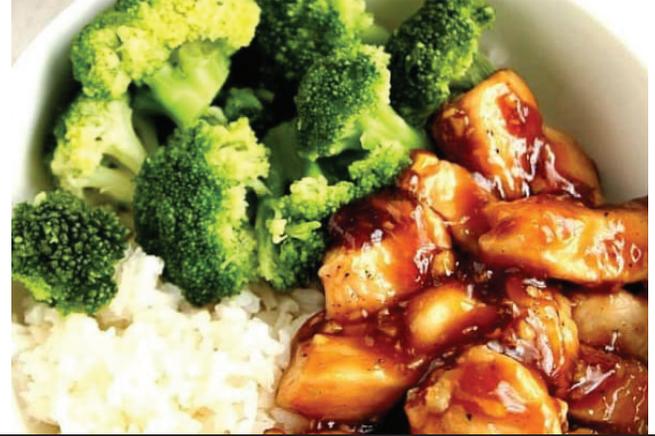


Weekend Supper Kit (each kit contains 2 servings)

- Rice (dry)
- Grilled Chicken Strips 
- Teriyaki Sauce
- Broccoli
- Mandarin Oranges
- String Cheese
- Crackers



Make a teriyaki chicken bowl with your supper kit!

Teriyaki Chicken Bowl

1. Cook rice in rice cooker or on stove.
2. Cut chicken strips into smaller pieces (if desired).
3. Add about 1 Tbsp oil to medium pan and heat oil over medium heat. When the oil is hot add chicken and warm until heated through
4. Stir in teriyaki sauce.
5. Place rice in a bowl and top with Teriyaki chicken. Eat with your broccoli and mandarins. Enjoy!

OPTIONAL - Cook broccoli and stir in with teriyaki chicken before serving over rice. You can even drain the mandarins and add them to the chicken and broccoli as well!

How to cook rice...

Rice is cooked at a ratio of 2 to 1 (2 cups of water for every 1 cup of rice). Bring water to a boil. Stir in rice and return to boil. Reduce heat and let simmer for 15-20 minutes or until rice is soft and water is absorbed.

If using a rice cooker, follow instructions provided with it.

Common Cooking Abbreviations	
Abbreviation	Unit of Measurement
lb	pound
oz	ounce
C	cup
Tbsp	tablespoon
tsp	teaspoon

Each supper kit contains 2 servings, one for Saturday and one for Sunday. Entire meal kit can be stored in the freezer. This institution is an equal opportunity provider.



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Weekend Supper Kit (each kit contains 2 servings)

- 4 - 6" Flour tortillas
- 5 oz Precooked chicken fajita strips
- 5 oz Fajita vegetables (onion and bell pepper mix)
- 2 Sides of salsa
- 2 Bags of tortilla chips
- 2 String cheese
- 2 Milks (optional)



Make fajitas with your supper kit!

Chicken Fajitas

1. Add about 1 Tbsp oil to medium pan and heat oil over medium/high heat. When the oil is hot, add fajita vegetables and saute until they soften.
2. Stir in chicken and cook until meat is heated through.
3. Warm tortillas.
4. Fill tortillas with chicken fajitas. Eat with your chips and salsa. Enjoy!

OPTIONAL - Season your chicken before adding to the pan. Use your favorite fajita seasoning, try the one on the right or buy a premade seasoning from the store.

Common Cooking Abbreviations	
Abbreviation	Unit of Measurement
lb	pound
oz	ounce
C	cup
Tbsp	tablespoon
tsp	teaspoon

Fajita Seasoning (yield 5 tbsp)

Ingredients

- 1 tbsp chili powder
- 2 tsp ground cumin
- 2 tsp smoked paprika
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sugar
- ½ tsp black pepper
- ½ tsp kosher salt (to taste)
- ¼ tsp cayenne pepper

Instructions

1. Mix all the ingredients together and store unused seasoning in an airtight container for future use.

Weekend Supper Kit (each kit contains 2 servings)

- 4 - 6" Flour tortillas
- 6 oz Precooked beef taco meat
- 1.5 C Corn
- 2 oz shredded cheese
- 2 Sides of salsa
- 2 Bags of tortilla chips
- 2 Milks (optional)



Make tacos with your supper kit!

Beef Tacos

1. Reheat taco meat (It is fully cooked and seasoned).
2. Warm corn.
3. Warm tortillas.
4. Fill tortillas with taco meat. Top with shredded cheese and any other toppings you like.
5. Eat with your corn, chips and salsa. Enjoy!

Taco Toppings- Top off your taco with lettuce, tomatoes, cilantro or onions. You could even add some of your corn to your taco.

Common Cooking Abbreviations	
Abbreviation	Unit of Measurement
lb	pound
oz	ounce
C	cup
Tbsp	tablespoon
tsp	teaspoon