

Kev Qha Ua Khoom Zaub Mov Noj Rua Ob Nub Su -Weekend Supper Kit (ib qhov ua tau rua ob zag noj)

Mov (qhuav)

Qab Nqaj Ci (Chicken Strips) 

Teriyaki Sauce

Zaub Broccoli

Txiv Kaab Ntxwv

String Cheese

Crackers



Ua ib Taig teriyaki bowl nrug nqaj qab lug ntawm qhov kev qha ua zaub mov noj (chicken teriyaki bowl)!

Taig Mov Nrug Nqaj Qab Ci (Teriyaki Chicken Bowl)

1. Muab cov mov ua nyob rua huv lub lauj kaub ua mov (rice cooker) los yog ntawm lub qhov cub.
2. Muab cov nqaj qab txav ua kom miv² (zoo le yug nyam).
3. Muab 1 Tbsp roj tso rua huv lub yag tsi luj tsi miv hab muab ua kom kub le qhov rua medium heat. Thaum cov roj kub lawm, muab cov nqaj qab tso ntxiv rua hab muab khib kom suv thaws.
4. Muab cov teriyaki sauce dlu ntxiv rua.
5. Muab cov mov tso rua huv ib lub taig hab muab cov Teriyaki chicken tso tuaj saab sau. Noj nrug cov zaub broccoli hab cov txiv kaab ntxwv (mandarins). Yim meem noj kom txaus sab!

Kev has qha ua cov mov (How to cook rice)..
mov yuav tau ua raws le a tuaj (a kob dlej nrug 1 kob mov).
muab cov dlej tshaub kom npau (Bring water to a boil).
muab cov mov dlu nrug hab kom rov qab npau (Stir in rice and return to boil).
muab lub hau khwb rua, tso suav tauw kom miv² hab tso nyob nwg le 15-20 feeb los yog kom txug rua thaum cov mov sav muasa lawm hab cov dlej qhuav taag lawm.

Yog tas siv lub lauj kaub ua mov (rice cooker), ua raws le cov lug has qha muaj nrug nuav.

NYOB NTAWM NYAM XAAV UA (OPTIONAL) – Muab cov zaub

broccoli ua kom sav hab muab tso xyaw nrug cov nqaj qab ci (teriyaki chicken) ua ntej rua sau cov mov maam le noj. Koj los yeej muab cov txiv kaab ntxwv ua kom txhob muaj kua lawm hab maam le muab tso ntxiv nrug cov nqaj qab hab cov zaub broccoli los yeej tau!

Cov Tsaj Ntawv Siv Feem Ntau Huv Txuj Kev Ua Zaub Mov Noj (Common Cooking Abbreviations)	
Qhov Muab Ua Kom Tuab Lu (Abbreviation)	Kev Luj Cov Khoom (Unit of Measurement)
lb	phau (pound)
oz	aas (ounce)
C	kob (cup)
Tbsp	raab dlav noj mov (tablespoon)
tsp	raab dlav haus kas fes (teaspoon)

Txhua qhov kev qha ua zaub mov noj yuav ua tau rua ob zag noj, ib zag rua nub Saturday hab ib zag rua nub Sunday. Taag nrho cov zaub mov nuav los yeej muab tso khaws ca tau rua huv lub freezer. Lub koom hum nuav yog ib lub kws muaj muab kev ua sib txig sib npaug.



Nrhau cov kev ua zaub mov noj kom zoo lug ntawm egusdschoolmeals.com



Moog saib peb qhov webpage, moog nas rua qhov nutrition education hab moog nas rua tug icon muaj nyob rua saab txhum phem nuav.

Kev Qha Ua Pluag Mo Noj Rua Ob Nub Su (Weekend Supper Kit)

(ib qhov kev qha ua ua tau rua 2 zag noj)

- 4 - 6" eej tshim ntawm cov Flour tortillas
- 5 oz Nqaj qab ua pluaj kws tau muab ua sav taag lawm (Precooked chicken fajita strips)
- 5 oz Cov Zaub ua Fajita (dlog hab hov txob luj sib xyaw - onion and bell pepper mix)
- 2 Yaam salsa (Sides of salsa)
- 2 Naab tortilla chips (Bags of tortilla chips)
- 2 Qhov string cheese
- 2 Qhov kuas mig nyuj (Milks (yog xaav tau lug ntawm tug kheej - optional))



Ua fajitas nrug cov lug has qha ua mo noj (supper kit)!

Nqaj Qab Fajitas (Chicken Fajitas)

1. Muab le 1 Tbsp roj rua huv lub yag luj nruab nraab hab tso suav tawg kub le medium/high. Thaum cov roj kub lawm, muab cov zaub siv ua fajitas khib kom muas.
2. Muab cov nqaj qab khib nrug hab khib kom cov nqaj kub thoob plawg.
3. Muab cov tortillas ua kom suv.
4. Muab cov nqaj qab ua fajitas tso nrug (fill) cov tortillas. Noj nrug koj cov chips hab salsa. Noj xws le yaam muaj kev kub sab lug!

KEV XAAV MUAB KHOOM RAU NTXIV (OPTIONAL) – Muab khoom pleev rau ntxiv rua koj cov nqaj qab ua ntej muab khib huv lub yag. Siv koj cov khoom lug ua qhov fajitas kws koj nyam, sim qhov muaj nyob ntawm saab xis nuav los yog muab yuav cov khoom kws yeej tau muab sib xyaw taag lug lawm tom khw.

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Cov Khoom Rau Fajita (Fajitas Seasoning)

(txhob muab ntau tshaaj le 5 tbsp)

Ingredients

- 1 tbsp hov txob qhuav zum (chili powder)
- 2 tsp cov ground cumin
- 2 tsp cov smoked paprika
- 2 tsp cov qej qhuav zum (garlic powder)
- 1 tsp cov dlog qhuav zum (onion powder)
- 1 tsp cov pem thaaj (sugar)
- ½ tsp cov fwj txob dlub (black pepper)
- ½ tsp cov ntsev (kosher salt (rau kom qaab))
- ¼ tsp cov cayenne pepper

Kev Has Qha Ua (Instructions)

1. Muab taag nrho cov khoom tso sib xyaw uake hab muab cov kws siv tsi taag tso rua huv ib lub naab kws tsi muaj cua lug siv rua yaav tom ntej.

Ib qhov kev qha ua mo noj ua tau rua 2 zag noj, ib qhov rua nub Saturday hab ib qhov rua nub Sunday.

Taag nrho cov khoom has qha ua noj nuav yuav tau muab tso rua huv lub freezer.

Kev Qha Ua Pluag Mo Noj Rua Ob Nub Su (Weekend Supper Kit)

(ib qhov kev qha ua ua tau rua 2 zag noj)

- 4 - 6" eej tshim Flour tortillas
- 6 oz Nqaj nyuj siv ua taco kws tau muab ua sav taag lawm
- 1.5 C Pob Kws (Corn)
- 2 oz cov cheese kws muab ua mog2 lawm (shredded cheese)
- 2 Yaam salsa (Sides of salsa)
- 2 Naab tortilla chips (Bags of tortilla chips)
- 2 qhov Milks (nyob ntawm xaav tau xwb)



Ua tacos nrug koj qhov kev qha ua pluag mo noj! Nqaj Nyuj Tacos (Beef Tacos)

Nqaj Nyuj Tacos (Beef Tacos)

1. Muab cov nqaj ua taco tsaub kom suv (Nwg yeej sav2 lawm hab muab khoom rau taag lawm).
2. Muab cov pob kws tsaub ua kom suv.
3. Muab cov tortillas tsaub ua kom suv.
4. Muab cov nqaj tso nrug cov tortillas. Muab cov cheese hab lwm yaam khoom koj nyam tso ntxiv.
5. Noj nrug koj cov pob kws, chips hab salsa. Noj xws le yaam muaj kev kub sab lug!

Cov Khoom Rau Ntxiv Rua Qhov Taco (Toppings)- Muab cov zaub, cov txiv lwg suav, cov zaub txhwb qab los yog cov dlog tso nrug rua. Koj los yeej muab tau koj cov pob kws tso ntxiv rua los tau.

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Ib qhov kev qha ua zaub mov noj ua tau lug noj ob zag, ib zag rua nub Saturday hab ib zag rua nub Sunday. Taag nrho cov khoom siv ua qhov zaub mov noj nuav los yeej muab tso rua huv lub freezer.