

Lesson 5
Dinner Detectives and Smart Snackers

Sample Dinners



- 1) Bean and cheese burrito with a glass of apple juice**

- 2) Vegetable and chicken stir fry with fruit salad**

- 3) Hamburger on a bun with lettuce and tomatoes, yogurt and apple sauce**

- 4) Pasta with tomato sauce and meatballs**