



Healthy Cuisine Menu

Menu of Meal Being Served



Healthy Cuisine Information & Recipes

Name: _____ County: _____

Name: _____ County: _____

Preparation time for entire meal _____

Why is this a healthy meal?

List of convenience practices used in preparation of this meal:

Anything you did to reduce the salt, sugar, fat in the recipe?

Attach recipes for all foods prepared in this meal.