

Mac & Cheese with Chicken or Tuna

1 Bowl

Grains • Protein • Dairy • Vegetables

Ingredients

- 1 microwavable mac and cheese cup (2.15 ounces)
- 1 can or pouch chicken or tuna (5 ounces), drained
- ½ cup canned peas

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook mac and cheese following package directions. Use oven mitts to remove the hot cup from the microwave.
3. If canned, open chicken or tuna with either the pull tab or can opener, and drain. Or, open the pouch.
4. Open canned peas with either the pull tab or can opener, and drain.
5. Once the mac and cheese is cooked, open the cheese packet and stir into the noodles.
6. Scoop the mac and cheese into a microwave safe bowl.
7. Stir the chicken or tuna and peas into the mac and cheese.
8. Cook in the microwave for 20 more seconds.



Lunch or Dinner
4th grade +



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