

# LIFE TEEN MEAL SUGGESTIONS

We would like to provide meal-like food options for our teens. Please also keep in mind we have some vegetarians in the group.

## Meal Suggestions (just suggestions..... be creative!)

- Spaghetti, salad, bread
- Chili, corn bread, veggies
- Tacos, salad, chips and salsa
- Lasagna, salad, bread
- Soup, bread, fruit
- Fried rice, salad or veggies, fruit
- Pizza, salad or fruit
- Sandwiches (bread, deli meats, cheese, lettuce, tomato, pickles, etc.)

## Notes

- Condiments are available in the church kitchen (mayo, ketchup, butter, mustard, salt and pepper)
- You can provide desserts if you wish.
- Please do not bring sodas. Water or juice is preferred.
- Chips, pretzels, tortilla chips and dips are always welcomed.

Thank you for providing our children with **GOOD FOOD!!**