

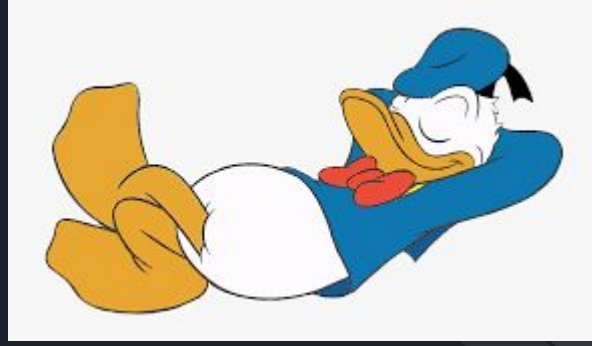


10:30 am

***Workout with Josh: Football Drill
Challenge?**

***Football Discussion/Fitness**

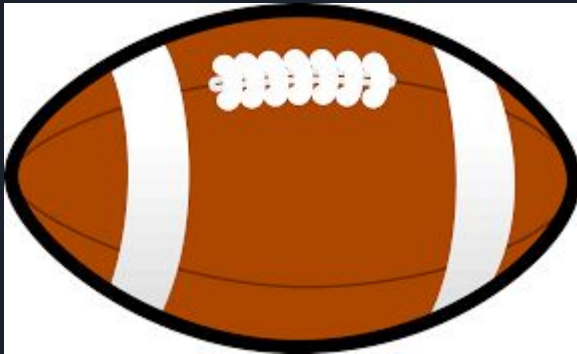
***Cottage Kitchen Discussion
(cook Thursday)**



What was one thing you liked about your three day weekend?



Football/Fitness Discussion



Cottage Kitchen: We need Your Vote!

- Mac and Cheese
- Banana Split Pops/Make your own popsicles
- Carrot Cake/Coffee Cake



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Ingredients

- 1 (8 ounce) box elbow macaroni
- ¼ cup butter
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ground black pepper to taste
- 2 cups milk
- 2 cups shredded Cheddar cheese

Simple Traditional Recipe Mac N Cheese

Ingredients

Original recipe yields 8 se

- 10 ounces gluten-free elbow pasta
- ¼ cup butter
- 1 ¼ teaspoons salt
- ¾ teaspoon mustard powder
- 4 cups milk 
- ¼ cup cornstarch
- 4 cups shredded Cheddar cheese, divided 

Topping:

- 2 gluten-free bread slices, toasted and broken into crumbs (optional)

<https://www.allrecipes.com/recipe/242268/easy-gluten-free-macaroni-and-cheese/>

Gluten Free Recipe Mac N Cheese

INGREDIENTS

16 to 20 ounces small dried gluten free pasta (I used Barilla gluten free pasta elbows)

1 to 2 tablespoons (14 to 28 g) extra-virgin olive oil

4 tablespoons (56 g) unsalted butter, chopped

1/3 cup (47 g) **gum-free gluten free flour blend** (31 grams superfine white rice flour + 10 grams potato starch + 6 grams tapioca starch/flour)

1 can (12 fluid ounces) low-fat evaporated milk

2 to 2 1/2 cups (16 to 20 fluid ounces) milk, at room temperature (any kind, just not nonfat)

1 pound (16 ounces) semi-hard cheese, shredded (a mix of mozzarella and cheddar cheeses is nice, or all cheddar)

1/2 teaspoon kosher salt, or to taste

1/4 teaspoon freshly ground black pepper, or to taste

Corn free, Gluten Free Recipe Mac N Cheese

<https://glutenfreeonashoestring.com/easy-stovetop-gluten-free-mac-and-cheese/>



Food Prep Quiz

<https://quizizz.com/admin/quiz/580bfb1530995c3e71e3c4e0/food-preparation>

Old Town Road--Boomwhackers cover!

https://www.youtube.com/watch?v=Rb_3IAz-ano

Did you watch the videos? :)



Food Handling Review

***Module 10 — TCS Foods**

<https://www.youtube.com/watch?v=gu9XOk7IT4c>