

Casserole Lab Ingredients (cut into strips for draw)

#1-Starch

1-Pasta

1-Potatoes

1-Egg Noodles

1-Rice

1-Bread

1-Tortillas

#2-Vegetable

2-Onions

2-Broccoli

2-Peas

2-Celery

2-Carrots

2-Tomatoes



#3-Binder

3-Cheese

3-Sauce (White)

3-Eggs

3-Soup (Cream)

3-Sauce (Red)

3-Cheese

#4-Protein

4-Chicken

4-Eggs

4-Tuna

4-Ham

4-Ground Beef

4-Sausage



#5-Topping

5-Cracker Crumbs

5-Crispy Onions

5-Bread Crumbs (Panko)

5-Corn Flakes

5-Potato Chips

6-Croutons

