



## Girl Scouts Badge Fulfillment

*Welcome to A la Carte. We, along with the Girl Scout organization, have come up with a wonderful and creative way for the Girl Scouts to fulfill their badge requirements. The students must be 7 years of age or older. There is a 12-person minimum per class and a maximum of 18. The cost is \$35.00 for the 1½ hour class. A one-hour class is also available (see Basic Class flyer). Two troop leaders can stay with the group to help supervise at no additional charge.*

*The classes at A la Carte are a hands-on experience where the students actually prepare the recipe. After the dishes are prepared, the class will enjoy eating what they have prepared.*

### **Brownies (7 & 8 year olds)**

*Snacks: Make great snacks for yourself and friends. They will give you energy for all the activities you love to do!*

Guacamole / Baked Tortilla Chips  
Honey Mustard Yogurt Dip / Vegetables

### **Juniors (8, 9 & 10 year olds)**

*Simple Meals: Incorporate these healthy and delicious vegetables in your next meal.*

(Knife Skills – Onions, carrots, celery peppers & Kitchen Safety)  
Steamed Broccoli with Garlic & Lemon  
Braised Carrots  
Sautéed Spinach

### **Cadets (10, 11, 12 & 13 year olds)**

*New Cuisine: Culinary possibilities are as diverse as the people who cook them. Cook up dishes and learn the different tastes of foods from around the world.*

Gluten Free Chocolate Cupcakes with Silky Chocolate Frosting  
Homemade Tortillas (from scratch) / Quesadillas

### **Seniors (9<sup>th</sup> & 10<sup>th</sup> grade)**

*Locavore: A locavore is someone who is committed to eating locally grown, seasonal foods. It provides healthy eating, helps our environment and supports local farmers.*

Cook 4 local “in season” foods

### **Ambassador (11<sup>th</sup> & 12<sup>th</sup> grade)**

*Dinner Party: Throw a great dinner party, bring people together and practice creating these appetizers.*

(Easy appetizers for a dinner party)  
Gougères (French Cheese Puffs)  
Bruschetta  
Hummus with Pita Chips



*à la carte*  
CULINARY SERVICES, LTD.

*Girl Scouts/Boy Scouts/Brownies*

*Basic Class*

*Welcome to A la Carte Culinary Services where you can customize a cooking class for your troops. The students must be at least 7 years of age or older and the cost is \$25.00 per student. There is a 12-person minimum per class and an 18-person maximum allowed. Two troop leaders can stay with the group to help supervise at no additional charge. The class is a 1-hour hands-on experience where the students actually make the recipe. After the dish is prepared, the class will enjoy the fruits of their labor and eat what they have made in a relaxed and enjoyable atmosphere.*

*The menu choices are as follows:*

*Knife Skills and Kitchen Safety*

*All about Eggs (egg safety, omelets, hard-boiled)*

*Individual Strawberry Shortcakes with Whipped Cream*

*Individual Apple-Cinnamon Shortcakes with Cinnamon Cream*

*Come Cook With Us....*

*A la Carte Culinary Services, Ltd.*

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