Friday Cooking Lab Recipe Bank (running list)

Students pick recipes at a challenge level that rises through the year. No fixed recipe goes into daily plans. Challenge scale: 1 = lowest (few steps, one appliance step, measuring spoons only), 2 = medium, 3 = higher. Levels are confirmed by Grant unless marked "proposed".

Recipe	Challenge	Best time of year	Tools	Grant's changes from the original card	Files
Microwave Pizza Bowl (card name: Microwave Mug Pizza)	1 (confirmed by Grant)	Early year (Year A, fall)	bowl, measuring spoons, spoon, spatula, microwave, oven mitts	Made in a BOWL, not a mug. Microwave 1 min 15 sec, not 1 min 20 sec.	cooking/pizza-in-a-mug.md, cooking/pizza-in-a-mug-original.pdf

Notes for every entry

- Check allergens (this recipe has wheat and milk) and the Food Interest Inventory first.
- Keep a Level 1 picture card (short verb-first steps) and a Level 2 text version for each recipe.
- Use initials or codes only on any photos or logs.
- Next recipes to add: Fruit Salad & Sanitation (9/25 lab), plus whatever Grant makes next.