

# Lubavitch of North Carolina

## You'd Be Surprised at What's Cookin'!

The preschoolers at the Jewish Preschool on Sardis appreciate their moms' culinary efforts. In fact, they have offered to share the recipes for their favorites.

**Apple**  
By Jonathan Solomon  
First, Mommy cuts them. Then she puts them in my lunch box and I bring them to school.

**Carrots**  
By Toby Swimmer  
My mommy puts 100 carrots in the microwave because I like to eat 100 carrots. She cooks it for maybe 30 minutes, I think. Then I eat it.

**Hot Dogs**  
By Stanley Kaufman  
She cooks hot dogs in the oven at 40 degrees. She cooks it for 7 hours. Then she lets me eat them.

**Spaghetti Macaroni**  
By Brandon Fabes  
First my dad buys the spaghetti macaroni and then he cooks it. He puts it in the oven at 25 or 10 degrees. He cooks it about one minute. Then he blows it and I eat it.

**Noodlelini**  
By Amanda Shapiro  
My mommy uses 10 noodles and one egg. She puts it in the freezer to cool. Then she lets me eat it.

**Macaroni and Cheese**  
By Kevin Raus  
My mommy puts two pieces of macaroni cheese on the macaroni. She puts it in a bowl. She doesn't put it in the oven. She sits at the table and takes it out of the bowl. She eats it.

**Pasta**  
By Anna Epstein  
First, Mommy gets frozen pasta. It has trees and carrots in it. Then we put it in the microwave. It gets hot. We cook it a minute longer, one minute. That's all!

**French Fries**  
By Alexa Valenstein  
My mom gets them out of the freezer. She cooks them in the oven for a few hours. She puts them on my plate. She squirts ketchup on them. We eat them.

**Macaroni and Cheese**  
By Sarah Placock  
Mommy uses 10 cups of water. Then she boils the macaroni and cheese. She puts in three cups of cheese. Then I eat it.

**Salad**  
By Bryan Perlmutter  
My mom gets the vegetables like

carrots, tomatoes, lettuce, and green beans. She washes the vegetables. She puts them in a strainer. Then she puts it in a bowl. I don't know what else she does. I've never seen her cook.

**Pancakes**  
By Dani Comen  
My mommy puts them on a plate. Then she puts it in the microwave a lot of minutes. My mom said, "You get the syrup." I said, "Yes, Mom." And then she puts the syrup on the plate and the pancakes.

**Fish**  
By Ian Roskind  
You maybe put fish on the stove. You have to catch the fish first with a string or maybe a net. You cook it. You wait for a minute and then you eat it.

**Macaroni and Cheese with Ketchup on It**  
By Julie Epstein  
My dad puts macaroni and cheese in a big pan. That's all he puts in the pan. My mom puts in the water. They cook it until I watch all of Sesame Street. Then I eat it.

**Chicken**  
By Garret Mann  
My mom takes 10 pieces of chicken. She puts it in the oven. She turns it on a little bit. The oven turns the chicken around. It's a microwave. I like to eat it.

**Rice**  
By Zalman Groner  
My mom makes rice. She takes some rice and then when it gets ready, we eat it. Just a little, not a lot.

**Pizza**  
By Alexis Pagnatta  
My mommy makes pizza. She cooks it in the toaster. She buys the pizza at Chuck E. Cheese. She cooks it for five minutes in the toaster.

**Chicken**  
By Miriam DeFilipp  
I just eat chicken all the time. My mommy cooks it in the oven. She uses sauces and sugar and she stirs it up. It's in a cup and she dips it in there. She puts it in the microwave. Peanut Butter and Jelly Sandwich

**By Sophie Gainor**  
Mommy fixes it good. She gets bread. She spreads peanut butter. She gets jelly. I eat it all gone so I can have pudding and Jell-O. I use a spoon.

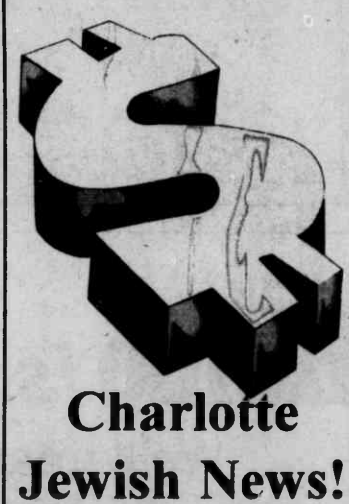
**Pizza Bagels**  
By Hannah Shulga  
First, you need to put the oven on hot. The pizza bagel is in a bag. You need to take it out of the bag. You need to bake it 20 minutes. Then you put it on a plate and you need to put it on the table. Then you eat it.

**Macaroni**  
By Jordan Dabestani  
You open the refrigerator and you take out the macaroni. It's in a pot. Put it in the microwave. You cook it for one minute. Now eat it.

The Jewish Preschool on Sardis and The Jewish Day School of Charlotte are pleased to welcome the following members of the 1995-1996 faculty:

- Katy Basch
- Limor Beeri
- Amy Chapman
- Rabbi Shlomo Cohen
- Yiskoh Cohen
- Doug Glenn
- Dayle Glick
- Mariashi Groner
- Rabbi Yoseph Groner
- Lynda Headley
- Samantha Herrin
- Sandy Hewitt
- Susan Kaye
- Ilana Levin
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