**Friday, Open-faced Chili Burgers**

**Produce**

sweet onion (if needed)

1 cantaloupe

**Canned/Dried Foods**

**Frozen Foods**

frozen veggie burgers of choice (if eating meatless) This recipe calls for Beyond Meat Patties

**Meat/Fish/Poultry**

6 oz. lean ground beef or ground turkey breast (if eating meat)

**Chilled Foods/Dairy**

one and one half C. leftover chili from Sunday (from fridge at home)

 cheddar cheese (if needed)

**Additional Items**

good whole grain burger buns (if needed)