

PLAN of the DAY



brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

FRIDAY, APRIL 17

Swing, Batter, Batter Swing, Batter, Batter Swing! Slide into the weekend with our very own Matt Garvin's Cheeseburger Slider meal for under \$10! *Root, Root, Root for the Home Team* with an amazing Seattle Mariners workout. Enjoy catching up on 30 baseball classics and MLB special moments with you and your family. *Hit it out of the park* by starting a new career with us!

12 SLIDERS FOR \$10 OR LESS

Cheeseburger Sliders

Directions:

Hamburger Patty

- (1) Preheat oven to 400 degrees.
- (2) Step 2: Season with Worcestershire sauce, garlic powder, salt and pepper to your liking.
- (3) Layout 1lb - 1.5lbs of ground beef on the bottom of a 9x13 Pyrex dish, pending the thickness of the patty you want.
- (4) Bake ground beef for 15 minutes at 400 degrees.

Slider Assembly:

- (1) Take cook ground beef out of 9x13 Pyrex dish. Drain and Clean dish for reuse or use another clean 9x13 Pyrex dish. Let cooked ground beef cool and dry out.
- (2) Cut rolls in half into a top and bottom half.
- (3) Lightly oil new or clean dish and layout bottom half of buns into tray.
- (4) Lay cooked ground beef onto bottom half of the buns.
- (5) Lay cheese on top of ground beef along with any other toppings. Finish with top half of bread.
- (6) Apply melted butter to top of buns and sprinkle sesame seeds on top of the rolls.
- (7) Bake for 5 min. at 400 degrees. Take out and let cool for 2 mins. Cut out each slider and plate.

Ingredients:

Ground Beef
Package of Rolls
Sliced Cheddar Cheese
Butter
Sesame Seeds
Salt and Pepper
Worcestershire Sauce
Garlic Powder

Needs:

- Oven
- 9x13 Pyrex Glass Dish

Courtesy of Matt Garvin,
NBK-Bremerton Community
Center

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SEATTLE MARINERS PITCHER WORKOUT

Root, Root Root for the Home Team with this simple yet challenging workout by Seattle Mariners Pitcher, Dan Altavilla. The workout focuses on hand-eye coordination, single-leg stability, and body control. Grab two tennis balls and an Airex Balance Pad (or a pillow) and find a wall to do the workout. See his video demonstration here

[:https://www.mlb.com/news/mariners-get-creative-with-at-home-workouts](https://www.mlb.com/news/mariners-get-creative-with-at-home-workouts)

Want to make it even more challenging? Sing 'Take Me Out To The Ball Game' and see who can get through the entire song without dropping a tennis ball or losing balance!

Source: Daniel Kramer, MLB.com

SEVENTH-INNING STRETCH WITH 30 BASEBALL GAME CLASSICS

Buy Me Some Peanuts and Cracker Jacks and watch MLB epic games and moments from home. A few weeks ago, Major League Baseball presented "Opening Day at Home" -- a full slate of 30 games broadcast nationally across various platforms, including digital streaming and social media, creating a full-day event on what would have been Opening Day. Visit <https://www.mlb.com/news/opening-day-at-home> to watch all 30 games and more!

Source: Andrew Simon, MLB.com

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