

# Pitman School District Cafeteria

## TAKE HOME MEAL RECIPE CHALLENGE

# SUBMISSION FORM



Full Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

**Recipe:**

PREP TIME \_\_\_\_\_ COOK TIME \_\_\_\_\_ SERVES \_\_\_\_\_

INGREDIENTS \_\_\_\_\_ DIRECTIONS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Recipe Created By: \_\_\_\_\_  
*Student Chef Signature*

### STEP 1

Write the Recipe Name.

### STEP 2

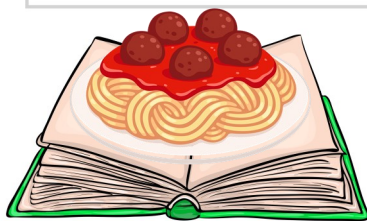
Write how long the recipe takes to prepare, cook & how many it serves.

### STEP 3

List the ingredients needed with the required portion. Write step-by-step directions to make this recipe.

### STEP 4:

Sign your Creation!



## Does this food have a story?

Food culture is the **connection, beliefs & experience** we have with food & how it **connects to our heritage**.

*If applicable, tell us what this recipe means to your family!*

### Take Home Meal Recipe Evaluation Criteria Checklist (Check if your recipe meets the criteria)

<input type="checkbox"/> Is it Kid-Friendly?	<input type="checkbox"/> Is it Nutritious?	<input type="checkbox"/> How does it Re-heat?	<input type="checkbox"/> Is it Culturally Diverse?
<i>The recipe must be a food that the majority of kids will enjoy.</i>	<i>Recipes should focus on lean protein, healthy grain &amp; include a fruit or veggie.</i>	<i>For this challenge, we are looking for a recipe that reheats well.</i>	<i>If applicable, tell us what this recipe means to your family! Bonus points for recipe ideas falling into this category.</i>

Submissions are due by Friday, March 5! Scan & email this form to [kdivito@pitman.k12.nj.us](mailto:kdivito@pitman.k12.nj.us). Winners announced week of March 22.