

2019-2020 Fulton County Schools High School Student Chef Competition

Recipe Submittal:

- Teams must submit an application, original recipe with nutrient analysis, taste test results, and a photograph of their dish via email to schoolnutrition@fultonschools.org by November 1, 2019.

Teams:

- Teams must consist of 2-4 students in grades 9-12 and attend a Fulton County School.
- Each team must have at least one adult team supervisor that is a school employee.

Recipe Requirements:

- The recipe must be an entrée for school lunch. An entrée is defined as the main course of a meal that has a combination of:
 - Meat/meat alternate + whole grain-rich food;
 - Vegetable + meat/meat alternate;
 - Fruit + meat/meat alternate
- Recipes must include two (2) or more Georgia Grown products that are integral to the dish.
- Recipes should keep sodium (salt) to a minimum, and any seasoning should focus on herbs and spices.
- Recipes must incorporate at least one (1) USDA Foods commodity.
- All grains must be whole grain-rich (i.e. >50% of the grains are whole grain).
- The recipe must serve six people and include steps for preparation and description of equipment necessary to recreate the dish.
- Recipes must meet the National School Lunch Program meal pattern and nutrient standards (see table below).
- Recipes must be replicable by the school food service.
- No dessert items are allowed, including cakes, cookies, pies, candies, ice cream, or brownies.
- Smoothies are not eligible.
- Recipes must be taste tested with students, and results of the taste test must be submitted as part of the application (see application tab)

RESOURCES:

Georgia Grown Products

Vegetables • Broccoli • Green beans • Lima beans • Beets • Cabbage • Carrots • Collards • Corn • Cucumbers • Eggplant • Field peas • Greens (kale, turnip, mustard) • Lettuce • Mushrooms • Okra • Peppers • Potatoes • Pumpkins • Squash • Sweet potatoes • Tomatoes • Vidalia onions

Fruits • Apples • Blackberries • Blueberries • Cantaloupe • Citrus • Muscadine grapes • Peaches • Pears • Persimmons • Strawberries • Watermelon

Other • Beef • Dairy • Honey • Jams/jellies/sauces • Peanuts • Pork • Poultry • Seafood • Wheat • Basil • Pecans

Sources: GA Grown Seasonal Crops. Retrieved July 7, 2017 from:

<https://www.georgiagrown.com/find/fruits-vegetables>

GA Grown Products. Retrieved July 7, 2017 from: <https://www.georgiagrown.com/find>

GA Harvest of the Month. <http://gafarmtoschool.org/harvest-of-the-month/> Accessed August 30, 2019

USDA Foods

A list of USDA Foods available for School Year 2019-2020 is available at: https://fns-prod.azureedge.net/sites/default/files/resource-files/usdafoodsavailable-sy19-20_0.pdf

NSLP Meal Pattern Components and Nutrient Standards

- Participants will develop a dish that meets the NSLP Meal Pattern and Nutrient Standards.
- See Appendix A (below) for the meal component and nutrient guidelines. Preference will be given to recipes that meet the guidelines.
- Recipes must contain 0 grams trans fat* (unless naturally occurring).
- Recipes must include a nutrient analysis, either by using the application or a USDA approved nutrient analysis software available from the Fulton County School Nutrition Program.

Appendix A: National School Lunch Program Guidelines

The National School Lunch Program (NSLP) is a federally assisted meal program operating in schools throughout the nation. The program provides reimbursement to schools that meet the federal requirements. The NSLP meal pattern and nutritional standards are based on the latest Dietary Guidelines for Americans. Schools must meet requirements to receive reimbursement. Use these guidelines to assist in developing a recipe that meets requirements for school meals.

Considerations:

- Schools must meet Daily and Weekly component requirements.
- A component is one of five food groups. The components of a school meal are Grains, Fruit, Vegetable, Meat/Meat Alternate (protein and dairy products) and Milk.
- Recipes must document the amount of each component in the dish.
- For an ingredient to be creditable it must be visible in the final product or be a recipe that is widely known to contain that component.
- Meat/meat alternate and grains are credited in ounce equivalents (oz. eq.) and fruits and vegetables are credited in cups.
- All grains must be whole grain rich (i.e. $\geq 50\%$ of the grains in the product are whole grains the remaining 50% or less of grains, if any, must be enriched).
- All food offered counts toward the nutrient requirements, this includes condiments.
- Recipes must contain zero grams of trans fat per serving, unless the trans-fat is naturally occurring.
- Per plate cost includes labor and food cost
- Schools are tied to specific procurement requirements, so not all ingredients are available to purchase.
- Schools must meet nutrient requirements for calories, sodium and saturated fat over the course of the week.

Meal Component and Nutrient Guidelines by Dish

	Entree
Components	2 oz. eq. Meat/Meat Alternate 2 oz. eq. Whole Grains ½ cup vegetable/fruit*
Calories	≤ 400
Saturated Fat	< 10% of calories
Sodium	≤580 mg

*some fruits and vegetables count differently than the volume used.

Food Component Requirements

Meat/Meat Alternate (M/MA)	<ul style="list-style-type: none"> • Credited in oz. eq. • Beef, poultry, pork, beans, nut butters, cheese, yogurt and tofu are all creditable. • Use the Food Buying Guide (FBG) to determine how products credit and convert as purchased into edible portion and oz. eq. • Access the FBG at www.fns.usda.gov/tn/food-buying-guide-school-meal-programs
Grain	<ul style="list-style-type: none"> • Credited in oz. eq. • All grains must be whole grain rich (i.e. ≥ 50% of the grains in the product are whole grains) • Purchased breads, buns, bagels and biscuits credit 1 oz. by weight = 1 oz. eq. • Purchased pastas, rice and oats credit as 1oz dry or ½ cup cooked = 1 oz. eq. • Flour in from scratch recipes credits 16 g per serving = 1 oz. eq. • Cereal grains in from scratch recipes credit 28 g = 1 oz. eq. • Use Exhibit A for crediting of other purchased grain products
Fruit	<ul style="list-style-type: none"> • Credited in cups • Dried fruit credits as double the volume • Minimum creditable amount is 1/8 cup • Use the FBG to convert as purchased into edible portion
Vegetable	<ul style="list-style-type: none"> • Credited in cups • Weekly vegetable subgroup requirements • Minimum creditable amount is 1/8 cup • Raw leafy greens credit as half the volume • Use the FBG to convert as purchased into edible portion

Additional Resources

- USDA National School Lunch Program - <https://www.fns.usda.gov/nslp>
- USDA Food Buying Guide - www.fns.usda.gov/tn/food-buying-guide-school-meal-programs
- USDA Whole Grain Resource for the National School Lunch and School Breakfast Programs — <http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>
- Georgia Grown - <https://www.georgiagrown.com/>
- GA Department of Education: Shake It Up in School Nutrition - <http://www.gadoe.org/SNP/ShakeItUp>