**COOKING TEST INSTRUCTIONS: SOUS-CHEF**

**The test is as follows:**

1. Each applicant will write a menu for a complete lunch meal for 12 students.
2. Additionally, the applicant must also “explode” all recipes for 1800 portions.
3. Menus with recipes (plus exploded recipes) must be emailed to [contact name and email] 24 hours prior to testing.
4. The applicant must bring all ingredients for their 12-student menu to the [name location] kitchen on the day of testing. (You will receive reimbursement for food costs.)
5. The applicant will be required to cook the complete meal in 1.5 hours and serve it to a tasting panel.
6. The chef will also be scored on skill set, professional culinary techniques and knife skills.

**The menu must:**

1. Follow the USDA’s National School Lunch Program (NSLP) guidelines for food-based menu planning and portioning.
2. Follow the [school district name] Wellness Policy and Healthy Food Guidelines.
3. Be fiscally appropriate. ($1.20 food cost/meal, including all meal components).
4. Have healthy and sustainable ingredient choices.
5. Be prep-time appropriate.
6. Have minimal food waste.
7. Be a delicious and appetizing meal that elementary school students would enjoy!
8. Follow all sanitation and HACCP guidelines.