**JUNIOR CHEF RECIPE ENTRY FORM**

Please complete this entire recipe form, including individual recipe information, milk requirement cost, meal totals, and cooking instructions and submit along with your team application.

**Team Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Meal Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Number of Meal Servings**: (must be at least 12) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Recipe #1**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Serving Size:** \_\_\_\_\_\_\_\_

**Meal Components Satisfied:** (circle all that apply) Meat Vegetable Grain Fruit Milk

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Ingredient** | **Local**  **Food?** | **USDA Food?** | **Quantity** | **Unit/ Measure** | **Total Cost** | **Cost per Serving** | **Meal Component Contribution** |
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**Recipe #2**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Serving Size:** \_\_\_\_\_\_\_\_

**Meal Components Satisfied:** (circle all that apply) Meat Vegetable Grain Fruit Milk

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| **Ingredient** | **Local**  **Food?** | **USDA Food?** | **Quantity** | **Unit/ Measure** | **Total Cost** | **Cost per Serving** | **Meal Component Contribution** |
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**Recipe #3**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Serving Size:** \_\_\_\_\_\_\_\_

**Meal Components Satisfied:** (circle all that apply) Meat Vegetable Grain Fruit Milk

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| **Ingredient** | **Local**  **Food?** | **USDA Food?** | **Quantity** | **Unit/ Measure** | **Total Cost** | **Cost per Serving** | **Meal Component Contribution** |
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**Recipe #4**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Serving Size:** \_\_\_\_\_\_\_\_

**Meal Components Satisfied:** (circle all that apply) Meat Vegetable Grain Fruit Milk

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| **Ingredient** | **Local**  **Food?** | **USDA Food?** | **Quantity** | **Unit/ Measure** | **Total Cost** | **Cost per Serving** | **Meal Component Contribution** |
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**Milk Requirement**

**Serving Size: 1 cup**

**Meal Components Satisfied** (circle all that apply): Meat Vegetable Grain Fruit Milk

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| **Ingredient** | **Local**  **Food?** | **USDA Food?** | **Quantity** | **Unit/ Measure** | **Total Cost** | **Cost per Serving** | **Meal Component Contribution** |
| Fat free milk | Yes | No | 12 | Cup | [enter cost] | [enter cost] | 1 Cup |

**Meal Total**

|  |  |  |
| --- | --- | --- |
| **Ingredient** | **Total Cost of Ingredients** | **Total Cost per Meal** |
| Recipe #1 |  |  |
| Recipe #2 |  |  |
| Recipe #3 |  |  |
| Recipe #4 |  |  |
| Milk Requirement |  |  |
|  |  |  |
| **MEAL TOTAL:** |  |  |

**Instructions**

List your cooking instructions in short, clear sentences.