

## Recipe Entry Worksheet

Use this worksheet to create your USDA compliant recipe. Please be sure to complete all sections of the form and submit it to your event host one week prior to the event.

Recipe Name: \_\_\_\_\_

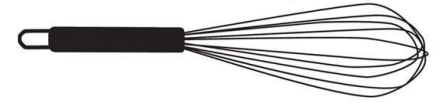
Yield for High School Lunch Serving: \_\_\_\_\_

Yield for Guest Samples: \_\_\_\_\_

Ingredient	Total Quantity	Quantity per Serving	Total Cost	Cost per Serving	Sodium per Serving	Calories per Serving	Saturated Fat per Serving

# REAL SCHOOL FOOD CHALLENGE

A program of Chef Ann Foundation



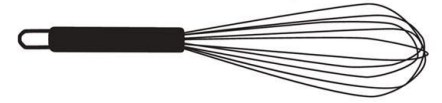
## Recipe Instructions

List your cooking instructions in short, clear sentences.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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## Milk Requirement

\*Your recipe entry must include 1 cup of fat free or 1% milk, however you are not required to serve this component to guests\*

**Yield: 1 cup**

Ingredient	Quantity per Serving	Cost per Serving	Sodium per Serving	Calories per Serving	Saturated Fat per Serving
	1 cup				

## Meal Total

Ingredient	Total Cost of Ingredients	Total Cost per Meal	Total Sodium per Serving	Total Calories per Serving	Total Saturated Fat per Serving
Recipe			Recipe		
Milk Requirement			Milk Requirement		
<b>MEAL TOTAL:</b>			<b>MEAL TOTAL:</b>		