



IN HONOR OF NATIONAL NUTRITION MONTH

REQUIREMENTS:

CREATE A RECIPE THAT YIELDS 5 SERVINGS

RECIPE **MUST INCLUDE** MARCH'S VEGETABLE OR FRUIT OF THE MONTH (YELLOW POTATOES OR BLUEBERRIES), A LEAN PROTEIN, AND A WHOLE GRAIN

CANNOT INCLUDE FISH, SEAFOOD, PEANUTS, OR TREENUTS*

SUBMIT RECIPE & PHOTO OF PLATED MEAL BY MARCH 1, 2024 USING QR CODE BELOW

GROUP ENTRIES WILL NOT BE PERMITTED

- (2) GRAND PRIZE WINNERS WILL BE SELECTED PER CATEGORY TO RECEIVE:
- A BANNER FOR THEIR SCHOOL CELEBRATING THEIR SUCCESS
 - WINNING MEAL FEATURED ON THE MENU

- (1) SUPER GRAND PRIZE WINNER WILL BE SELECTED PER CATEGORY TO RECEIVE:
- A VERTICAL GARDEN FOR THEIR SCHOOL
 - A BANNER FOR THEIR SCHOOL CELEBRATING THEIR SUCCESS
 - WINNING MEAL FEATURED ON THE MENU

SUBMISSIONS WILL BE DIVIDED INTO 3 CATEGORIES:

- PRE-K - 5TH GRADE
- 6TH GRADE - 8TH GRADE
- 9TH GRADE - 12TH GRADE

SUBMISSIONS GO HERE!



IF RECIPE CONTAINS SESAME AND SCHOOL DISTRICT DOES NOT ALLOW SESAME, INGREDIENT WILL BE SUBSTITUTED

HIGH SCHOOL



POMPTONIAN
FOOD SERVICE

YELLOW
POTATOES

5TH ANNUAL HEALTHY SCHOOL LUNCH CHALLENGE

IN HONOR OF NATIONAL NUTRITION MONTH

TOP 3 SUBMISSIONS FROM HIGH SCHOOL STUDENTS WILL COMPETE IN A CHOPPED-STYLE CHALLENGE IN A PROFESSIONAL KITCHEN AT DRISCOLL FOODS. STUDENTS WILL COOK THEIR DISH WITH A POMPTONIAN CHEF. **THE COOK-OFF WILL TAKE PLACE ON THURSDAY, MARCH 14TH AT 9AM.**

APPLICANTS MUST BE AVAILABLE THE DAY OF FILMING AT 9AM TO QUALIFY TO WIN. PLEASE NOTE, A PARENT, GUARDIAN, OR CHAPERONE MUST ACCOMPANY YOU TO THIS EVENT.

WE WILL FILM AND SHARE THIS CHALLENGE ON OUR SOCIAL MEDIA PLATFORMS AND WITH THE SCHOOL DISTRICTS WE SERVE.

1ST PLACE HIGH SCHOOL COMPETITOR WILL WIN:

- A VERTICAL GARDEN FOR THEIR SCHOOL
- A BANNER FOR THEIR SCHOOL CELEBRATING THEIR SUCCESS
- WINNING MEAL FEATURED ON THE MENU
- \$1,000

2ND PLACE:

- A BANNER FOR THEIR SCHOOL CELEBRATING THEIR SUCCESS
- WINNING MEAL FEATURED ON THE MENU
- \$300

3RD PLACE:

- A BANNER FOR THEIR SCHOOL CELEBRATING THEIR SUCCESS
- WINNING MEAL FEATURED ON THE MENU
- \$200

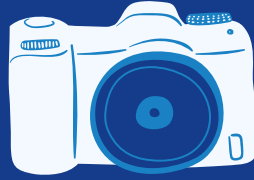
9TH GRADE-
12TH GRADE
PRIZES **ONLY**

SUBMISSIONS GO HERE!



IF RECIPE CONTAINS SESAME AND SCHOOL DISTRICT DOES NOT ALLOW SESAME, INGREDIENT WILL BE SUBSTITUTED

TIPS FOR UPLOADING PHOTOS AND VIDEOS



Uploading/sharing videos can be tricky due to the size of the files. If you're having trouble, here are some methods you can try:

1. If your file is too large to send, you may want to trim down the length (time) of your video.

2. If you have a Google account, try to submit your photos and videos using Google Drive. The uploads folder can be found at the end of our recipe submission form.

3. Upload your video to YouTube. Uploads can be published as "unlisted" videos, so only those with the link can view. Make sure to send us the link to view your video!