

MEMORANDUM

TO: All High Schools
THROUGH: Patrick Burke
FROM: Alyssia Wright
DATE: October 29, 2018
SUBJECT: 2018-2019 Fulton High School Student Chef Competition!

Calling all High School culinary students, culinary clubs, cooking clubs, and aspiring student chefs!

The Fulton County School Nutrition program is hosting a 2018-2019 Fulton High School Student Chef Competition!

Teams of 2-4 High School students will compete to develop a nutritious, student-friendly recipe that includes local foods, USDA Foods and is easily incorporated into the school café! Teams must submit an application, original recipe with nutrient analysis, taste test results, and a photograph of their dish to schoolnutrition@fultonschools.org by **December 5, 2018**.

Attached are submission and recipe requirements and the application. Forms are also posted on the district website at www.fcsnutrition.com

The Fulton School Nutrition Program will select local school winners and a district-wide winner! Winning recipes will be featured in all school cafes across the district!

In addition, one team per school is *encouraged* to participate in the Georgia Department of Education School Nutrition Program's State-wide Shake It Up Student Chef Competition, with all of the above same requirements, and due to studentchef@gadoe.org by **January 10, 2019**. Selected teams of the State Student Chef Competition will be invited to compete in the Cooking Competition held Wednesday, March 20, 2019, at Helms College in Macon, Georgia. Extensive details of the state competition are available at <http://snp.wpgadoe.org/shake-it-up-in-school-nutrition-initiative/student-chef-competition/>. The 1st place team of the state cooking competition will be eligible to compete in the Southeast Regional Junior Chef Competition in May 2019 in Louisville, Kentucky.

Interested? Experts, including our District Chef, from the Fulton County School Nutrition Program are happy to speak with any team(s), and can provide guidance, nutrient analysis, and help! Contact Ruth Taylor at taylorra@fultonschools.org or 470-254-2222.

2018-2019 Fulton 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 December 5, 2018.

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.
- 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 June 20, 2018.

USDA Foods

A list of USDA Foods available for School Year 2019 is available at: <https://fns-prod.azureedge.net/sites/default/files/fdd/schoolsinstitutions-foods-available.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 that may be available from their school district's 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 $\frac{1}{2}$ 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

<p>Meat/Meat Alternate (M/MA)</p>	<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
<p>Grain</p>	<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
<p>Fruit</p>	<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
<p>Vegetable</p>	<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 - www.fns.usda.gov/tn/food-buying-guide-school-meal-programs
- 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/ShakeltUp>