



IS MY RECIPE READY?

LUNCH COMPETITION | STUDENT CHECKLIST

Use this checklist to make sure your recipe meets the guidelines of the National School Lunch Program and the Real Food for Kids Culinary Challenge

- ☐ Total Meal contains and Main Dish, Vegetable Side, Fruit Side and Grain
- ☐ Recipe combines some of these components (optional)
- ☐ Main Dish has 2 to 3 “units” of a Meat or Meat Alternative per serving
- ☐ Main Dish has no more than 10 ingredients
- ☐ Vegetable Side has at least (1) cup of vegetables per serving
- ☐ Vegetable Side has no more than 10 ingredients
- ☐ Fruit Side has at least 1/2 cup of fruit per serving
- ☐ Fruit Side has no more than 5 ingredients
- ☐ Meal includes 2 “units” of a Grain; at least 50% whole grain per serving
- ☐ Total Meal has between 630 and 730 calories per serving
- ☐ Less than 10% of the Total Meal calories are from Saturated Fats
- ☐ Meal contains no Trans Fats
- ☐ Meal has less than 1420 milligrams of sodium per serving
- ☐ Recipe Template is completed with all information requested
- ☐ Recipes have been provided for all meal components (or combinations)
- ☐ Recipe shows total nutritional information for all servings and single serving
- ☐ Recipe uses approved ingredients
- ☐ Recipe uses uniform units of measure throughout
- ☐ Order of recipe ingredients follows same order as preparation instructions
- ☐ Preparation instructions are written in complete sentences
- ☐ Recipe has no more than 6 preparation steps
- ☐ Recipe Costing has been completed using the examples/resources provided
- ☐ Total Meal cost (all components) does not exceed \$1.80

If all items have been checked, your recipes are ready to submit! Submit all recipes by email to Mary Porter, mporter@realfoodforkids.org no later than 11:00 PM, December 11, 2019.