

#### Recipe Requirements

1. Each school lunch must consist of one main dish, one vegetable side dish, and one fruit side dish (“components”).
2. The nutritional information for each component should be calculated based on a single serving using the Real Food for Kids’ Recipe Template found in the [Team Details and Documents](#).
3. Each component may not have more than six preparation steps; preparation steps must be written in complete sentences.
4. All ingredients must be written in uniform units (i.e., 1/4 cup, 1/8 teaspoon, not “pinch” or “handful”). Refer to the approved [Ingredient List](#) for additional definitions and helpful suggestions.
5. The main dish and vegetable side dish may not include more than ten (10) ingredients. The fruit side dish may not include more than five (5) ingredients.
  - a. Water and pan coating do not count as ingredients.
  - b. Salt and sugar count as individual ingredients.
  - c. Dry spice blends are allowed and may be counted as a single ingredient; the recipe for the blend, with uniform measurements, must be provided on the recipe template.
  - d. Pepper may be included as part of a dry spice blend.
  - e. Fresh herbs count as individual ingredients.
6. School lunches must meet the **Culinary Challenge Nutritional Requirements**, shown at right.
7. School lunches may not be labor intensive as they will be scaled to hundreds of servings per day prepared by cafeteria staff in facilities that may or may not have scratch-cooking capabilities.
8. Your full meal (one serving) may not cost more than \$1.80. This is the retail equivalent of the wholesale cost for a single school meal.
  - a. Dry spices, including salt, do not need to be included in the cost analysis.
9. Recipes must be submitted electronically using the Real Food for Kids’ Recipe Template found in the [Team Details and Documents](#). Complete the form including nutrition information for each ingredient.  
**Incomplete recipes will not be accepted.**
10. Teams that do not meet recipe submission deadline of December 12, 2018 may not be eligible to have their dish evaluated by the judges.
11. To prepare for the day of the competition, teams must prep all ingredients in advance at their base school locations (food products may not be prepared at home)
12. Dishes must be prepared at the competition exactly according to the approved recipes.

#### Nutritional Requirements

1. Unit Definitions may be found on the approved [Ingredient List](#)
2. Main Dish must include:
  - a. **2.0 – 3.0 units** of Meat (M) or Meat Alternative (MA) per serving.
  - b. **2.0 units** of Grains per serving
3. Vegetable Side Dish must contain at least **one (1) cup** of vegetables per serving; vegetables must be the primary ingredient.
4. Fruit Side Dish must contain at least **1/2 cup** of fruit per serving; fruit must be the primary ingredient.
5. Total Meal (main dish and two side dishes) must meet these parameters:
  - a. Between 630-730 calories
  - b. Less than 10 percent calories from saturated fat, zero trans fat
  - c. Less than 1420 mg sodium