

#### Recipe Requirements

##### SCHOOL BREAKFAST

1. Breakfast dishes must be nutritionally balanced, include fruit(s) and/or vegetable(s), whole grains, and/or protein and meet the USDA nutrient standards per serving. Refer to the approved [Showcase Ingredient List](#) for definitions and suggestions.
2. Snacks must meet USDA Smart Snack Guidelines for Snack or Entrée. Refer to the approved [Showcase Ingredient List](#) for definitions and suggestions.
3. 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](#).
4. Recipes may not have more than six preparation steps; preparation steps must be written in complete sentences.
5. All ingredients must be written in uniform units (i.e., 1/4 cup, 1/8 teaspoon, not "pinch" or "handful").
6. Recipes may not include more than ten (10) 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.
7. Dishes must meet the **Culinary Challenge Nutritional Requirements**, shown at right.
8. 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.**
9. Teams must meet recipe submission deadline of **January 23, 2019**.
10. 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)
11. Dishes must be prepared at the event exactly according to the approved recipes.

#### Nutritional Requirements

##### SCHOOL BREAKFAST

Please refer to Component Serving Sizes on the [Showcase Ingredient List](#)

Breakfast must include:

1. Fruit and/or Vegetable **OR** full-strength fruit juice or vegetable juice
2. NOTE: starchy vegetables may only make up half of the component
3. Two servings from each of the following components; either two from one component or an equivalent combination:
  - a. Grains/Breads
  - b. Meat or Meat Alternatives
1. Total Breakfast must meet these parameters:
  - a. Between 400-600 calories
  - b. Less than 10 percent calories from saturated fat, zero trans fat
  - c. Less than 500 mg sodium
  - d. Less than 10% of total calories from added sugars

#### Nutritional Requirements

##### SMART SNACKS

Please refer to the [Showcase Ingredient List](#) for Snack Components and Nutrition Standards.

[Nutrition Standards for School Meals](#)

[National School Breakfast Program \(NSB\)](#)

[Guide to Smart Snacks](#)

[Smart Snacks Calculator](#) (Alliance for a Healthier Generation)