

YOUNG CHEFS OF WEST VALLEY

JUNIOR CHEF COMPEITION



WHEN: MAY 1ST

TIME: 4:30-6:30PM

WHERE: WV INNOVATION CENTER

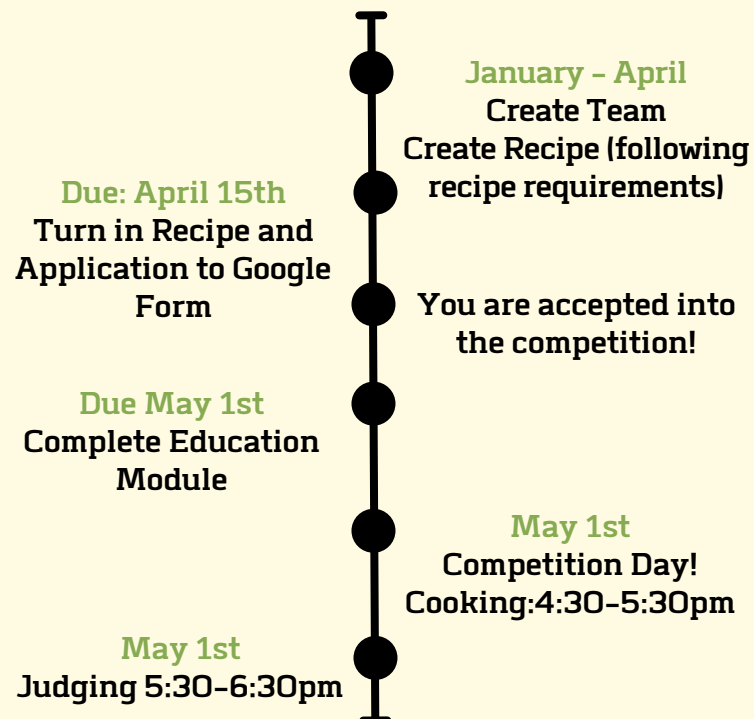
QUALIFICATIONS

- Must be West Valley Student
- Grades 5-12
- Team of 1-3 students

RECIPE REQUIREMENTS

- Original Recipe or give credit to source
- Utilize Recipe Template (Excel Spreadsheet)
- Serves 10 people
- Two Meal Components
 - Meat / Meat Alternative
 - Grain
 - Fruit
 - Vegetable
- One USDA Commodity Food Item
- One Local Washington Product
- Meet Nutrient Analysis (Below are the max limit) - Child Nutrition will find these values from your recipe
 - 850 Calories per serving
 - 9g Saturated Fat per serving
 - 667mg Sodium per serving
- No peanuts or tree nuts

TIMELINE



PRIZES & SPONSORS

The winning team will be presented with a prize basket containing local goodies generously donated by businesses in the area

albie's



Domino's



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