

**HEY
STUDENTS!**

CAN YOU COOK?



Calling all “**FUTURE CHEFS**” for our
CULINARY COMPETITION

**WE’RE LOOKING FOR YOUR FAVORITE
HEALTHY MEXICAN RECIPE!**

Two lucky winners from each elementary school (Grades 3-5) and three from LVMS will be chosen as finalists to compete in our contest at Benedict A. Cucinella School the evening of March 14th.

As an added bonus, the winner of this event will be entered into a National Competition for some great prizes!

**PICK UP YOUR
ENTRY FORM TODAY!**

They’re available
in the Cafeteria and on the
district website!

Turn them in to the
Cafeteria by
February 19th!

**Deadline extended to
Friday, February 22nd!**



Washington Township Schools Recipe Entry Form

~Fiesta Fit - Healthy Mexican Recipe~

Open to All LVMS Students &
Elementary School Students Grades 3-5

Student's Name:	
Student's School:	
Student's Grade:	
Teacher's Name:	

Return to your teacher or the cafeteria by **Friday, February 22nd**
Teachers: please send to the cafeteria if received.

My recipe is called: _____

List all ingredients and exact amounts of the ingredients here:

List the "method" or exactly how to make this dish. Make sure to include the number of servings your recipe creates.
(If you need more room, attach and staple another piece of paper to this form.)



Tips to be a Finalist in this Year's Culinary Competition

Have your eye on the prize? Here are some tips that may help!

1. **Be original** - You don't have to be like everyone else. Consider putting a new twist on your favorite Mexican-Inspired recipe.
2. **Be creative** - A student once submitted a recipe for "dill cookies!" Sounds terrible, but they were actually great! Don't TRY to be too weird, but we love to see recipes that are different!
3. **Don't do recipes that are too easy or too complicated.**
4. This *doesn't* have to be your own, original recipe. You can get them off the Internet or anywhere, but try to alter it slightly to make it your own! Think salads, sides, snacks & desserts, too!
5. SORRY, only **ONE** person can make each recipe at the competition.
6. No **NUTS**
7. We are looking for **healthy Mexican food**, so try to avoid recipes with a lot of sugar or fat in them.
8. At the main competition, judges will consider the following 6 criteria:
 - Taste
 - Originality
 - Ease of Preparation
 - Healthy Attributes
 - Kid Appeal
 - Plate Presentation

The use of one or more of the following ingredients will earn up to **3 bonus points** at the judging:

Brown Rice, Black Beans, Sweet Potatoes, Bolillo Rolls, Pork, Fish, Avocados, Plantains, and Veggie Crumbles