



# 4th Annual HEALTHY SCHOOL LUNCH CHALLENGE

IN HONOR OF NATIONAL NUTRITION MONTH

## REQUIREMENTS:

CREATE A RECIPE THAT YIELDS 5 SERVINGS

RECIPE MUST INCLUDE ONE OF MARCH'S VEGETABLES OR FRUIT OF THE MONTH (CELERY ROOT, TURNIPS, RUTABAGA, OR FROZEN PEACHES), A LEAN PROTEIN, AND A WHOLE GRAIN

GROUP ENTRIES WILL NOT BE PERMITTED

CANNOT INCLUDE FISH, SEAFOOD, PEANUTS OR TREENUTS\*

SUBMIT RECIPE & PHOTO OF PLATED MEAL BY MARCH 24, 2023 USING QR CODE BELOW

- ( 1 ) SUPER GRAND PRIZE WINNER WILL BE SELECTED PER CATEGORY TO RECEIVE:
- A VERTICAL GARDEN FOR THEIR SCHOOL
  - A BANNER FOR THEIR SCHOOL CELEBRATING THEIR SUCCESS
  - WINNING MEAL FEATURED ON THE MENU

- ( 2 ) GRAND PRIZE WINNERS WILL BE SELECTED PER CATEGORY TO RECEIVE:
- A BANNER FOR THEIR SCHOOL CELEBRATING THEIR SUCCESS
  - WINNING MEAL FEATURED ON THE MENU

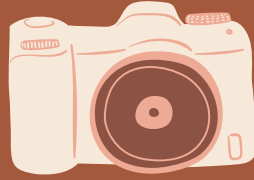
- SUBMISSIONS WILL BE DIVIDED INTO 3 CATEGORIES:
- PRE-K - 5TH GRADE
  - 6TH GRADE - 8TH GRADE
  - 9TH GRADE - 12TH GRADE

SUBMISSIONS GO HERE!



\*IF RECIPE CONTAINS SESAME AND SCHOOL DISTRICT DOES NOT ALLOW SESAME, INGREDIENT WILL BE SUBSTITUTED

# TIPS FOR UPLOADING PHOTOS AND VIDEOS



Uploading/sharing videos can be tricky due to the size of the files. If you're having trouble, here are some methods you can try:

1.

If your file is too large to send, you may want to trim down the length (time) of your video.

2.

If you have a Google account, try to submit your photos and videos using Google Drive. The uploads folder can be found at the end of our recipe submission form.

3.

Upload your video to YouTube. Uploads can be published as "unlisted" videos, so only those with the link can view. Make sure to send us the link to view your video!