

6TH ANNUAL HEALTHY SCHOOL LUNCH CHALLENGE

IN HONOR OF NATIONAL NUTRITION MONTH

REQUIREMENTS:

CREATE A RECIPE THAT YIELDS 5 SERVINGS. MEALS **MUST** BE DESIGNED TO BE REPLICATED IN SCHOOL CAFETERIAS.

RECIPE **MUST INCLUDE** MARCH'S VEGETABLE OR FRUIT OF THE MONTH, CRUSHED TOMATOES AND APPLES (EXTRA POINTS WILL BE GIVEN IF YOU USE BOTH); A LEAN PROTEIN; AND A WHOLE GRAIN. **CANNOT INCLUDE FISH, SEAFOOD, PEANUTS, OR TREENUTS**

GROUP ENTRIES WILL NOT BE PERMITTED

SUBMIT RECIPE AND PHOTO OF PLATED MEAL BY FEBRUARY 24, 2025 USING QR CODE BELOW

(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

(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

SUBMISSIONS WILL BE DIVIDED INTO 3 CATEGORIES:

- PRE-K - 5TH GRADE
- 6TH GRADE - 8TH GRADE
- 9TH GRADE - 12TH GRADE

SUBMISSIONS GO HERE!

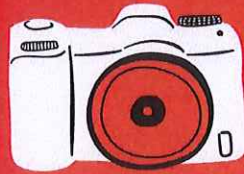


IF RECIPE CONTAINS SESAME AND SCHOOL DISTRICT DOES NOT ALLOW SESAME, INGREDIENT WILL BE SUBSTITUTED



POMPTONIAN
FOOD SERVICE

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!