



Join the Rhode Island School Breakfast Recipe Challenge!

How to Join:

- 1) Gather a team of four students (in elementary or middle school) and one adult to create a unique recipe showcasing low-fat and fat-free dairy that you would like to see on your school menu using the ingredient guidelines below.
- 2) Send the recipe, including a description and picture, to the Fuel Up to Play 60 team at New England Dairy & Food Council via email (NEDFC@newenglanddairy.com) or give to your Aramark school food service director by Wednesday, April 27, 2016 at 11:59pm.
- 3) Five school teams will be selected to compete in a statewide cooking challenge in May in front of a panel of celebrity judges including a New England Patriots player or alum!
- 4) Finalists will be notified by May 2, 2016.



The WINNING RI Team will:

- Have their recipe featured on the Aramark Elementary & Middle Schools June Menu.
- Be featured in Stop & Shop RI circulars & in-store!

AND

- WIN A \$3,500 FUEL UP TO PLAY 60 SCHOOL BREAKFAST MAKEOVER!



Visit NewEnglandDairyCouncil.org or ask your Aramark school food service manager for submission form and contest rules!



NO PURCHASE NECESSARY. Many will enter, few will win. See official Rules at NewEnglandDairyCouncil.org. The NFL Entities (as defined by Official Rules) have no offered or sponsored this sweepstakes in any way. ©2016 National Dairy Council. Fuel Up is a service mark of National Dairy Council. © 2016 National Football League Players Incorporated.



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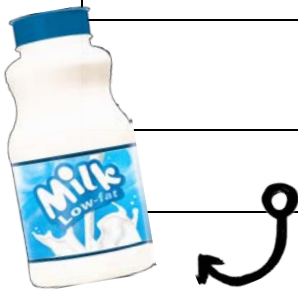
Recipe and Ingredient Guidelines

- Please use the ingredient and portion size chart below as a guide when creating your recipes.
- All recipes should be able to be prepared cold, without cooking.
- In order for your team's recipe to qualify to win, you must use an item (or similar item) and quantity from each of the following food categories.



Good luck and be creative!

| Dairy: Pick 1 or 2 | Fruit: Pick 2 | Whole Grain: Pick 1 | Vegetable: Pick 1 |
|--|--|---------------------------------|---|
| 1 cup fat-free or low-fat yogurt | ½ cup berries (strawberries, raspberries, blueberries, etc.) | 1 oz low-fat granola (nut-free) | ½ cup kale |
| 1 cup fat-free or low-fat milk | ½ cup citrus (orange, clementine, mandarin) | 1 oz whole grain cereal | ½ cup spinach or other dark leafy greens |
| 1 oz low-sodium cheese (string cheese; sliced cheese; cubes) | ½ cup apples, bananas, peaches, or nectarines | 1 slice of whole grain bread | ½ cup canned pumpkin, squash or other vegetable |
| | ½ cup melon (watermelon, honeydew, or cantaloupe) | 1 oz oatmeal or barley | ½ cup tomatoes |
| | ½ cup cherries or other stone fruit like mangos | 1 small whole wheat bagel | |
| | ½ cup 100% fruit juice | | |



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Recipe Submission

Submitted By: _____
 Name District Job Title

Recipe Name: _____

Yield (Ex. 10 slices): _____ Portion (Ex. 1 slice): _____

Ingredients:

| Amount | Ingredient |
|--------|------------|
| | |
| | |
| | |
| | |
| | |

Directions (If you need additional room for directions, please attach another sheet):

- 1.
- 2.
- 3.
- 4.

Serving Instructions:

Principal Approval: _____ School Name: _____

Contact Name: _____ Contact Phone: _____

Contact Email: _____

Adult will help four students to create an original recipe that includes dairy. Every entry needs to include a recipe that can be recreated in under 1 hour and a photo of the prepared item. Recipes will be judged according to a scoring rubric (which can be found in the official rules).



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