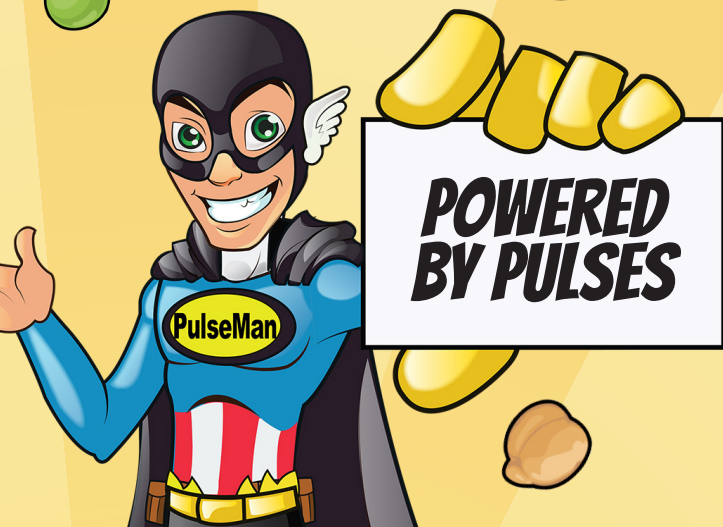


AMERICAN PULSE ASSOCIATION
PRESENTS



Advisors: Once everything's checked off your list, visit the Great School Lunch Contest website; click on the "contest entry" page; complete the entry form and upload your documents; and submit!

Be sure to include:

- 2 recipes, 1 meat alternative and 1 vegetable side dish
- Measurement and tracking of nutritional content using template supplied
- The team's Great School Lunch marketing promotion

Submit everything before March 7, 2016.
Good luck—and get cookin'!

[See Official Rules](#)

GREAT SCHOOL LUNCH CONTEST CHECKLIST

Make sure you have everything below so you'll be ready to enter the contest:

- Build your team:** (2–3 students plus advisor)
 - You'll need to include all student names and grades (team members must be in the same grade-range: either 4–8 or 9–12)
 - Adult Advisor: You will need to include your name, school or organization, address, email, and phone number
 - » Note: advisors may enter more than one team!
- Create two new recipes** (using the [recipe card templates](#) provided)
 - A meat alternative dish
 - A vegetable side dish
 - » NOTE: Both recipes must use ONE or more of the following: Bush's Best bean products ([click here for a list](#)), dry peas, lentils, chickpeas

Complete the recipe cards with ingredients and instructions.
- Measure and record the nutritional value of each recipe on the template provided**
 - Show how your team's recipes fit into the National School Lunch Program Meal requirements. [Click here to learn more.](#)
 - Track the nutrients provided in each recipe meeting the NSLP Nutrient Guidelines [Click here to learn more.](#)
- Create a promotion to market the new recipes to the school or organization**
 - A poster, PowerPoint, video, banner, song, etc. [Click here for a promotion tip sheet.](#)



www.greatschool lunchcontest.com