

AMERICAN PULSE ASSOCIATION
PRESENTS



RECIPE CARD

Team Name: _____

Recipe Name: _____

Serving Size: _____ Number of Servings: _____

Preparation Time: _____ Cooking Time: _____

INGREDIENTS:

Amount	Unit/Measure	Ingredient

INSTRUCTIONS:

* Complete and submit a Recipe card for each of your recipes (entrée and side dish, etc.).



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