

# CB Student Recipe Contest

We are looking for healthy, tasty and creative recipes. It can be a family favorite or your own creation. Crazy and whacky recipes accepted! The winning contestants will have their recipes featured on the March lunch menu. The winners will also receive a free lunch that day in addition to a culinary prize!

## CONTEST RULES

1. All recipes must include a 2.35oz grilled chicken breast and a bread selection. Additional ingredients must be selected from the list provided.
2. Recipes must be submitted by **Friday, January 21st**. How to submit: Bring to your cafeteria, mail to Aramark Office, 16 Welden Drive, Doylestown PA, 18901, or email to [cbrecipecontest@cbsd.org](mailto:cbrecipecontest@cbsd.org).
3. **Submission must include:** Student name, school name, grade level, recipe name, ingredients and amounts, preparation instructions.
4. A panel of judges will score the recipes based on creativity, flavor profile and recipe name to determine the winner. Recipes will be split into 3 groups: elementary, middle and high school. One winner from each group will be selected.

## INGREDIENT LIST

**Whole Grain Bread** (must choose one): Wrap, sliced bread, bun, kaiser roll, sub roll, flatbread, bagel, biscuit

**Cheese:** Provolone, Swiss, pepper jack, American, feta, cheddar, mozzarella

**Toppings:** Onions, mushrooms, red pepper, green pepper, cucumber, spinach, romaine, spring mix, arugula, broccoli, tomatoes, cabbage, carrots, olives, sweet potatoes, celery, roasted red peppers, sweet peppers, banana peppers, jalapeno peppers, chipotle peppers, olives, pickles, black beans, white beans, peaches, oranges, apples, pears, raisins, raisins, pineapples, hard boiled egg, pepperoni, turkey bacon, tostidos

**Spices:** Basil, oregano, cumin, chili powder, curry, red pepper flakes, garlic powder, black pepper, cinnamon, thyme, old bay

**Sauces:** BBQ sauce, spaghetti sauce, pizza sauce, hot sauce, mayo, ranch, balsamic dressing, olive oil, white vinegar, balsamic vinegar, mustard, ketchup, sriracha sauce

# CB Student Recipe Contest

Name: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Recipe Name: \_\_\_\_\_

Recipes may be submitted to your school cafeteria manager, mailed to the Aramark Office, 16 Welden Drive, Doylestown, PA 18901 or emailed to [cbracecipecontest@cbsd.org](mailto:cbracecipecontest@cbsd.org)

**Ingredients:**

**Preparation Instructions:**