

Who will be the **TOP CHEF** at your school?

## 'Farm Fresh Texas Produce'

### Franchesca's Friends Recipe Contest!

Attention 4th & 5th graders!  
Chef Franchesca is looking for healthy recipes  
using Texas produce. Enter your recipe in the  
contest and you could be named your  
school's **TOP CHEF!**

Pick up an entry form with all the details from  
your teacher or your school cafeteria.

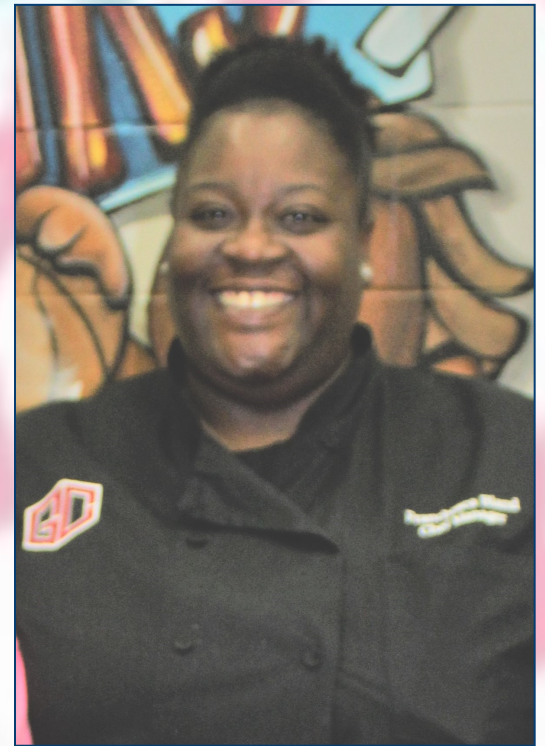
Or, print your own form at:

[www.gccisd.net](http://www.gccisd.net)

Look under the Nutrition Services Department.

**Entries accepted November 1 — 16.**

**Winners announced week of  
November 27.**



**Chef Franchesca**

**2017 Top Chefs  
Pictured at right**



# Franchesca's Friends 'Farm Fresh Texas Produce' Recipe Contest

Franchesca's Friends Recipe Contest is open to all 4th and 5th grade students in Goose Creek CISD. One winning recipe will be chosen from each participating school. That student will be recognized at their school, where they will receive a Top Chef personalized apron. Top Chefs will be invited to share their recipe with the Goose Creek School Board on a date to be determined.

**All recipes must be turned in by the end of the school day, Friday, November 16.**

## Contest Rules & Tips for Success

- ◇ Use at least one fresh Texas produce item from the list below.
- ◇ Recipes cannot include any tree nuts or peanuts due to allergy restrictions.
- ◇ Pre-made products can be part of an overall recipe, but be specific on your recipe.
- ◇ Recipes must be submitted on the official form provided. Don't forget the second page!
- ◇ Include a photo of your prepared recipe.
- ◇ Students should enter competition as individuals, not as teams.
- ◇ You may submit your entry one of two ways:
  1. Turn in a printed copy to your school cafeteria manager.
  2. Scan your entry and email it to [franchesca.bland@gccisd.net](mailto:franchesca.bland@gccisd.net). Digital photos may be sent as a separate attachment.

## Texas Produce

Apples	Field Peas	Pumpkins
Beets	Grapefruit	Radishes
Bell Pepper	Green Beans	Spinach
Broccoli	Greens	Squash
Cabbage	Herbs	Sweet Potatoes
Cantaloupe	Honeydew Melon	Tomatoes
Carrots	Lettuce	Turnips
Celery	Mushrooms	
Cucumbers	Oranges	

All produce listed is seasonal for November.

This list taken from the Texas Department of Agriculture's Farm to School site: [www.squaremeals.org](http://www.squaremeals.org)

**If you have any questions,  
contact Chef Franchesca Bland at  
281-917-2873 or [Franchesca.bland@gccisd.net](mailto:Franchesca.bland@gccisd.net)**

# Franchesca's Friends: Texas Produce Recipe Contest!

Student's Name and ID#: \_\_\_\_\_ Grade: \_\_\_\_\_  
Teacher: \_\_\_\_\_ School: \_\_\_\_\_  
Name of Parent or Guardian: \_\_\_\_\_  
Preferred Contact Information for Parent or Guardian: (please include both if possible!)  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

RECIPE NAME: \_\_\_\_\_  
Texas Produce used in this recipe: \_\_\_\_\_  
How many servings does this recipe make? \_\_\_\_\_ Preparation Time: \_\_\_\_\_

**Ingredients**

**Directions**

# What makes my recipe healthy?

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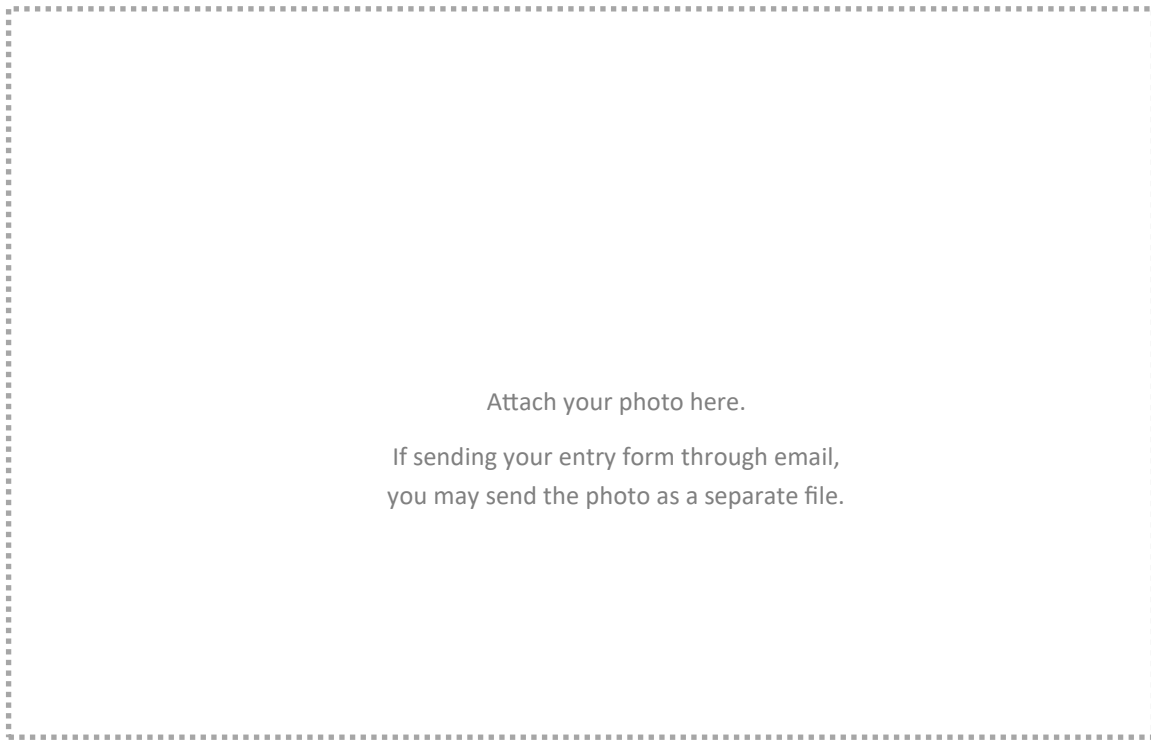
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Entries are due Friday, November 16, 2018. You may submit your entry one of two ways:

1. Turn in a hard copy to your school cafeteria manager (don't forget to attach the photo!)
2. To email: Scan your entry and email it to [franchesca.bland@gccisd.net](mailto:franchesca.bland@gccisd.net). Digital photos may be sent as a separate attachment.

***Good luck everybody! Chef Franchesca***