



# Franchesca's Friends

FARM FRESH TEXAS PRODUCE RECIPE CONTEST

**Calling all fourth and fifth graders!**

Do you like to cook? Do you like healthy vegetables?

Chef Franchesca Bland is looking for healthy recipes using Texas produce! Enter your recipe in the Franchesca's Friends Farm Fresh Texas Produce Recipe Contest and you could be named your school's Top Student Chef!

Complete the following entry form and return it to your cafeteria manager. You can also print a copy of the entry form from [www.gccisd.net](http://www.gccisd.net). Look for the Nutrition Services Department and then click on the Contest & Events tab.

Email Chef Bland with any questions: [franchesca.bland@gccisd.net](mailto:franchesca.bland@gccisd.net).



Chef Franchesca Bland with the 2023-2024 winners!

**Entries will be accepted October 8th through November 15th.  
Winners will be announced the week of November 22nd.**



# Franchesca's Friends

## Farm Fresh Texas Produce Recipe Contest Rules

Franchesca's Friends Recipe Contest is open to all fourth and fifth 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 special gift. Contest winners 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 on Friday, November 8th.**

### 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 the allergy restrictions.
- Pre-made products can be part of an overall recipe but be specific on how they are used in 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 the competition as an individual and not as a team**

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

All produce listed is seasonal for November. This list is taken from the Texas Department of Agriculture's Farm to School site: [www.squaremeals.org](http://www.squaremeals.org)

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## Farm Fresh Texas Produce Recipe Contest Entry

Student's Name and ID#: \_\_\_\_\_ Grade: \_\_\_\_\_

School: \_\_\_\_\_ Teacher: \_\_\_\_\_

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:

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Directions:

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# What makes my recipe healthy?

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Attach your photo here.  
If sending your entry form  
through email, you may send the  
photo as a separate file.