



# FRANCHESCA'S FRIENDS

**Attention fourth and fifth 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!**



***Chef Fran with the 2018-2019 school year winners: Brooklyn Garrett; Jaliyah Riddick-Grant; and Nicolas Llanes***

**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 October 7th through November 22nd**

**Winners announced week of December 9th**



# 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 22.**

### 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.

### Texas Produce

Apples	Carrots	Greens
Beets	Celery	Herbs
Bell Pepper	Cucumbers	Honeydew Melon
Broccoli	Field Peas	Lettuce
Cabbage	Grapefruit	Mushrooms
Cantaloupe	Green Beans	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)

- ◇ **Students should enter competition as individuals, not as teams.**

**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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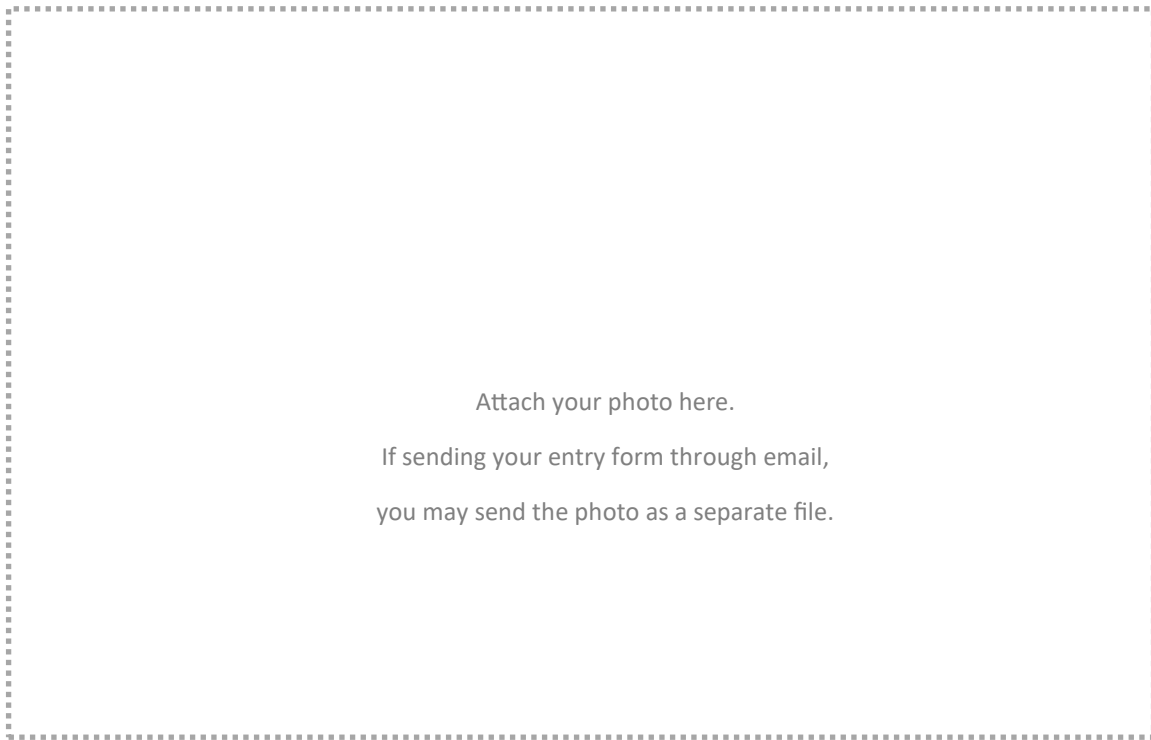
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Entries are due Friday, November 22, 2019. You may submit your entry one of two ways:

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*