



Judging Sheet

Judge Name: _____

Judge Signature: _____

Date: _____

Team School: _____

Recipe Name: _____

| Recipe Requirements | Points | Score |
|--|---------------------------|-------|
| Recipe meets the National School Lunch Program meal pattern and nutrition standards. | 10 | |
| Recipe incorporates at least two (2) local ingredients applicable to the represented state. (Note: local items used as Garnish does not count towards recipe requirements) | 10 | |
| Recipe incorporates at least one (1) USDA Food item. | 10 | |
| Recipe is replicable by School Nutrition professionals | 10 | |
| Judges' Comments: | 40 Points Possible | |
| Execution/Teamwork | Points | Score |
| Team prepared, cooked, and plated the team's recipe within given time of 2 hours or less (yielding six (6) servings). | 4 | |
| All steps needed for preparation were completed onsite. | 4 | |
| Contestants were pleasant and courteous to guests. | 4 | |
| Judges' Comments: | 12 Points Possible | |
| Presentation/Appearance | Points | Score |
| Team presented two presentation plates (one for judges & one for audience). | 5 | |
| Tasting plates prepared for judges | 5 | |
| Team presented a brief presentation of the presented dish including: | 5 | |
| Introduction of team members | 3 | |
| Description of the dish | 3 | |
| Explanation of the dish creation | 3 | |
| Student taste test results | 3 | |
| Judges' Comments: | 27 Points Possible | |

| Safety and Sanitation | | |
|--|---|--------------|
| All food preparation equipment and utensils were used safely and properly. | 5 | |
| All food was cleaned, stored, and cooked properly. | 6 | |
| Thermometer was used for food safety & quality. | 3 | |
| Contestants washed hands before handling food. | 3 | |
| Contestants' hair was controlled or restrained during dish prep (hair net or hat). | 3 | |
| No earrings, nail polish, jewelry or visible piercings | 5 | |
| Sanitizing Countertops | 3 | |
| Work & serving areas were left clean and tidy, i.e. tables, swept floor, etc. | 3 | |
| Contestants' clothing was appropriate and clean. | 3 | |
| Judges' Comments: | 34 Points Possible | |
| Creativity, Innovation, & Taste Appeal | | |
| | Points | Score |
| Recipe had a pleasing overall appeal | 10 | |
| Food was arranged attractively on the plate. | 5 | |
| Ingenuity of the ingredients used | 4 | |
| Recipe had a pleasing overall flavor. | 10 | |
| Recipe included a contrast in textures, i.e. soft, chewy, crisp, tender, etc. | 4 | |
| Recipe included a contrast in flavors, i.e. strong, mild, sweet, tart, salty, etc. | 4 | |
| Recipe textures were appropriate, i.e. tender meat, crisp veg, and lump-free gravy. | 4 | |
| Natural flavors were enhanced by appropriate seasonings. | 6 | |
| Creativity was used in the recipe development/preparation | 10 | |
| Recipe is kid friendly | 10 | |
| Judges' Comments: | 67 Up to Points Possible | |
| General Nutrition Knowledge | | |
| Contestant's responses to questions demonstrated nutritional knowledge. | 10 | |
| Contestants exhibited knowledge and were able to articulate by the way of a speech, the importance of buying and using local products. | 10 | |
| Judges' Comments: | 20 Points Possible | |
| Total: | 200 | |

| Meal Pattern | Lunch Meal Pattern | | |
|---|--|-------------------|------------------|
| | Grades K-5 | Grades 6-8 | Grades 9-12 |
| | Amount of Food ^a Per Week (Minimum Per Day) | | |
| Fruits (cups) ^b | 2.5 (0.5) | 2.5 (0.5) | 5 (1) |
| Vegetables (cups) ^b | 3.75 (0.75) | 3.75 (0.75) | 5 (1) |
| Dark green | 0.5 ^c | 0.5 ^c | 0.5 ^c |
| Orange | 0.5 ^c | 0.5 ^c | 0.5 ^c |
| Legumes | 0.5 ^c | 0.5 ^c | 0.5 ^c |
| Starchy | 1 ^e | 1 ^d | 1 ^d |
| Other | 1.25 ^c | 1.25 ^c | 2.5 ^c |
| Grains (oz eq) ^c | 9-10 (1) | 9-10 (1) | 12-13 (2) |
| Meats/Meat Alternates (oz eq) | 8-10 (1) | 9-10 (1) | 10-12 (2) |
| Fluid milk (cups) ^f | 5 (1) | 5 (1) | 5 (1) |
| Other Specifications: Daily Amount Based on the Average for a 5-Day Week | | | |
| Min-max calories (kcal) ^{gh} | 550-650 | 600-700 | 750-850 |
| Saturated fat (% of total calories) ^g | < 10 | < 10 | < 10 |
| Sodium (mg) ⁱ | ≤ 640 | ≤ 710 | ≤ 740 |
| Trans fat | Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving. | | |

^aFood items included in each group and subgroup and amount equivalents. Minimum serving is 1/8 cup.

^bOne cup of fruits and vegetables usually provides 2 servings; 1/4 cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit offerings may be in the form of juice. All juice must be pasteurized, 100% full strength.

^cLarger amounts of these vegetables may be served.

^dA maximum of 1 cup of starchy vegetables may be served per week. Starchy vegetables include white potatoes, corn, green peas, and lima beans.

^eAt least half of grains offered must be whole grain-rich. Aiming for a higher proportion of whole grain-rich foods is encouraged. Two years post implementation of the final rule, all grains must be whole grain-rich.

^fFluid milk must be low-fat (1% milk fat, unflavored) or fat-free (unflavored or flavored).

^gThe average daily amount for a 5-day school week must fall within the minimum and maximum levels

^hDiscretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium.

ⁱSodium targets are to be reached 10 years after implementation of the final rule. Intermediate targets have been established to ensure that action to reduce the sodium content of school meals over the 10-year period maintains student participation rates.

