School:

City, State:

Teacher name:

Participant Names:

Team name:

Date:

**Savory Breakfast that includes a vegetable**

**1st Recipe Name:**

**Number of servings:**

Ingredients:

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredients** | | | |
| **Item** | **Amount (Do not use Metric)** | **Prepared? (diced, shredded, blanched, sliced, etc)** | **Where does it contribute? (Fat, sodium, fiber, N/A** |
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| **Procedure** |
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Nutritional Breakdown Requirement

* + 1. ***Calories -150-350  
       Fat – 12 grams or less  
       Saturated Fat – 4 grams or less  
       Sodium -  250 mg or less  
       Dietary Fiber - 1 gram or more***
    2. **Your Recipe Nutritional Breakdown**
       1. **Calories:**
       2. **Fat:**
       3. **Saturated Fat:**
       4. **Sodium:**
       5. **Dietary Fiber:**

**2nd Recipe Name:**

**Number of Servings:**

Ingredients:

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredients** | | | |
| **Item** | **Amount (Do not use Metric)** | **Prepared? (diced, shredded, blanched, sliced, etc)** | **Where does it contribute? (Fat, sodium, fiber, N/A** |
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Procedure:

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| **Procedure** |
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Nutritional Breakdown Requirements

* + 1. ***Calories – 150-350   
       Fat - 12 grams or less  
       Saturated Fat - 4 grams or less  
       Sodium - 250 mg or less  
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    2. **Your Recipe Nutritional Breakdown**
       1. **Calories:**
       2. **Fat:**
       3. **Saturated Fat:**
       4. **Sodium:**
       5. **Dietary Fiber:**