State Fair Food Challenge Information Sheet

Menu – list the menu for the meal to be served __ breakfast __lunch __dinner

Attach copies of recipes for all foods prepared
Nutrition (printout with the same information may be used in lieu of this form)

Food dishes in menu	Size and number of servings in recipe	Contribution to MyPyramid Food Groups Use cups or ounces – base on amount to be served to one person						
		Grains	Vegetables	Fruits	Milk	Meat / beans	Oils	Extra calories (sugar/fat)

Cost (attach receipts if possible)

Ingredient	Amount purchased	Cost of amount purchased	Amount used	Cost of amount used
			Total cost	

(Use a second form if needed)