



2023 Junior Chef Competition Fact Sheet

Recipe Submittal

- Teams must submit a completed application via email to Lynsey.Paul@tn.gov by **January 31, 2023**.
- Recipes will be reviewed and scored based on the Junior Chef Recipe Contest Judging Rubric, which can be found on the Tennessee Department of Education School Nutrition Program website.
- Teams will be notified by February 3 if their recipe was selected to compete in the Junior Chef Competition.

Teams

- Teams must consist of 2-4 students in grades 9-12 and attend a school that participates in the National School Lunch Program (NSLP). Only one team per school may enter the recipe contest.
- Each team must have at least one adult team supervisor that is a school employee.

Recipe Requirements

- The recipe must be an entrée for school lunch. An entrée* is defined as the main course of a meal that has a combination of:
 - meat/meat alternate + whole grain-rich food;
 - vegetable + meat/meat alternate;
 - fruit + meat/meat alternate

**Adapted from the Smart Snacks in Schools Nutrition Standards*

- Recipes must include two or more Tennessee grown products that are integral to the dish.
- The recipe must serve six people.
- Recipes must meet the NSLP meal pattern and nutrient standards. This must be checked by your district's School Nutrition Director.
- Recipes must be replicable by school nutrition.

Top Teams

- Students on the first, second, and third place teams will become eligible for scholarships to Sullivan University in Louisville, Kentucky in the following amounts:
 - 1st place: TBD
 - 2nd place: TBD
 - 3rd place: TBD
- The 1st place team **must commit to making their best efforts** to compete in the Southeast Region Junior Chef Competition. The Southeast Region Junior Chef Competition will be held at Sullivan University in Louisville, KY, May 11-12, 2023.

Questions?

- Contact Lynsey Paul at Lynsey.Paul@tn.gov with any questions about the Junior Chef Competition.

This program was adapted from the Georgia Department of Education Student Chef Competition.