

Produced in NY Menu Planning Sheet

Name: _____ Age (as on 1/1) _____

Recipe: _____

Cloverbud __ Junior__ Senior__

Valuable resources:

<http://www.choosemyplate.gov/food-groups/>
<http://www.agclassroom.org/kids/stats/newyork.pdf>

Menu Plan: Please plan a complete meal (breakfast, lunch or dinner) using your recipe as one of the foods. Be sure to consider nutrition, appearance, flavors and textures. Please use the My Plate standards to guide you.

My menu is for: Breakfast _____ Lunch _____ Dinner _____



Explanation of Recipe: Please briefly answer the following:

Where did your recipe come from?	
What changes did you make to your recipe?	
What did your family think of the recipe?	
What special changes or needs did you consider when preparing this recipe, if any?	
Why did you make these changes?	

What influenced the changes (special diet, taste, nutritional value, economic, etc.)?	
What might you do differently next time?	

Nutrition Statement: Please outline at least 3 major nutrients supplied by the ingredients in your recipe and what the nutrient does. example: milk, calcium, builds strong bones.

Ingredient	Nutrient Provided	Role of Nutrient or What does the nutrient do for our bodies?

Optional Additional Information (attach additional sheets as necessary): This information is not required but you may find it valuable to share this information with the Product Evaluators as they will not be able to meet with you individually to discuss your process as you prepared for the PINY Contest. This is an area where you can add additional information that might be helpful for the judges to know. This can include:

- a shopping list with prices
- where ingredients produced in NY come from specifically
- interesting facts about the products that are produced in NY
- a unique experience that you had in preparing your particular recipe.