



Louisiana School Lunch Week
March 11-15, 2024

Contest Information Packet

The 2023 Louisiana School Lunch theme is *Louisiana Festival of Flavors*. The great state of Louisiana participated in a USDA standardized recipe project to engage regional school nutrition leadership in the developing standardized school meal recipes. These recipes reflect regional and cultural taste preferences of the state's African American, Cajun, Creole and Asian communities. The recipes are designed to educate students on the foods produced in Louisiana and their nutritional benefits. Local agricultural products featured in the recipes include **sweet potatoes, catfish, shrimp, honey, purple rice, brown rice, beef, sausage, bell peppers, lettuce, and tomatoes.**

During the week of March 11-15, 2024 show off Louisiana food products that are prepared for students in your District. Show the recipes that are highlighted in the Festival of Flavors campaign and also showcase the Louisiana products that are used to create these delicious meals. Let us see the hard-working staff that prepares the healthy meals and the students enjoying the delicious meals you prepared. We recommend project displays, contests and prizes to engage your students. Above all make everything FUN!!

Note: Festival of Flavors recipes must be used for *LSLW 2024*. Recipes are attached.

Winners will be notified in writing and will be recognized at the Annual Conference in June 2024. Scrapbooks and videos will be returned at the SNAL Conference in June 2024. All Scrapbook and Video entries must be postmarked by Friday, April 26, 2024. NO EXCEPTIONS!!!!





Mail Scrapbook and/or Video to:

**Caroline Kelley Flax
Ouachita Parish Schools
Child Nutrition Program
920 Thomas Road
West Monroe, La. 71292**

Entrants may submit a Scrapbook and/or a Video

PLEASE READ THE INSTRUCTIONS CAREFULLY.

Recipe Name	Local Ingredients	Description	Image
Creole Catfish Fresca St. Tammany Parish Public Schools	Catfish	Crispy breaded catfish with tomato fresca sauce. Warm fish combined with a cool fresh sauce is delightful.	
Cajun Enchilada Rice Bake St. Tammany Parish Public Schools	Rice	Chicken and rice layered together delivers on flavor and ease of preparation. No rolling of tortillas required!	
Mega Meatball with Glaze Louisiana Team Nutrition	Beef	Ground beef is combined with oats, onions, Creole seasoning and minced jalapeno peppers. The savory glaze with a hint of tartness gives big flavor to the mega meatball!	
Cajun Nacho Rice Louisiana Team Nutrition	Rice	Lean beef and fluffy rice covered in cheese sauce creates the perfect festival of flavors!	
Fiesta Rice East Baton Rouge Parish School System	Rice	Fiesta rice is a medley just waiting to be served at a celebration. The bell peppers add a boost of color and nutrition!	
Garden Salsa Richland Parish School System	Tomatoes	Garden salsa is a versatile condiment that can elevate your entrée as a topping and also works as a dip.	
Grits and Grillades Diocese of Baton Rouge	Tomatoes and Bell Peppers	Tender meat in flavored gravy served with warm creamy grits.	
Hot Honey Roasted Sweet Potatoes Louisiana Team Nutrition	Sweet Potatoes and Honey	Kids will love caramelized sweet potatoes made with local honey.	
Creole Chicken and Sausage Pastalaya Archdiocese of New Orleans	Creole Tomatoes Manda Sausage	Smoked sausage, chicken, fresh Creole tomatoes, onions, fresh bell peppers, garlic, celery, and Italian seasonings served with whole grain penne pasta.	
Purple Rice Dressing Diocese of Baton Rouge	Purple Rice	Enjoy the unique color of long-grain purple rice in a festive twist on traditional rice dressing.	
Shrimp Etouffee Archdiocese of New Orleans	Shrimp	Shrimp Etouffee is a roux based sauce made with Gulf shrimp, fresh Creole tomatoes, onions, celery, fresh bell peppers, garlic, and Cajun seasonings served on a bed of rice.	

<p>Sweet Potato Delight Calcasieu Parish Schools</p>	<p>Sweet Potatoes</p>	<p>Extra creamy and fluffly mashed sweet potatoes with a streusel topping.</p>	
<p>Sweet Potatoes with Pineapple Cranberry Chutney East Baton Rouge Parish School System</p>	<p>Sweet Potatoes</p>	<p>Combine two Thanksgiving staples and create a tangy combination that packs a nutritional punch! Baked sweet potatoes topped with pineapple cranberry chutney.</p>	
<p>Taco Salad Richland Parish School System</p>	<p>Buttercrisp and Romaine Lettuce Tomatoes</p>	<p>Lettuce and tomatoes from the school garden and greenhouse topped with meat and cheese is a kid-friendly Farm to School favorite.</p>	
<p>Tex Mex Bowl Calcasieu Parish Schools</p>	<p>Rice</p>	<p>Beans, corn, tomatoes, chicken strips and cheese on top of a hearty rice base make a bowl that is too good to resist!</p>	

SCRAPBOOK INSTRUCTIONS

1. Entries must be submitted in a one inch (1”) to one and 1/2 inch (1 ½”) three ring binder with sheet protectors.
2. Entry form provided must be the first page of the binder.
3. Entry cannot exceed twenty (20) individual sheets.
4. Both sides of each page may be utilized, making the maximum page count to be forty (40), front and back sheets.
5. Entry should include lots of pictures, copies of menus, letters, thanks you notes and documentation of media coverage.
6. Typed or neatly printed captions must accompany pictures, cards, student activity sheets, newsletter articles, etc.
7. All documentation should be placed in the same sequence that the events took place.
8. Involve students in activities.

SCRAPBOOK SCORING CRITERIA

Binder Presentation (Neat Creative Colorful)	15 points
Student/Cafeteria Staff Involvement	25 points
Presentation of LSLWTheme	25 points
Educational Impact (Nutritional Guidelines)	15 points
Community/Parent Involvement	<u>20 points</u>
Total Points	100 points

All Scrapbook and Video entries must be postmarked by **Friday, April 26, 2024.**
NO EXCEPTIONS!!!!

VIDEO INSTRUCTIONS

To submit a video, follow these guidelines.

1. Entries must be submitted on a DVD.
2. Video must include the entry form in the title and in the video credits.
3. Entry cannot be over 10 minutes in length.
4. Video must include sound and captions
5. Entry must include student involvement

VIDEO SCORING CRITERIA:

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| 1. Video Presentation | 15 points |
| 2. Student/Cafeteria Staff Involvement | 25 points |
| 3. Promotion of LSLW | 25 points |
| 4. Educational Impact | 15 points |
| 5. Parent/Community Involvement | <u>20 points</u> |

Total Points 100 points

All Scrapbook and Video entries must be postmarked by **Friday, April 26, 2024.**

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Festival of Flavors for Louisiana School Lunch Week

School Name: _____

Parish: _____ Enrollment: _____

Supervisor's or Director's Name: _____

Manager's Name: _____

Contact Person's Mailing Address:

Phone Number: _____

Principal's Name: _____

Grade Levels: _____

Breakfast ADP: _____ Lunch ADP: _____

