| "Foods of the Pacific Northwest" Judge's Information Form | | |
|--|-----------------------------------|--|
| One food product chosen fro Division: () Junior () Fruit or Vegetable dish () Dairy p () Intermediate () Salad () Yeast (() Senior () Sandwich () Main d () Grain product | product product | |
| Your name County | | |
| Name of Recipe | | |
| List of Ingredients and Amounts | Estimated Cost (market prices) | |
| | \$ | |
| | \$ | |
| | \$ | |
| | \$ | |
| | \$ | |
| | \$ | |
| | \$ | |
| | \$ | |
| Total Cost: | \$ | |
| Number of Servings: | | |
| Cost Per Serving: Recipe Directions: (Total cost divided by number of servings) | \$ | |
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4-H Food Preparation Contest, Judge's Information Form, page 2

Menu(s)

Intermediates:Plan a menu for one meal in which the food you are preparing might
be served. Identify each food on the menu by food group.Seniors:Plan menus for three meals during a day the food you are preparing

might be served. Identify each food on the menu by food group.

| Food Group | Menu |
|------------|------|
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| Food Group | Menu |
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| Food Group | Menu |
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