

# Student Design-a-Meal Week Project



## YOUR ASSIGNMENT:

### Part 1—designing the meals

As a team, you will plan a day's worth of meals. This means breakfast and lunch items. The idea is to choose menu items that are out of the ordinary and creative. Some teams may choose to pick a theme (a country, holiday, or other event) and design the meals around that chosen theme.

You may not know it, but every breakfast or lunch you eat at school must be **well-balanced and healthy**. This means in order to be served at a school you **MUST** include the following:

#### Breakfast:

1 grain (Ex: bread, cereal, pasta, etc)  
1 protein (Ex: meat, egg, cheese, yogurt, etc.)  
1 juice **OR** fruit **OR** vegetable  
1 cup milk

#### Lunch:

1 grain  
1 protein  
1 fruit **AND** 1 vegetable  
1 cup milk  
1 dessert (optional)

This means **NO** fast food or junk food may be chosen.

## PART 1 IS DUE BY TUESDAY APRIL 4TH

**\*\*\*Please turn in meal plan to the foodservice office\*\*\***

### Part 2—marketing your design-a-meal day

Remember that Design-a-Meal week is a contest. The team who has the most meals purchased on their day will win the contest—and receive a prize. So, in order to get other students to purchase lunch and breakfast on the day your team designed, you should do some marketing. This may mean creating flyers, or a large poster to hang in the cafeteria on your day.

Student Design-a-Meal week is Monday, April 24<sup>th</sup> through Friday, April 28<sup>th</sup>. This means you should have your marketing materials made before your day of that week.

**PART 2 SHOULD BE COMPLETED BY THE WEEK OF  
MONDAY, APRIL 24<sup>TH</sup>**

# Team Info

**Teacher:**  
**Grade:**  
**Meeting Time:**

**Team Name:**

**Theme:**

**Breakfast Committee**

**Lunch Committee**

**Marketing Committee**

# Meal Plan

**Teacher:**

**Grade:**

**Meal day of the week:**

**Theme:**

**Breakfast:**

Grain-

Protein-

Juice/fruit/vegetable-

Milk-

**Lunch**

Grain-

Protein-

Fruit-

Vegetable-

Milk-

Dessert (optional)-