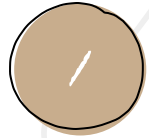


Top Cut Beef Competition

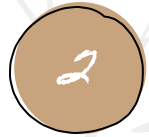
Made By- Maddison Foy, Leah Wood,
Sophia Pilon and Saria Matthews



Introduction -



Leah Wood, Madison Foy, Sophia Pilon, and Saria Matthews, Grade 8



Crunchy Dorito Wrap



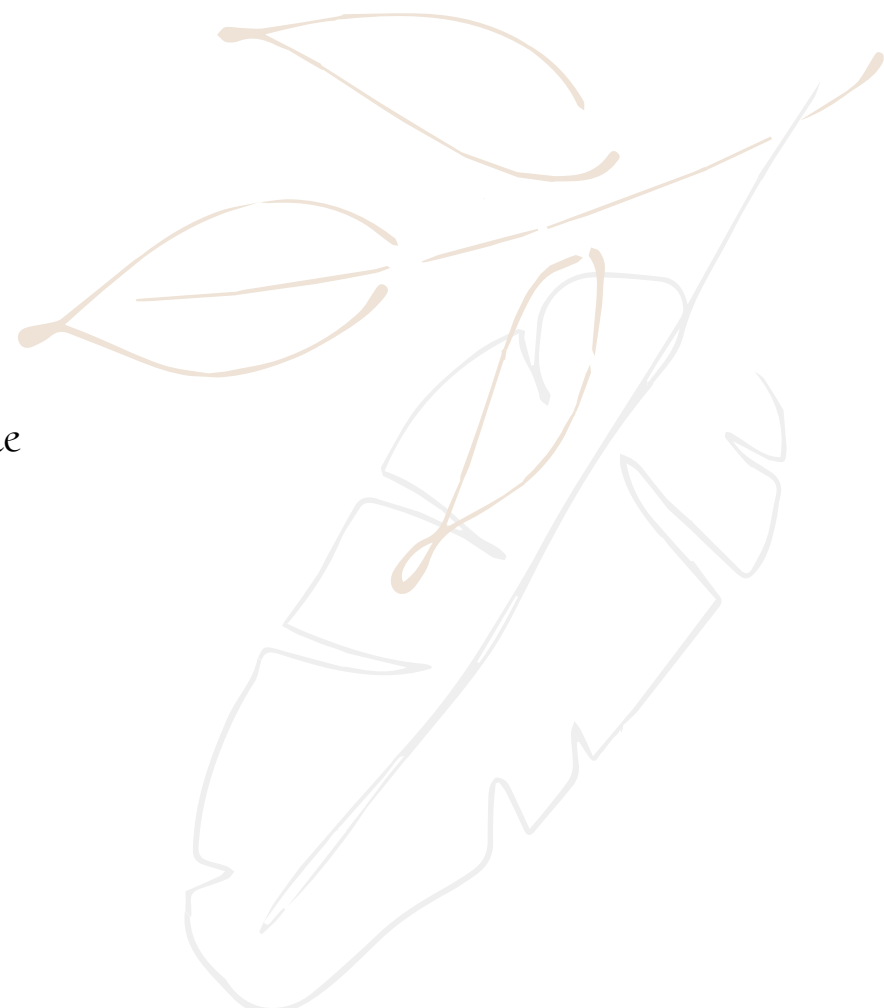
8- CS Driver Middle School



315-673-6200



Elizabeth Milliken emilliken@marcellusschools.org



Product Description

The best thing you will ever taste. Our crunchwrap is fill with meat and gooey cheese. It's filled with different spices and flavors, cold and hot. Our crunchwrap is folded in the most precise order. Included with our meal is a miniature salad, milk, and juice.



Slogan....





When you get the munchies
get the Crunchy Dorito Wrap

Recipe and Ingredients



Ingredients:

Main Beef Meal: 1 servings

- 2 tablespoons olive oil, divided
- .4 pounds ground beef
- 1 (12-inch) flour tortillas
- ½ cup nacho cheese
- doritos
- 1/5 cup sour cream
- 1/4 cups shredded lettuce
- 1/4 Roma tomato, diced
- 1/4 cup shredded Mexican blend cheese
- 1/8 of an onion

Sides:

- Totally Fruit Fruit juice
- 1/3 cup of corn
- 1/3 cup of Salad
- Chose of chocolate or white milk

Corn- 1 can

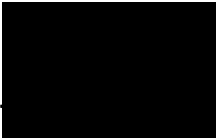
-Corn will come canned

Heat up in a bowl in the microwave for 80 seconds

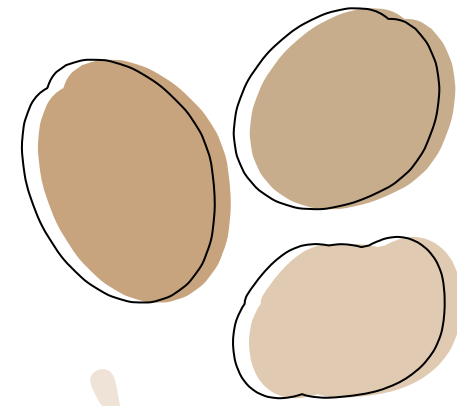
If chosen as a side, serve with a 1/2 cup scoop

Salad- lettuce and cucumbers
-Mix cucumbers with lettuce
- 1/3 cups scoop to serve

Directions:

- Heat oil on stove in a pan. Make ground beef, place on a saucepan and evenly spread it out. Put stove on medium high heat and cook beef until browned
- Add onions and cook until fragrant
- Warm tortillas-place tortillas on plate in microwave and set the timer for 20 seconds.
- Take doritos and crush them so they look like bread crumbs.
- On middle of tortilla, put 2 oz of beef,($\frac{1}{4}$ cup), lettuce, cheese, salsa, and crushed doritos.
- Fold- watch video to see how
-
- Serve with salsa and sour cream on 

Product:



Crunchy Dorito Wrap



My Plate

Fruit,vegetables,grains,proteins,dairy

Fruit: 125mL of 100% fruit juice

Vegetables: 1/3 cups corn, 1/3 cup lettuce (lettuce in wrap and salad)

Grains: the wrap, Nacho Doritos

Proteins: 2 oz of cooked beef

Dairy: milk carton, cheese (included in wrap)



Storage and Handling



Storage and Handling

How will you receive the lunch:

The students will receive the lunch like normal. On a tray, with sides of their choice. All food will come fresh but cheap. All refrigerated products will go in refrigerator, including, cheese, lettuce, tomatoes, sour cream, etc. Doritos and tortillas will be stored all together in boxes in pantry. Beef will be stored in freezer until use.

Bulk Ordering

meat - .27

corn - .18

tortilla - .28

sour cream - .19

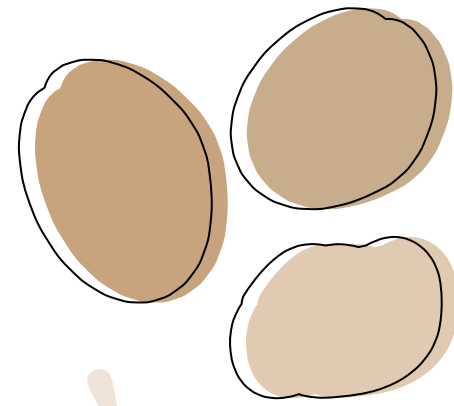
cheese - .25

Fruit juice - .23

veg - .20

milk - .27

Total 2.05



Nutrition



Importance of ZIP

Having ZIP in a meal is very important because we need to have zinc in our bodies to be healthy. Zinc is a chemical that helps your immune system. Iron is important because it is a chemical element that you need for growth and development. Protein is important because it gives you energy and we need energy to survive. We need all of these elements in our system to be healthy.

Importance of Beef in a meal

Beef is one of the meats that is rich with protein. Red meat provides us with iron, zinc and B vitamins. Meat is one of the main sources of vitamin B12 in the diet.

Beef is more nutrient dense and economical gram-for-gram, compared to other protein foods.

NOT ALL **SUPER FOODS** WEAR CAPES

100 GRAMS OF COOKED BEEF PROVIDES 77% OF YOUR DAILY ZINC

AND 102% OF YOUR DAILY VITAMIN B12

RAISE YOUR BEEF IQ
@ beefresearch.ca

BCRC
BEEF CATTLE RESEARCH COUNCIL

Nutritional Values Within our Wrap

-Protein

-Fiber

-Carbohydrates

-Iron

-Vitamin C and A

-Calcium

-Sodium

Fiber and Protein maintain satiety level and keeps us full longer. Carbohydrates are your body's main source of energy: They help fuel your brain, kidneys, heart muscles, and central nervous system which is very important to have in a meal. Vitamin C and A have very important health benefits. They can help manage high blood pressure, helps prevent Iron deficiency, boosts immunity, and many more things. Calcium is important because it is needed to help bones and teeth. Sodium has several health benefits including lower risk of heart attack, lower blood pressure, protect vision, and many more. Lastly, Iron is important to have in a meal because it helps to preserve many vital functions in the body, including general energy and focus, the immune system, and the regulation of body temperature.

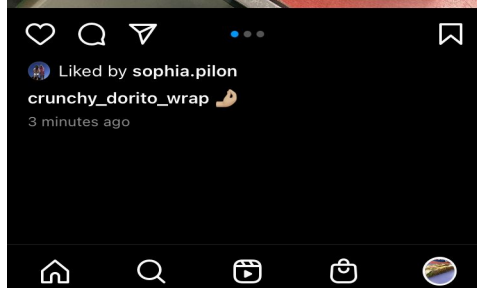
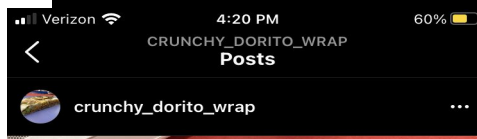
Target Audience:

Our target audience is Children in grades 4-8. These are the grades in our school. Most children love tacos and we put our own little spin on the classic. We made our advertisement fun and colorful so it will hopefully attract little eyes. Our meal is very unique because of the doritos within our unusual shaped taco kind-like main course. Children also love juice so hopefully this will be good for our meal.

Marketing

Instagram Page and Poster

Our Crunchwrap will be served in our Cafeteria. As apart of our marketing idea we made an instagram account to share our amazing crunchy dorito wrap. We are posting about it on our own social media accounts to broadcast our item. We also have posters that we plan to hang up around our school.



Try our....

Crunchy Dorito Wrap!!!

FREE

Please....



Thank
you ♥